

Body Glow

Ingredients

- 6 oz. jojoba oil or almond oil
- 1 oz beeswax
- 2-3 Tbs shea butter (mango or cocoa butter)
- Several drops of your favorite scented essential oil*
 - *Suggestion:*
 - *10 drops of lavender essential*
 - *10 drops of rosemary essential oil*
- 4 vitamin E capsules

Method:

Melt beeswax in double boiler.

Add oils and shea butter.

When fully melted and blended, remove from heat and stir in the essential oil.

Prick vitamin E capsules and stir the contents into the mixture.

Pour into jar of your choice to cool. Leave open until completely cooled.

Use sparingly – a little goes a long way.

*Add scent carefully so that the finished balm isn't too strong.

Basic Lotion Bar Recipe

Ingredients: Use 1 part each, by weight.

- Cocoa Butter or Shea Butter
- Oil, such as Coconut Oil or Olive Oil
- Beeswax

For instance, 2 ounces of each ingredient. If using liquid oil, you can measure by volume. For instance, 2 ounces of olive oil to 2 ounces by weight each of cocoa butter and beeswax.

If you don't have a scale, you can measure by volume, such as one cup cocoa butter, one cup coconut oil and one cup beeswax. This will make a softer bar. For a firmer bar, use one cup butter, a half cup oil and a cup of wax (or similar proportions).

Method

Place butter, oil and wax in a heavy bottom pot or double boiler. You may also use an Instant Pot on the "keep warm" setting. If you don't have a double boiler, you can make one by placing a glass bowl or wide mouth Mason jar in a small saucepan of water.

Heat gently, stirring regularly, until ingredients are melted.

Pour into molds. Allow to cool completely before removing from molds. You can chill the bars in the refrigerator for 10-15 minutes to speed up the process. The finished bars do not require refrigeration.

Easy Lotion Bars Recipe

Ingredients

- 1 cup coconut oil
- 1 cup shea butter, cocoa butter, or mango butter (or a mix of all three)
- 1 cup beeswax
- optional: essential oils of choice
- optional: 1 teaspoon vitamin E oil

Method

1. Combine all ingredients (except essential oils if using) in a double boiler or a glass bowl over a smaller saucepan with 1 inch of water in it. UPDATE: Low maintenance approach: Combine ingredients in a quart-size glass mason jar and place jar in a small saucepan of water until melted. This will save your bowl and you can just designate this jar for these type of projects and not even need to wash it out!
2. Turn the burner on and bring water to a boil. Stir ingredients constantly until they are melted and smooth.
3. Remove from heat, let cool a bit, and add any desired essential oils and/or vitamin E.
4. Gently stir by hand until essential oils are incorporated.
5. Carefully pour into molds or whatever you will be allowing the lotion bars to harden in (ideas below). I used silicone baking cups for easy removal, though any mold would work.
6. Allow the lotion bars to cool completely before attempting to pop out of molds. These could be made in different shaped molds for different holiday gifts (hearts for Valentine's Day, flowers for Mother's Day, etc.) or made in a square baking pan and then cut into actual bars.

Note: This recipe can be adjusted to make any quantity that you'd like. I use equal 1 cup measurements as specified in the recipe which makes 12 lotion bars with my molds. For a small batch, this recipe could be cut in half or even one fourth.