

**ORIGIN**

Shea butter *Butyrospermum parkii* originates from West Africa.

**OBTAINING THE OIL**

Refined shea butter is made by mechanical cold press which is the only way to keep and protect the vitamins contained in the product.

**RECOMMENDATION****Shea butter Application:**

The first thing to learn about shea butter is that it has to be liquefy before application. Here is how to proceed:



*Use a small amount of sheabutter*



*rub it in your hands to allow the butter to melt*



*until it becomes liquid, then apply on skin*

**USES****HAIR**

Brings softness and vitality.

To protect your hair use shea butter as a mask:

the day before shampoo massage the scalp using the equivalent of a big nut of sheabutter. Wrap in a warm towel around your head. keep for an hour minimum.

Sheabutter can also be use after shampoo to give shininess especially for dry hair.

**FACE**

Brings elasticity thanks to its unsaponifiable elements and vitamin E. Massage 5 to 10mn on inert areas. superficial skin layers really need hydratation. When the weather is cold protect your lips with sheabutter. Apply until well penetrated and only a satin aspect remains.

**BODY**

A fast way to do good to your entire body is to melt a spoon of sheabutter in your hot bath.

To relax, massage arms and thigh. Immediate wellbeing sensation guarranty.

**LOCAL APPLICATION**

Ideal after shaving or waxing. Soothing effect. Prevent from razor burn.

**BABY**

Rash prevention with a daily application

**SUN**

As your skin suffers during the summer, use shea butter as a complement of your sun screen and apply before and after sun exposure. It will help you get a beautiful and uniform sun tan that lasts.

**SPORT**

Use shea butter from head to toes especially on heels, knees and elbows.

Before an effort : shea butter accelerates warm-ups. Afterwards Shea butter helps drain toxins from sore muscles for a faster recovery