



Kerry's Lotion Recipe

Ingredient List

Almond oil: 1 cup (For nut sensitivity, substitute with apricot oil)

Beeswax: 1/4 cup

Coconut oil: 1/4 cup

Cocoa butter: 2 tablespoons

Distilled water: 1 cup

Vegetable Glycerin: 4 teaspoons

Essential oils: 100-140 drops (*Optional, lavender and eucalyptus are my favorites*)

Note: You can get most items at your local Whole Foods or Organic store and for items such as the vegetable glycerin and beeswax you can order online, I use <http://www.mountainroseherbs.com>

Preparation

Heat in small saucepan over low heat: (oil mixture)

Almond oil

Beeswax

Coconut oil

Cocoa butter

In another pan, warm: (water mixture)

Water

Vegetable glycerin

Remove pans from heat and allow contents to cool to body temperature. This can take several minutes.

When the oil mixture begins to thicken (will start to turn white as it thickens), pour into blender (I purchased a low cost one and use just for lotion making) and blend on medium speed while slowly pouring the water mixture through the open part of the lid. This will thicken the mixture. Blend another 5-10 seconds more until texture is smooth. Add essential oils, if desired, and stir in by hand.

Storage

Pour lotion into storage containers, glass are preferable (recycled jam or jelly jars with wide mouths are my favorite). Cover with a paper towel to cool for 30 minutes before capping. Use within 30 days. Lotion can be stored in the refrigerator for 3-6 months.