

LOTION BARS

The secret for all-over skin nourishment! Lotion bars are relatively inexpensive to make and they make a thoughtful gift for family, friends and teachers.

What you will need for this recipe:

Coconut oil-extra virgin coconut oil is rich in antioxidants that prevent free radical formation. Free radicals cause skin to lose elasticity. Coconut oil is antibacterial and antifungal, which helps maintain clear skin. Coconut oil penetrates deep into the skin to better moisturize. It also smells really good!

Cocoa Butter- Cocoa butter is rich in Vitamin E and fatty acids which improves skin tone and elasticity. It helps to soothe dry skin, rashes, eczema, scars, stretch marks and psoriasis.

Beeswax- Beeswax adds a protective barrier to skin that locks in moisture and helps keep the bar firm.

Vitamin E- This antioxidant helps to smooth skin and reduce wrinkles.

Lotion Bar Recipe:

Coconut Oil- 4 ounces or ½ cup, melted

Cocoa Butter- 6 ounces or 2 ⅓ cups, loosely packed

Beeswax- 4 ounces or ½ cup, grated and tightly packed

½ teaspoon Vitamin E

Silicone molds, muffin tin or other mold

Fill a medium pot with about 2 inches of water and bring to a boil. Place a smaller pot or heat-proof stainless steel below inside the larger pot to create a double boiler. Add coconut oil, beeswax and cocoa butter to the bowl/pot. Stir occasionally until it is fully melted, then remove from heat. Allow mixture to cool a little before adding Vitamin E. Pour into molds and allow to harden. When hardened store in a steel tin. To use lotion bars, rub lotion bars between your hands or on the desired area (feet, hands, knees etc.) then massage into skin, as needed. Because there is no water in this formula, it is shelf stable for up to a year without the use of preservatives. Store out of direct sunlight and away from heat or it will melt.



