

DIY Whipped Body Butter

Yields enough to fill about a 16 ounce jar (once whipped)

Adapted from Wellness Mama

4 ounces (by weight) coconut oil

4 ounces (by weight) mango butter

2 ounces (by weight) apricot oil

20 drops therapeutic grade essential oil (I used Young Living's *Gentle Baby* blend)

Melt the coconut oil, mango butter, and apricot oil in a double boiler over medium heat, stirring constantly. When everything is melted and combined, remove from heat. Allow to cool for about 15-20 minutes, and then stir in the essential oil.

Put the mixture in the refrigerator and cool to a soft stage, about 1 hour. Then, using a hand mixer, whip everything together until light and fluffy. It'll take about 8-10 minutes of whipping.

Transfer the body butter to the containers of your choice. Return the body butter to the fridge to set completely, about another half hour. You can store the body butter at room temperature, if your house is cooler than 75 degrees. However, if your home is warmer than that, store in the refrigerator.

Note: When using this body butter, a little goes a LONG way. Start by rubbing just a tiny amount into your skin, and add more if needed.