

EASY DIY SKINCARE RECIPES

YOUR GUIDE TO USING
SHEA, COCOA, MANGO BUTTER
AND OTHER BOTANICALS
TO HAVE HEALTHY, GLOWING SKIN



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WELCOME TO THE WORLD OF HOMEMADE SKIN CARE

Starting is easy and fun. Homemade skin care puts you in complete control of what goes on your skin. No more translating product labels, no more junk ingredients.

Whipping up your own body butter, deodorant, anti-aging serum, lotion bars and all the goodies you can make at home is something new, and this eBook is a compilation of the best skin care recipes that I have formulated over the last several years.

The way I approach DIY skin care is the same way I approach making a healthy home cooked meal for my family. At first I follow a recipe so I can learn it, then after a few times I put my twist to it and tailor it to my needs and what I like. This is exactly how I recommend you look at this: a craft more than a science.

Embrace learning this new craft and enjoy these recipes, your skin will love them ❤️

Blessings,

Isabella

Founder
Better Shea Butter

PS: We have lots more recipes, tips and video tutorials on our website and our Instagram Stories. Join us on social and check out our blog often!



THINGS TO KNOW BEFORE YOU GET STARTED

You can always use butters on your skin without any other oils or ingredients added. The way to use a pure cosmetic butter is to break off a pea size amount, melt it between your fingers and apply to your skin. Remember that a little goes a long way, you are using a pure, dense, nutrient-rich skin food.

You can also use oils on their own as body and face moisturizers. The way to use a beauty oil is to pour a small amount on the palm of your hand, evenly spread it on your skin and allow it to soak in.

Similarly, you can always create a homemade body or face butter mix by using 1 or more butters, oils and botanicals to create tailor made beauty products, just the way you like them. This compilation of skin care recipes was created after 6 years of testing with different ratios, ingredients and formulas, I hope you love them as much as I do.



SHELF LIFE + STORAGE

Shea | Mango | Cocoa | Kokum Butters - store in a cool place away from direct heat. If your butters are melted when you receive them or if they melt at some point due to hot weather, place them in the fridge until fully solid.

Typical shelf life of pure beauty butters is 2 years from purchase date.

Body and Face Oils - store in a cool place away from direct heat. Shelf life depends on the specific face or body oil, check the label for the “best by” date.



HOW TO WHIP YOUR BUTTERS

MELT + WHIP METHOD

**IDEAL FOR HARD BUTTERS
SUCH AS KOKUM + COCOA**

1. Slowly melt the butter in a double boiler and melt it at low heat.
2. Turn off the heat and remove the butter from the burner. At this stage you can add carrier oils and vitamin E, but it's still too hot to add essential oils
3. Let it cool off to room temperature either by setting aside, or by placing your container in a bowl with ice to speed up the process
4. Stir it occasionally while you are waiting for it to cool off to room temperature, or about 75 F (23 C)
5. Add the essential oils if desired
6. Whip the melted butter
7. Put it in the fridge until it's firm but not completely solid
8. Remove it from the fridge and let it soften enough to be able to whip it again.
9. And you're done! Now you can scoop the butter in your final containers, or you can pour the whipped butter in a zip lock bag, cut a corner at the end of it, then squeeze into your jars

COLD WHIP METHOD

**IDEAL FOR SOFT BUTTERS
SUCH AS SHEA + MANGO**

1. Cut the butter in small chunks
2. Put the chunks of butter in a bowl or stand mixer like a KitchenAid
3. Start whipping it on high, scrape down the butter that sticks to the sides, and keep whipping until it looks homogenous
4. Slowly add carrier oils and essential oils as needed and keep whipping until it's to the desired consistency
5. Now you can scoop the whipped butter in your final containers, or you can pour the whipped butter in a zip lock bag, cut a corner at the end of it, then squeeze into your jar



GRAINY BUTTERS AND HOW TO FIX THEM

Skin butters like shea, mango, kokum and cocoa all have different melting points. They contain fatty acids and vitamins throughout, which is what our skin loves about them.

