



## Body Butter, 8 Ounces

Body Butter is an all-natural, nutritive, emollient skin lotion that does not contain chemical preservatives, synthetic fragrances, or other artificial ingredients. This recipe is the property of Pallas Athene Soap & Natural Skin Care and may be printed "as is," without alteration and without removing the Pallas Athene Soap logos. The lotion recipe is for personal use only. The actual recipe and the lotion made from this recipe may not be sold for profit or otherwise.

### Supplies Required

Two covered pots or covered double boilers, cooking thermometer, stovetop or reliable heat source, electric mixer, mixing bowl, 8-ounce jar or container, tongs, serving spoon or ladle, measuring cup, measuring spoons, liquid vegetable oil(s), solid vegetable fat(s), vegetable wax(es), borax, vegetable glycerin, distilled water or herbal infusion, and ¼ teaspoon essential oils (optional).

### Step 1: Prepare the Container

Sanitize a glass jar or other 8-ounce container by using tongs to momentarily dip the container in boiling water. Allow the sanitized container to air-dry upside-down.

### Step 2: Combine & Heat the Ingredients

Pot # 1:

Combine these ingredients in a pot or double boiler. Heat on stovetop at 165°F until vegetable waxes are completely melted. Do not heat over 165°F because ingredients may burn or catch fire over 165°F.

Liquid vegetable oils.....3/8 cup + 2 teaspoons

Liquid vegetable oils are liquid at room temperature (68°F) and include almond oil, avocado oil, borage oil, castor oil, corn oil, evening primrose oil, olive oil, safflower oil, sunflower oil, wheat germ oil, and others. A combination of different liquid vegetable oils may be used. Olive oil is highly recommended as the majority liquid vegetable oil because of its historic uses, nutritive properties, and long shelf life. Soybean oil is not recommended because of its comedogenicity (affinity to clog skin pores).

Solid vegetable fats.....1½ teaspoons

Solid vegetable fats are solid at room temperature (68°F) and include coconut oil, palm oil, palm kernel oil, mango butter, shea butter, and others. A combination of different solid vegetable fats may be used. Shea butter is highly recommended as the majority solid vegetable fat because of its nutritive properties and long shelf life. Cocoa butter is not recommended because of its comedogenicity (affinity to clog skin pores).

Vegetable waxes.....3¾ teaspoons

Vegetable waxes include candelilla wax, carnauba wax, palm wax, and others. A combination of different vegetable waxes may be used. Candelilla and carnauba waxes are highly recommended as the majority vegetable waxes. Soy wax is not recommended because of its comedogenicity (affinity to clog skin pores).

Recipe continued on next page.



**Pot # 2:**

Combine these ingredients in a second covered pot or covered double boiler. Heat on stovetop at 165°F until borax is completely dissolved. Keep covered and do not heat over 165°F to help prevent water from evaporating.

Borax.....½ teaspoon

Borax (sodium tetraborate =  $\text{Na}_2\text{B}_4\text{O}_7 \cdot 10\text{H}_2\text{O}$ ) is a naturally-occurring crystalline salt compound of elemental boron, oxygen, salt, and water molecules. Cosmetic grades and ultra-refined grades of borax are recommended, but the commercial grades of borax, available in grocery stores as 20 Mule Team®, will suffice.

Vegetable glycerin..... 1¼ teaspoons

Vegetable glycerin (glycerol =  $\text{C}_3\text{H}_8\text{O}_3$ ) is a natural emollient, humectant, and lubricant. Simplistically, glycerin can be thought of as the “water-soluble portion of vegetable oil.”

Distilled water.....3/8 cup + 2¾ teaspoons

Distilled water may be substituted with an herbal infusion, as long as the herbal infusion is made with distilled water, is freshly made, and is filtered with an extra-fine strainer or filter paper to remove excess herbal sediment.

**Step 3: Mix the Heated Ingredients While Both are 165°F**

When ingredients in both pots are 165°F, carefully, pour all of Pot # 1 (oils/fats/waxes) into a mixing bowl. While mixing with electric mixer on lowest setting, slowly add some of Pot # 2 (glycerin/borax/water) to the mixing bowl. Continue to slowly add Pot # 2 and mix with mixer until all of Pot # 2 is blended into ingredients in mixing bowl.

As the ingredients thicken slightly (takes about 5 minutes), increase mixer speed to low-medium. As the lotion thickens more (takes about 5 more minutes), gradually increase mixer to medium speed. Continue to mix with mixer on medium speed until lotion cools to lukewarm or under 100°F.

**Step 4: Add Essential Oils (Optional)**

For unscented lotion, skip this step. For scented lotion, add ¼teaspoon essential oils to lotion that has cooled to below 100°F. (Most essential oils are volatile and will evaporate too quickly if lotion is over 100°F.)

**Step 5: Final Mix**

Blend lotion on highest speed for 2 minutes to prevent separation and to thoroughly incorporate essential oils.

**Step 6: Spoon or Ladle Cool Lotion into Sanitized 8-Ounce Jar or Container**

**Final Notes:** Body Butter does not contain preservatives and should be used within two (2) months of being made. Refrigeration will increase the Body Butter’s shelf life but will also stiffen the Body Butter. Enjoy!