



WHIPPED FACE CREAM

www.thesheepareout.com

This whipped face and body cream leaves your skin silky smooth, and even better is made out of only a handful of ingredients; all of which you can pronounce. Brilliant! You only need a tiny amount of using this on your face. It does not contain any alcohol, and therefore will not absorb instantly into the skin. If any moisturizer does that then it also has alcohol in it and is drying your skin out every time you use it.

INGREDIENTS:

½ cup coconut oil (preferably organic) 1 cup-sized container with tight fitting lid
½ cup shea butter
5-15 drops of essential oils
(lavender, cedar wood, and frankincense
are my favorites)

DIRECTIONS:

1. Put the coconut oil and shea butter into a metal bowl, and then set this bowl into a second bowl filled with hot water. Otherwise you can use a standard double-boiler, or use a microwave safe bowl and melt the oil and butter using short, 30 second bursts.
 2. When the oil and butter are almost melted, stir them together until everything is clear. Remove the metal bowl from the hot water and set it aside to cool. Do not add essential oils to anything hot since that will destroy many of their healthful properties.
 3. Once the oil/butter mixture is cooled (but not set) add your essential oils. I like to do a blend of about 5 drops each of my favorite oils for skin. My current favorites are Lavender, Frankincense, and Cedar Wood.
 4. Depending on the temperature of your room (and the amount of time you have), place the metal bowl into the refrigerator (or freezer for a quicker set) until the oils just start to harden or set.
 5. Remove the bowl from the refrigerator and use an electric hand blender to whip up the oils until light and fluffy. If your oils are still too warm, put them back in the refrigerator or freezer for a couple of minutes then whip them again. Watch it like a hawk or it can set up too quickly. If the oils have solidified before you whipped them, try your blender anyway. You might need to use a spoon to scrape the mixture into smaller bits and then blend away.
 6. Put the finished face/body cream into your container of choice with a tight fitting lid. I keep my face lotion on my bedside table, so I use a small, wide-mouthed mason jar. For face/body cream that I would travel with or take to the gym, etc., then try a food-safe plastic container with a tightfitting lid.
- * You can double this recipe to make two jars of face/body cream and then save one in the refrigerator.

Young Living Essential Oils Distributor: 3025584

2016 Recipe by: The Sheep Are Out at <http://www.thesheepareout.com/>