Sometimes, summer temperatures causes butter to melt while it's being shipped to you. As it is cooling slowly, the fatty acids start to solidify faster than the butter itself. This causes the butter to have a grainy texture.

The way to fix this is simple. Melt down your butter using the double boiler method, and wait until all of the grains are melted as well. You should have completely liquefied butter, it may take longer to melt than usual because of the grains having a higher melting point.

Once completely liquified, freeze it. If you have a jar or two, 1 hour in the freezer is enough, you just want the butter in the freezer long enough to quickly turn solid.

Once your butter or whipped body butter has solidified in the freezer, simply take it out and keep it stored in a cool place. Be sure to keep it away from heat and moisture. If the location you are in gets above 75F, I recommend storing the butter in the fridge (not freezer) so it maintains its smooth texture.



RECIPES





REJUVENATING FACE SERUM

Use

Apply a thin layer of this serum on clean face and neck, let it absorb a few minutes before applying sunscreen or make up. Can be used in your morning beauty routine, and at night before bed as a light moisturizer.

Ingredients

For this recipe, it is best to use a scale that measures grams since each amount is small and trickier to weigh in ounces. However, both versions (grams and ounces) are provided for your convenience.

- 16 grams apricot oil
- 8.4 grams rosehip seed oil
- 2.8 grams sea buckthorn oil
- 6-12 drops frankincense essential oil

or

- 0.60 ounces apricot oil
- 0.30 ounces rosehip oil
- 0.10 ounces sea buckthorn oil
- 6-12 drops frankincense essential oil

How to

Fill a glass bottle with all ingredients, close it with a dropper lid, shake it to mix all ingredients and you're done!

Store it in a dark room away from direct light and heat to prolong its shelf life, or store the serum in the fridge.



DEEP MOISTURE NIGHT CREAM

Use

Apply this rich, buttery cream before bed on clean skin. Suitable for all skin types.

Ingredients

- 2 oz shea butter
- 2 oz coconut oil
- 1 oz rosehip oil
- 25 drops lavender essential oil
- 5 drops chamomile essential oil

How to

For this recipe you can use the melt & whip method, or simply cold whip the ingredients. Below is the faster, cold-whip method.

Place the shea butter, coconut oil and rosehip seed oil in a bowl. Using the back of a spoon or a fork, work all ingredients into a paste.

Add the essential oils making sure they are evenly incorporated. You can use other essential oils of choice, or you can omit them if you don't want any scent in your face moisturizer.

To add volume and give it a softer consistency, whip the paste with an electric mixer on high for several minutes until it has increased in volume and is a bit stiff.

Scoop the Deep Moisture Night Cream in your final containers and store in a cool place away from direct sun.



WHIPPED MANGO MOUSSE

Use

Apply this soft, fast-absorbing face moisturizer as needed on clean skin. Suitable for all skin types.

Ingredients

- 1 cup cut-up mango butter
- 1/2 cup apricot oil
- 10 drops lavender essential oil
- 5 drops geranium essential oil
- 5 drops chamomile essential oil
- 1/4 teaspoon pink mica (add this at the very end)

How to

Place your cut-up mango butter, apricot oil and essential oils in a bowl. Using the back of a spoon or a fork, work your butter and oils into a paste.

Fold in the pink mica powder and stir well to ensure the color is uniform.

To add volume and give it a fluffy consistency, whip the paste with an electric mixer on high for several minutes until it has increased in volume and is a bit stiff.

Scoop the Whipped Mango Mousse into your final containers and store in a cool place away from direct sun.



HERBAL FACIAL STEAM

Use

Pamper up once a week with this soothing, relaxing facial steam. Regular steams help open up and gently detox your skin, and are great when done before applying a face mask.

