Evergreen Body Butter Recipe

This decadent winter body butter will leave your skin feeling soft and silky. It’s also a 100% natural way to support skin health with natural fats and antioxidants.

What you’ll need...

- 3/4 cup carrier oil (jojoba, almond, apricot kernel oil, etc.)
- 1 cup fresh evergreen needles, chopped finely
- 100 grams shea butter
- 100 grams mango butter
- 1 teaspoon rosemary antioxidant extract (optional, has preservative action)
- 40 drops fir needle essential oil (optional)
- 10 drops clary sage essential oil (optional)

1. Place the carrier oil and evergreen needles into the top of a double boiler or into a metal bowl perched atop a small saucepan. Place a few inches of water into the bottom half of the double boiler or saucepan or crockpot.

2. Heat the ingredients until they are fairly warm to the touch. Turn off heat and let stand. Every couple of hours, re-heat the oil, and then let stand. Continue this for 24 to 48 hours. Be sure to heat the oil slowly and avoid letting the temperature get overly hot.

3. Strain off the evergreen needles from the warm oil using a fine mesh strainer or cheesecloth. Compost the needles. The oil should have a light citrusy evergreen scent. You will need 1/2 cup of the oil for this recipe. Any extra oil can be used as a simple body oil or for another recipe.

4. Place the shea and mango butters in a double boiler and heat until melted. Remove from heat. Add 1/2 cup of the infused evergreen oil and the optional rosemary antioxidant extract and essential oils. Stir well.

5. Set aside in a cool location until the mixture begins to harden and looks opaque. Don’t let it get too hard.

6. Whip the mixture vigorously using a cake mixer, immersion wand, or other immersion-type blender. It should be light and fluffy when done.

7. Transfer the mixture to jars. Store in a cool place. If it gets too warm the mixture will decrease in volume but will still be fine to use.

How to Use and Shelf Life

Spread the body butter on warm skin, preferably just out of the shower or bath. It may feel oily when you initially apply it, but let it soak in for a few minutes. You’ll know you’ve used the right amount for your skin when, after a few minutes, your skin feels soft but not greasy.

The mixture should last for at least a year, especially if kept in a cool location. The optional rosemary extract will help prevent the oils from going rancid and can prolong shelf life.

Yields: Approximately 2 cups.

Article and photos by Rosalee de la Forêt.
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