

DIY RECIPES

Fats Beauty | Nourishing Butter Balm :

Moisture retention for dry, scaly rough skin.

Tools:

1x medium pot
1x steel mixing bowl
1x wooden spoon
1x measuring cup
1x 4oz or 8oz amber colored jars

Ingredients:

1 cup. Raw cocoa butter
1 cup. Kokum butter
1 cup. Mango butter
1/2 cup. Coconut oil
1/2 cup. Castor oil

Directions:

- Using a double boiler method. Make sure heat is on medium low. Adjust as needed. Add the butter into the mixing bowl 1 cup at a time until melted. Then add the coconut oil and castor oil. Turn heat

off. Remove the bowl from the pot and let it cool down for 10 minutes or so. Pour the mixture into jars. Let it solid outside or refrigerator until it becomes a full butter balm. Adjust recipe as you see fit.

Usage:

- For rough areas like feet, hands, knees and elbows. Helps to protect and retain moisture balance for dry and eczema type skin. Softens skin and improve texture with continual use. Perfect for use after hydration soaks.