Ingredients

- 16 oz water (preferably distilled)
- 1/2 cup dry lavender flowers
- 1/2 cup dry chamomile
- 1/2 cup dry rose petals
- optional: 5 drops lavender, chamomile or eucalyptus essential oil

How to

Enclose the dry flowers in a muslin or fine mesh cloth, tie the bag, then squish the flower bag to break up the dry flowers and release their natural scent.

Bring 16 oz of water to a boil, drop in the flower bag, add 5 drops of optional essential oil, put a towel over your head to create a tent and hover above the hot water with the flowers in. Stay at least 1-2 feet above the pan with water and be careful not to get burned.

Close your eyes, take long, slow breaths and relax like this for about 5 minutes.

End the steam by patting dry your face with a soft towel, your skin is ready for either a mask, or your daily or nightly moisturizer.



REFRESHING ALOE VERA MASK

Use

Use this refreshing Aloe Vera Mask to clean and remove impurities from your face and body. Leaves your skin feeling soft and smooth.

Ingredients

- 3 tsp fresh aloe vera gel
- 2 tsp of clay (use clay of your choice, bentonite and rhassoul are examples of clays which can be used)
- 1 tsp ground up dry flowers (use flowers of your choice, suggested flowers include dried rose petals, chamomile flowers or lavender buds)

How to

Get a leaf from an Aloe Vera plant and remove gel from the center. Place this in a blender to liquify the gel, set this aside.

Grind up dry flowers.

Combine clay, ground up dry flowers and aloe vera gel in a bowl.

Apply to the skin as desired and allow to dry, about 10 minutes. Wash off and pat your skin dry with a clean towel.

Recommended: Apply moisturizer of your choice as desired.



APRICOT LIP SCRUB

Use

Use this on your lips for a gentle exfoliation before you apply lipstick or other lip product. Apply to wet lips, work in circles to gently massage your lips and increase circulation for a plumper look. Rinse off.

Ingredients

- 1 Tbsp of sugar (white, brown or cane)
- 2 tsp apricot oil
- 3 drops of vanilla extract

How to

Put the sugar into a grinder and pulse the grinder a few times to make the sugar crystals smaller. This is called caster sugar and it makes a more gentle exfoliator, suitable for lips and other delicate areas.

Place the finely-ground sugar in a bowl, stir in the apricot oil and vanilla extract and stir for several minutes to make sure your liquid ingredients coat all the sugar.

If you want a more liquid lip scrub, you can add a little more apricot oil.

Use what you need and store the rest in a container with a lid for future use.



PEPPERMINT LIP BALM

Use

Use this refreshing lip balm on your lips to moisturize them and prevent them from getting dry. Apply several times a day or as needed.

Ingredients

- 2 Tbsp mango butter
- 2 Tbsp coconut oil
- 1 tsp castor oil
- 1 Tbsp beeswax (Use pastilles or shavings from a block of beeswax)
- 25 drops peppermint essential oil

Vegan Version

Replace beeswax with 1/2 tablespoon of carnauba wax

How to

Place mango butter, coconut oil, castor oil, and beeswax in a double boiler on low heat until the ingredients turn liquid.

Remove from the heat and allow it to cool to 85 degrees.

Add peppermint essential oil and stir mixture.

Pour liquid mixture into tins and place in the fridge until solid and cooled off.

Your lip balms are now complete, place the lids on each or seal them appropriately and store at room temperature.



ACNE ZAPPER PASTE

Use

This is an effective, soothing, and gentle way to dry out occasional breakouts. Apply a thick layer of the paste over your blemish making sure to cover the immediate area around it. You can leave it overnight and wipe it off in the morning, or leave it for at least 30 minutes.

Ingredients

- 2 oz shea butter
- 1 oz zinc oxide
- 10-15 drops of tea tree or camphor essential oil

How to

Put the shea butter in a bowl and work it to a paste by using a fork, spoon or spatula.

Stir in either the tea tree or camphor essential oils.

Slowly add the zinc oxide powder using a strainer to make sure the powder is free of clumps.

Once you have a homogeneous paste, it's ready to use.



