

# Shea Butter Recipes

## Shea Body Butter

80% Shea Butter  
19% Oil of choice  
1% Vit E  
Fragrance of choice

Weigh your butter and oils into a plastic bowl. Place in the microwave and heat in 30 second intervals. You do not want it melted, only softened. I have found that using a whisk type blender is best. When your butter is soft, you may begin mixing with your blender of choice, starting on low to incorporate your butter and oils together. When that is completed you may now pick up speed and let it whip. When using unrefined shea butter, you will notice that it will turn a dark green in color, as it whips and gets airy.. it will turn a very light cream color. When your butter has the look of whipped egg whites and is starting to peak, add your fragrance of choice. I have found it is best to stop your mixer to do this, mix it by hand for a minute.. then turn your mixer on high and whip it up real good to mix in the fragrance.

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## Whipped Shea Butter Recipe

### **Introduction:**

Whipped Shea Butter is a decadent treat for your skin. It is light, soft and creamy and contains all the nourishing properties of the Shea Butter and the essential oils that you add to it. The consistency of Whipped Shea Butter is similar to that of whipped cream. It is a bit tricky and time consuming to make, but the results are well worth it.

This recipe will make approximately four 4 ounce jars of whipped shea butter. This recipe may be doubled.

### **Ingredients:**

- 8 ounces Shea Butter
- 1 Tbs. Jojoba
- 1/2 tsp. Vitamin E Oil (*preferably T-50 or T-80*)
- 1/4 tsp. Essential Oil
- 1/16 tsp. Pearlescent Mica Powder for Color (*optional*)

### **Directions:**

- Have a large mixing bowl ready that is capable of withstanding both hot and cold temperatures.

- Ensure that there is enough room in your freezer to accommodate the large mixing bowl.
- Using a double boiler, heat water to boiling in the lower portion of the double boiler.
- Reduce heat to medium.
- Add the shea butter to the top section of the double boiler and allow to melt. Stir regularly.
- Using a candy thermometer, adjust the temperature of your stove until the shea butter reaches 175 degrees F.
- Continue to heat the shea butter at 175 degrees F for 20 minutes. Try not to heat the butter much higher than 175 degrees F as that may damage some of its nutritive constituents.  
*(Heating to this temperature for this duration prevents the shea butter from turning gritty. Shea butter has a tendency to form a gritty texture if it is melted too quickly.)*
- Shea butter is flammable. Keep an eye on it as it is being heated.
- After the shea butter has been heated, quickly transfer it to the large mixing bowl.
- Quickly add the jojoba and Vitamin E oils. Do not add the essential oil or optional pearlescent mica powder yet.
- Begin mixing the shea butter using a mixer. If you have a whisk attachment for your mixer, use that instead of the beater heads. A stick blender may be used, but I've found the results to not be as ideal.
- Continue mixing the shea butter for approximately 5-7 minutes.
- The shea butter will still be in a highly liquid form at this stage. Transfer the mixing bowl to the freezer for approximately 5-10 minutes.
- Remove from the freezer. The shea butter will still be in a liquid stage with the exception that a film of solid shea butter probably will have formed.
- Begin mixing the shea butter again for 5-10 minutes.
- Repeat the mixing to freezer process several times.
- Gradually, you will notice your shea butter firming up and becoming the consistency of whipped cream or frosting.
- It takes practice to get the timing right. Quickly chilling the shea butter for short intervals is important to help expedite, enhance and maintain the fluffy texture of your whipped shea butter. It's also important because using a mixer creates friction and heat, and can actually keep the shea butter from cooling if you keep mixing it for too long. Think of a Vitamix blender and its ability to turn water and veggies into hot soup in minutes due to the friction. Also, if shea butter doesn't cool quickly, it can become gritty. It's also important not to overchill (freeze) your whipped shea butter.
- Once the whipped shea butter has the consistency of whipped cream, add your chosen essential oils. Be sure to follow all safety precautions when selecting essential oils or an essential oil blend to include in this recipe.
- Mix again for several minutes to ensure the essential oils are evenly distributed.
- If you wish to color your whipped shea butter, add 1/16 tsp. of pearlescent mica powder and mix well. If the color is too light, you may add an additional 1/16 tsp. Your final color should remain very pale. It is very important not to heavily color the shea butter because too much will tint the skin when your whipped shea butter is applied.

**Idea:**

Before adding the essential oils and pearlescent micas, you can divide your batch into two clean mixing bowls and separately add different essential oils and pearlescent micas. If you do half your batch at that stage, be sure that you half the amount of essential oils and micas that you add to each half batch.

**Packaging:**

Spoon your Whipped Shea Butter into 4 ounce containers and label them. Include the date that you made the butter on your label.

**Shelf Life:**

With the exception of the anti-oxidant properties of the Vitamin E oil, this Whipped Shea Butter Recipe does not contain preservatives.

