

REAL SIMPLE

Shea Butter Is the Miracle Ingredient Your Skin and Hair Need—Here's How to Use It

Shea butter is the ultimate multipurpose ingredient.

By [Daley Quinn](#) Published on August 30, 2022

I once took the advice of an esthetician on Instagram and slathered my dry, [sensitive](#), and [acne-prone](#) skin with raw shea butter and slept with it on overnight. Not only did my skin feel incredibly soft the next day, I didn't break out from the thick cream, either. Since then, I've been using raw shea butter on my face whenever my skin is struggling and needs some extra TLC. But don't just take it from me—dermatologists, estheticians, and hairstylists tout shea butter's benefits for both skin and hair. Below, we've asked the experts for their take on why to shea butter, how to apply it, the best products with shea butter (if you don't want to use it raw), and much more.

Shaeri Organic Prickly Pear Seed Oil Shampoo



\$24, us.shaeri.com

While this formula may not be marketed as a 2-in-1, it has both effective shampoo and conditioner properties. "Shaeri Organic Prickly Pear Seed Oil Shampoo cleanses while shea butter works to soothe scalp and repair damaged hair," says Dr. Murphy-Rose.