



Whipped Body Butter - Triple recipe - Makes almost (4) 4 oz. Jars

159g (5.67 oz.)	Organic Shea Butter - Refined has less odor. Unrefined Shea is not unpleasant - refined just requires less added essential oil scent. (Can use part Mango Butter)
78g (2.78 oz.)	Organic Coconut Butter
39g (1.40 oz.)	Organic Sweet Almond Oil
39g (1.40 oz.)	Organic Sunflower Oil
21g (.75 oz.)	Jojoba Oil
10.5g (.38 oz.)	Bees Wax Pastilles
1 1/2 TBSP.	Tapioca Starch or Arrow Root Powder
3/4 Tsp.	Vitamin E oil
Essential Oil Scent	I use from 30 to 50 drops but this is a matter of personal preference and experimentation. I like Ylang Ylang combined with Geranium best. Many other choices. Avoid Citrus oils as they can be phototoxic.

DIRECTIONS

- * In a bowl measure Oils: Sweet Almond, Sunflower & Jojoba. Mix in Arrowroot and whisk together.
- * In a glass bowl set in pan with simmering water - Measure out the Bees Wax first, then Shea Butter, Mango if using, and Coconut Oil,
- * Melt the using a double broiler.
- * As soon as melted, turn off fire, remove bowl carefully and stir in the Arrowroot/Oils mix. Mix well.
- * Let the mixture cool until it's opaque (to speed this you can put it in the fridge, but don't let it solidify completely.) Mine got a little solid around edges but i waited until opaque in the middle.
- * Remove from fridge, add the Vitamin E and the essential oil scents.
- * Next it's time to whip into body butter.
- * Whip until the ingredients are well combined and the mixture is light and fluffy - about 3-5 minutes. I like to do 5 minutes.
- * You are finished whipping when the body butter can stick to a spoon when held upside down.
- * Transfer to a small container or jar and store in a cool place.