

Lotion Bars

WORKS GREAT- SOOTHING- HEALING



INGREDIENTS

Shea Butter 225 Grams
Beeswax 225 Grams
Coconut Oil 225 Grams

Molds
Double Boiler or
Designated Pan

DIRECTIONS

Laura's Notes: These really are amazing, they work so well. I even use it to heal boo boo's! It is different than using your typical pump style lotion, the bar heats up slightly in your hands and you can rub it where you need it. I use it year round but boy does it help in the winter with that extra dry skin. Or in the Spring when my hands are not used to being in the soil so much. Remember- your skin is your largest organ so please purchase organic when possible.

1. Measure out equal amounts of the beeswax, shea butter and coconut oil.

Laura's Note: If you plan on using my recommended molds to fill up one mold (Creates 8-10 Bars) you will measure out 225 grams of each of the ingredients

2. Using a double boiler (if using a regular pan, place on very low heat and heat slowly) Melt completely, turn off heat and at this point you may wish to add in essential oil. Approx 10 drops (I do not use)

3. Pour into molds, the silicone molds work best to be able to pop back out. Let dry and harden overnight. Pop out the next day and slice into your desired size. Think about the size you would typically fit into someone's hand.

4. Wipe out the pot or pan you were using with paper towel to help clean as the beeswax tends to stick.



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