For maximum freshness, use the Whipped Shea Butter up within a month and discard any that hasn't been used within that time. With how luxurious Whipped Shea Butter feels and with how good it is on the skin, you'll probably use it up before a month is over with anyhow.

Because you will be exposing your whipped shea butter to bacteria and other contaminants each time you reach into the container to take out product, this whipped shea butter will have a much shorter shelf life than similar commercial products.

To keep your whipped shea butter fresh for as long as possible, store it in a cool location and try to ensure that your hands are clean when you use it.

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**Body Treatment Moisturizer**

Ingredients % of total Batch

**Oil Phase 2**

Unrefined Avocado Oil (Emollient) 12 % of total

Shea Butter (Emollient) 6 % of total

Emulsifying Compound (Complete emulsifying system) 8 % of total

Cetearyl Alcohol Stiffener (leave out if you like a "looser cream") 0.50 % of total

Vitamin E Oil (Antioxidant) 0.50 % of total

**Water Phase 1**

Unrefined Honey (Humectant with Active Ingredients) 3 % of total

Green Tea Extract in Glycerine (Antioxidant) 3 % of total

Deionized Water (Diluent) to 100%

**Final Phase 3**

Fragrance up to 1%

Liquid Germall Plus or Suttocide A (Preservative) (recommended for creams and lotions)  
0.50 % of total batch

### Instructions

1. Heat your water and Oil phases separately to 65-70 degrees Centigrade.
2. Combine your oil and water ingredients and blend for 5 minutes. Try not to get air into the emulsion.
3. If using Suttocide you may add it when you emulsion is still hot. If using Liquid Germall Plus add it to the emulsion after it has cooled to 35 degrees. Mix it in well. Your cream will thicken as it cools. Use a stick blender. (Works well and quickly)
4. After you cream has cooled mix in your fragrance well.

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### Shea Butter Basic Recipe

30% Olive Oil  
25% Rice Bran Oil  
20% Unrefined Shea Butter  
15% Virgin Palm Kernel Oil  
10% Virgin Coconut Oil  
fragrance

Please run this thru your own lye calculator.

I have found that using Virgin Palm Kernel Oil & Virgin Coconut Oil, it is not as harsh on your skin. Leaving your skin soft. This base recipe is very creamy and moisturizing to your skin.

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### Mint Cream Hair Dressing

approximately 16 oz jar  
8 oz raw shea butter  
4 oz olive oil  
4 oz castor oil (do not use near pets)  
2 tbs ginger mint herb tea  
1/4 tsp cayenne pepper (optional)  
30 drops peppermint essential oil

In a double boiler slowly, gently melt shea butter. While butter is melting, add herb tea to olive oil and heat in double boiler for about 20 minutes - enough time to infuse oil with the essence of the tea. Strain through cheesecloth or a coffee filter and set aside. Combine melted shea butter, infused olive, and castor oil. Stir in peppermint essential oil (and cayenne pepper, if you desire - good scalp stimulant in small quantities) and set aside, allowing to cool. After mixture solidifies, you may use a hand mixer to make it creamier. It's now ready to use!

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### **Lemon Creme Souffle**

20 oz shea butter  
2 oz organic jojoba oil  
3 tblsp organic lemon essential oil  
2 tblsp vanilla infusion in fractionated coconut oil

Weigh butter and oil in metal bowl. DO NOT HEAT OR MELT. Begin blending with a hand mixer until light and fluffy; add lemon and vanilla scenting oils and continue to whip until well incorporated. Dollop into 4 oz jars; makes 8 jars of creme souffle.

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### **Exotica Body Butter**

40% Unrefined Shea Butter  
10% Virgin Coconut Oil  
10% Mango Butter  
10% Avocado Butter  
10% Hemp Butter  
19% Oil of choice  
1 % Vit E  
Fragrance of choice

Weight mango & hemp butter in a plastic bowl and place in the micro and heat until liquid, be sure to not over heat this, do this in 30 second intervals until complete liquid. When this is completed, add the shea butter, virgin coconut oil, avocado butter and oils to the melted oils. Place in the microwave to soften, but not melt all the way. I have found that using a whisk type mixer produces the best results. Place all your butters & oils in your mixing bowl. Start on low to incorporate all your butters & oils together. Once that is done, you can then turn your mixer on high and let it whip. Once it reaches the look of whipped egg whites, stop your mixer and add your fragrance, mix it by hand for a minute, then turn your mixer on high and whip it up real good to mix in the fragrance.

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### **Coco - Mango Body Butter**

30% Unrefined Shea Butter Shea Butter with Emu Oil  
70% Unrefined Shea Butter  
20% Emu Oil  
9% Oil of choice  
1% Vit E  
Fragrance with care (emu oil is transdermal)

Weigh shea butter in a plastic bowl and place in the microwave and heat until soft, not a liquid, do this in 30 second intervals. When this is completed, place your shea butter and oils in your mixing bowl. I have found that using a whisk type mixer produces the best

results. Start on low to incorporate all your butters & oils together. Once that is done, you can then turn your mixer on high and let it whip. Once it reaches the look of whipped egg whites. Stop your mixer and add your fragrance, use caution doing this, the emu oil is transdermal and will bring which ever fragrance you use into your skin. I suggest using skin safe and healing type essential oils only, lavender and patchouli are my favorites. Mix fragrance in by hand for a minute, then turn your mixer on high and whip it up real good to mix in the fragrance. I always give this a shelf life of 2 - 3 months.

