

Blemish Buster Body Butter

Ingredients:

- 1 cup cocoa butter
- ½ cup coconut oil*
- ½ cup jojoba or sweet almond oil**
- 20 drops frankincense essential oil
- 10 drops lavender essential oil
- 10 drops geranium essential oil



Instructions:

1. In a double boiler, on medium heat melt the cocoa butter and coconut oil if using. (I use a glass measuring cup placed inside of a stainless steel saucepan).
2. Mix thoroughly and remove from heat to let cool.
3. Add the carrier oils, followed by the essential oils
4. Place mixture in refrigerator or freezer to chill.
5. When partly solidified, use a hand mixer to whip into butter like consistency.
6. Store in a Mason jar or upcycled container with a lid.

Tip: For a more masculine blend use cypress and sandalwood essential oils instead of lavender and geranium. Although it's pricy, good quality frankincense makes all the difference, so try to avoid health food store brands.

**Coconut oil has been known to cause breakouts in those prone to acne, so use sweet almond oil if the butter is for the face. Note. If coconut oil is used the butter will be a bit stiffer at room temperature, unless of course your in the Tropics.*

***The oil in jojoba matches more closely the natural sebum (body oil) of the skin, making it a better option in most beauty products.*