WHIPPED LAVENDER SHEA BUTTER

Use

Use this classic, luxurious whipped shea butter all over your body and face once a day or when needed for a boost in moisture. A little goes a long way, start with a small amount, especially if you are new to 100% oil/butter skin products.

Ingredients

- 2.5 oz shea butter
- 1 oz coconut oil
- 0.70 oz almond oil
- 0.70 oz apricot oil
- 40 drops lavender EO

How to

Using a double boiler, slowly melt the butter and coconut oil until liquid, remove from heat.

Pour in the almond and apricot oil and stir well.

Cover the container with the melted butters and oils and place in the refrigerator until the top and sides are solid, but the rest is still semi liquid. This will take about 1 1/2 hour.

Remove from the fridge, add lavender essential oil and stir.

Using an electric mixer on high, whip your body butter for several minutes until it increases in volume.

Place the whipped butter in your final container and store in a cool place away from direct sunlight.



WHIPPED VANILLA COCOA BUTTER

Use

This rich, highly nutrient whipped cocoa butter is ideal for dry or dull skin, and to prevent or diminish the appearance of stretch marks and scars. Use it once a day or more often as needed.

Ingredients

- 4 oz cocoa butter
- 4 oz jojoba oil
- 2 oz coconut oil
- the pulp of 1 vanilla bean

How to

Using a double boiler, slowly melt the cocoa butter and coconut oil.

When the cocoa and coconut are completely melted, remove the container from heat and stir in the jojoba oil.

Cut a vanilla bean length-wise and scoop out the brown pulp inside the bean. Put the vanilla bean pulp inside the melted oils and butters, and whip it for 1 minute to incorporate it well.

Place your container in the fridge for about 2 hours, or until the top and sides have solidified, but it's not completely solid.

Remove from the fridge and whip it with an electric mixer on high until you get a smooth, fluffy consistency that has increased in volume.

Place it in your final containers, store in a cool place away from direct sunlight.



ROSE INFUSED KOKUM BUTTER

Use

Apply this exotic, rich, whipped kokum butter on body and face twice a day or as needed.

Suitable for all skin types.

Ingredients

for Phase I

- 1 cup dry rose petals
- 8 oz almond oil

for Phase II

- 1 cup cut-up kokum butter
- 3/4 cup rose infused almond oil
- 1/4 teaspoon pink mica
- 20 drops rose essential oil

How to

This recipe has two separate phases. Phase I is the infusion of rose petals in oil, this takes about 4 hours. The second phase mixes the infused oil and other ingredients, this takes about 1-2 hours.

Phase I

Place 1 cup of dry rose petals and 8 oz of almond oil in a tall glass jar or similar container.

Using a double boiler system on low heat, let the rose petals infuse in the oil for about 4 hours. Be sure to check up on it every hour and stir, and ensure the water in the double boiler doesn't dry up.

Phase II

Using a double boiler system, slowly melt the kokum butter.

When melted, remove from the heat and add 3/4 cup of rose infused oil then place in the fridge until the top and sides are solid and the rest is still semi-liquid.

Add the mica powder and rose essential oil, then whip with an electric mixer on high until the body butter has increased in volume and has a soft consistency.

Scoop into your final containers and store in a cool place away from direct sun light.



LAVENDER INFUSED OIL

Use

Use this lavender infused oil in your DIY skin care recipes, body butters, balms and more.

Also apply directly to the skin as a serum or body oil.

Ingredients

- 1/2 cup of dried lavender flowers
- 4 oz apricot oil

How to

Put your dried lavender flowers in a medium or large glass jar.

Cover the lavender flowers with oil, leaving at least 1 inch from the top of the oil to the lid.

Put your jar on a window sill and let everything steep for 4 weeks – you can shake the jar gently every few days to help the process.

Using a mesh strainer, coffee filter or other appropriate cloth, filter out the lavender flowers from the oil.

Fast Version

Put your dried flowers in a medium or large glass jar.

