

Coconut body butter

Preparation time 5 minutes

Ingredients:

- 1 cup coconut oil
- 4 tbsp. olive or almond oil
- A few drops of your favourite essential oil

Directions:

- Place all ingredients in a bowl and beat with an electric mixer at high speed for 3 – 4 minutes. Oil should become 'fluffier'
- Place in a jar with lid
- Use a small amount as body lotion daily, best applied to damp skin

The average woman uses hundreds of different chemicals on her skin daily and a proportion of these chemicals are absorbed into the blood stream. Using more natural skin care products helps to avoid exposure to chemical nasties and is usually cheaper and better for the environment too. To find out more about what chemicals to steer clear off, check out the ewg.org

Scent your body butter with your favourite essential oil. We love peppermint, lime and ginger or lavender.