30% Virgin Coconut Oil  
20% Mango Butter  
19% Oil of choice  
1 % Vit E  
Fragrance of choice

Weight mango butter in a plastic bowl and place in the micro and heat until liquid, be sure to not over heat this, do this in 30 second intervals until complete liquid. When this is completed, add the shea butter, virgin coconut oil and oils to the melted oil. Place in the microwave to soften, but not melt all the way. I have found that using a whisk type mixer produces the best results. Place all your butters & oils in your mixing bowl. Start on low to incorporate all your butters & oils together. Once that is done, you can then turn your mixer on high and let it whip. Once it reaches the look of whipped egg whites. Stop your mixer and add your fragrance, mix it by hand for a minute, then turn your mixer on high and whip it up real good to mix in the fragrance.

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### **Shea Butter with Emu Oil**

70% Unrefined Shea Butter  
20% Emu Oil  
9% Oil of choice  
1% Vit E  
Fragrance with care (emu oil is transdermal)

Weigh shea butter in a plastic bowl and place in the microwave and heat until soft, not a liquid, do this in 30 second intervals. When this is completed, place your shea butter and oils in your mixing bowl. I have found that using a whisk type mixer produces the best results. Start on low to incorporate all your butters & oils together. Once that is done, you can then turn your mixer on high and let it whip. Once it reaches the look of whipped egg whites. Stop your mixer and add your fragrance, use caution doing this, the emu oil is transdermal and will bring which ever fragrance you use into your skin. I suggest using skin safe and healing type essential oils only, lavender and patchouli are my favorites. Mix fragrance in by hand for a minute, then turn your mixer on high and whip it up real good to mix in the fragrance. I always give this a shelf life of 2 - 3 months.

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### Mechanics Greasy Hand Soap

28% Vegetable Shortening or Lard  
22% Coconut Oil  
20% Palm Oil  
20% Olive Oil  
10% Unrefined Shea Butter  
Fragrance  
Ground Pumice added at trace 2T per # of oils  
Please run this thru your own lye calculator.

Will make for a very hard bar and long lasting bar of soap.

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### Shea So Silky Soap

(for 2.5 lb. batch)  
Lard - 14.0 oz.  
Virgin Olive - 8.0 oz.  
Coconut Oil - 10.6 oz.  
Shea Butter - 4.0 oz.  
Castor - 1.3 oz. (Caution near pets)  
Sweet Almond Oil - 2.0 oz.  
15.02 oz. - water  
5.86 oz. - lye \*  
Add Silk Fibers to lye water to dissolve and stir. Scent with desired fragrance or essential oil. This is a very gentle soap, and leaves skin soft and not feeling stripped of oils.

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### Body Butter with Shea Butter & Cocoa Butter

<b>Phase A</b>	<b>Weight %</b>	<b>For 100 g / 3.6 oz</b>
Macadamia Nut Oil (emollient)	15 %	15 g / 0.5 oz / 1 Tbsp
Shea Butter (emollient)	5 %	5 g / 1 1/2 tsp
Cocoa Butter (emollient)	3 %	3 g / 1 1/2 Tbsp
Sorbitan Stearate (emulsifier)	1.5 %	1.5 g / 1/2 tsp
Polysorbate 60 (emulsifier)	3 %	3 g / 3/4 tsp
Cetyl Alcohol (thickener)	3 %	3 g / 1 tsp
Vitamin E Acetate (antioxidant)	1 %	1 g / 22 drops
<b>Phase B</b>		
Hot Distilled Water (diluent)	61 %	61 g / 2.2 oz / 1/4 cup
Xanthan Gum (thickener)	0.5 %	0.5 g / 1/4 tsp
EDTA (stabilizer)	0.2 %	0.2 g / 1/8 tsp

Glycerin (humectant)	4 %	4 g / 1 tsp
Phase C		
Aloe Vera 10x Concentrate (botanical)	1 %	1 g / 22 drops
Phenoxyethanol/SA (preservative)	1.5 %	1.5 g / 34 drops
Fragrance (optional)	0.3 %	0.3 g / 6 drops

### Method

Add phase A into a disinfected, heat-resistant glass beaker and heat to 150oF/66oC to melt the ingredients. Add phase B into a separate beaker and stir well dissolving the gum. Add phase A to B and stir well, remove from the heat and stir until it is a homogenous cream. After the temperature has dropped below 100oF/40oC add phase C and stir again. The cream can be filled into jars.

### Properties

Pleasant creamy body butter that gives lots of moisture and softens the skin. For normal to dry skin.

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