Cover the lavender flowers with oil, leaving at least 1 inch from the top of the oil to the lid.

Place the jar in a double boiler on low heat for about 3 hours.

Using a mesh strainer, coffee filter or other appropriate cloth, filter out the lavender flowers from the oil.

Place lids on or otherwise seal containers and store in a cool dry place, away from sunlight.



MOISTURIZING LOTION BARS

Use

Use these moisturizing lotion bars on areas of dry skin or all over the body as a moisturizer to maintain your skin silky smooth.

Ingredients

- 8 oz mango butter
- Up to 96 drops of essential oil of choice

Optional

1 oz Beeswax (this will make the lotion bars a bit harder in consistency, ideal for summer time or when the weather is hot and can melt the lotion bars)

How to

Cut up and place Mango Butter in a double boiler on low heat until it is liquefied.

Remove from the heat and allow it to cool to 85 degrees.

Add essential oils of choice and stir.

Pour liquid mixture into molds of choice and place in the fridge until solid and cooled off.

Once cooled and solid gently remove bars from molds and store on a dish or similar container in a cool place, away from direct sunlight.



CALENDULA HEALING SALVE

Use

Use this healing salve to calm and soothe your skin in areas of irritation or discomfort. Clean area and apply two times a day or as needed.

Ingredients

- 1 cup of dry calendula flowers
- 8 oz of jojoba oil (or carrier oil of choice)
- 1 oz mango butter or shea butter
- 1 oz beeswax

Vegan Version

Replace Beeswax with ½ oz of Carnauba Wax

How to

Phase I:

Put dry calendula flowers in a tall glass jar.

Pour jojoba oil over the flowers and into the jar. Depending on how absorbent your flowers are, you may need to add more oil. Use enough oil to cover the flowers by about 2 inches.

Stir well to ensure all the flowers are evenly covered by the oil.

Create a double boiler system by placing the jar in a pan with about 2 inches of water, put on the stove on low heat for about 4 hours. Stir often and ensure to add some water to the bottom pan if it evaporates.

Remove from the heat, then filter out the oil using a mesh strainer or a cheese cloth. If you don't have either, try using a coffee filter.

Store in a glass jar with a lid or a similar sealed container. Some of this oil will be used in the next part of the recipe. The rest can be stored at room temperature or in the fridge and used for future recipes or as a body oil directly.

Phase II:

Put beeswax in a glass Pyrex measuring cup or similar container and place the container in a pot with about 2 inches of water. Put this homemade double boiler system on the stove at low heat and let the beeswax melt.

Once the beeswax has melted, add the mango butter (or shea butter). Stir and let everything melt together.

Lower the heat, then slowly add 1oz of your calendula infused oil while stirring. You will notice that as soon as you add the oil, the beeswax will start to harden up a bit. Just keep stirring until everything is evenly melted together.

Take off the heat and immediately pour into your container of choice - either a metal tin or glass jar will work.

Set aside your container and let it cool at room temperature overnight. This will allow your calendula healing salve to set fully and be ready for use the next morning.

ECZEMA CREAM

Use

Use this nutrient rich cream on areas of eczema on your skin or other severely dry or cracked skin.

Apply and allow to absorb into the skin. Repeat twice a day or as needed.

Ingredients

- 4 oz unrefined shea butter
- 2 oz olive oil
- 1 oz zinc oxide powder
- 10 drops lavender EO
- 5 drops tea tree EO

How to

Place shea butter and olive oil in a double boiler on low heat until the ingredients turn liquid.

Remove from the heat and allow it to cool to 85 degrees.

Add essential oils and stir mixture.

Place liquid in the fridge until firm but not solid.

Add 1 oz of zinc oxide powder, gently fold this into the mixture.

Once powder is combined, whip cream with an electric blender for several minutes to get it to a nice fluffy texture.

Place mixture in jars. This can be done by scooping cream into a Ziploc bag, then cut off one corner and squeeze mixture into your final containers.

