



Body Butter Recipes: Proven Formula Secrets to Making All Natural Body Butters That Will Hydrate and Rejuvenate Your Skin

Jessica Jacobs

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DISCOVER:: Body Butter Recipes: Proven Formula Secrets to Making All Natural Body Butters that Will Hydrate and Rejuvenate Your Skin

This book is a comprehensive guide to discovering the world of rejuvenating homemade body butters which can be tailored to suit your skin type. Aside from their nourishing properties, the scents and oils used in the recipes are therapeutic and can even have a pleasant positive effect on moods. Why Would You Want to Make Body Butters? Here's a look at just some of the reasons why you'll find this book to be an amazing resource for you: *This book helps you to discover enormous opportunities that nature gives to heal the largest human organ and body protector – your skin. *This book uses simple and straightforward language which makes for an interesting and easily understandable read. *All the ingredients in the recipes are natural and non-toxic. *Recipes typically only take a few minutes to prepare. *This book will make you realize that making skincare products at home is fun and easy, and it really doesn't require much effort at all. The ingredients in natural body butters are healing not only for the skin; they also improve overall health and help restore mental balance. Your skin is the surface of your body, and it deserves the best care it can get. With this book, you can nourish it and give your skin what it needs! **"Body Butter Recipes"** contains interesting and unique information. Here is a preview of what you'll find out inside: *What Body Butters Are and Why You Should Make Your Own *Knowing Your Skin and Its Needs *The Home Body Butter Laboratory: The Essentials You'll Need *Base Body Butter Ingredients *Popular Ingredients to Add to Body Butter Bases *Simple Body Butter Recipes You Can Start Trying Right Away *Key Takeaways for Easy Future Reference *Comprehensive List of Resources for Further Reading *And much, much more! Here is a Sample Recipe: Whipped Aloe Vera Body Butter Ingredients: 3 tablespoons Shea butter 3 tablespoons Aloe Vera gel 2 tablespoons coconut oil 1 teaspoon of jojoba oil Optional: 10 drops of essential oil of your choice Steps: 1. Combine Shea butter and coconut oil to melt them. 2. Stir to combine well and remove from the heat once they have got liquid consistency. Leave it to cool down, but not too cool that it forms a solid consistency again. 3. When the coconut-Shea butter mixture is starting to solidify, add Aloe Vera gel, jojoba oil and essential oil. Use a mixer to combine them all and whip. It should take about 12-15 minutes until it gets an airy consistency. 4. With a wooden spoon, transfer your body butter in a jar container. Store this body butter in a cool and dry place to avoid melting and losing its light consistency. Useful tip: As it contains Aloe Vera store this body butter in a refrigerator. Also, make sure you use it within 2 months as Aloe Vera doesn't have a long shelf life. **Get Your Copy Today!**

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