Place lids on or otherwise seal containers and store in a cool dry place, away from sunlight.





STRETCH MARKS CREAM

Use

Use this nutrient rich cream on areas where stretch marks exist or may occur.

Apply and allow to absorb into the skin. Repeat twice a day or as needed.

Ingredients

- 1 oz unrefined shea butter
- 2 oz unrefined cocoa butter
- 2 oz coconut oil
- 2 oz almond oil
- 1 oz vitamin E oil
- Optional: 10 drops vanilla oil

How to

Place shea butter, cocoa butter, coconut, vitamin E and almond oil in a double boiler on low heat until the ingredients turn liquid.

Remove from the heat and allow it to cool to 85 degrees.

Add vanilla oil and stir mixture.

Place liquid in the fridge until firm but not solid.

Remove from the fridge and whip mixture with an electric blender for several minutes to get it to a nice fluffy texture.

Place mixture in jars. This can be done by scooping cream into a Ziploc bag, cut off one corner and squeeze mixture into your final containers.

Place lids on or otherwise seal containers and store in a cool dry place, away from sunlight.



TATTOO OINTMENT

Use

Use this nutrient rich cream on a new tattoo to help sooth it and promote faster healing. This can also be used to maintain an existing tattoo and surrounding skin.

Apply and allow to absorb into the skin. Repeat twice a day or as needed.

Ingredients

- 4 oz unrefined shea butter
- 2 oz hemp oil
- 1 oz beeswax
- 10 drops of pine EO
- 15 drops of rosemary EO

Vegan Version

Replace 1 oz of beeswax with 1/2 oz of carnauba wax.

How to

Place shea butter, hemp oil and beeswax in a double boiler on low heat until the ingredients turn liquid.

Remove from the heat and allow it to cool to 85 degrees.

Add essential oils and mix in.

Place liquid in the fridge until firm but not solid

Remove from the fridge and whip mixture with an electric blender for several minutes to get it to a nice fluffy texture.

Place mixture in jars. This can be done by scooping cream into a Ziploc bag, cut off one corner and squeeze mixture into your final containers.

Place lids on or otherwise seal containers and store in a cool dry place, away from sunlight.



DEODORANT PASTE

Use

Note: This is a spreadable paste only suited to be packaged in a jar with lid, and not a push up stick. To use, apply a pea size of deodorant to clean armpits once a day. A little goes a long way.

Ingredients

- 3 oz coconut oil
- 2.5oz mango butter
- 2 oz baking soda
- 1 oz arrowroot powder
- 1 oz beeswax
- 30 drops vanilla EO

How to

Using a double boiler, slowly melt the coconut oil, mango butter and beeswax.

Remove from heat, stir in the baking soda and arrowroot powder until well-incorporated.

Add the vanilla essential oil, then place your deodorant in your final containers.

Place in the fridge to solidify for a few hours. Due to the high amount of coconut oil, this formula tends to get very soft in the hot summer months. We recommend you store the deodorant in the fridge during hot weather days, otherwise store at room temperature away from direct sun.



LIQUID AFRICAN BLACK SOAP

Use

Use this as a body wash or hand wash daily or as needed. We recommend moisturizing afterwards with your favorite moisturizer.

Ingredients

- 3.5 oz African Black Soap
- 1 Tbsp almond oil
- 10-20 drops of essential oil
- Filtered water
- Glass jar with a lid or similar container

How to

Cut up pieces of African Black Soap and put into the jar.

Pour filtered water into the jar until the pieces of black soap are fully submerged in water.

Pour almond oil and essential oils into the jar.

Put lid on the jar so it is fully sealed.

Shake it up and allow to sit for 3-4 hours until the black soap pieces are fully dissolved.

It is now ready to use, pour into a soap dispenser or other container of your choice.

WHAT'S NEXT?

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For any questions or to chat about skin foods, email us at:

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Blessings,

Isabella

+ the Better Shea Butter Team

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