

## Chocolate body butter

Preparation time 5 minutes

### Ingredients:

1 ½ cups cocoa butter, slightly softened  
½ cup coconut oil at room temperature  
2 tbsp almond oil

### Directions:

- Place all ingredients in a bowl and beat with an electric mixer at high speed for 3 – 4 minutes. Oil should become 'fluffier'
- Place in a clean jar with lid (or use two smaller jars)
- Use a small amount as body lotion daily, best applied to damp skin

For a choc mint version, just add a few drops of peppermint essential oil.

The average woman uses hundreds of different chemicals on her skin daily and a proportion of these chemicals are absorbed into the blood stream. Using more natural skin care products helps to avoid exposure to chemical nasties and is usually cheaper and better for the environment too. To find out more about what chemicals to steer clear off, check out the [ewg.org](http://ewg.org)

Scent your body butter with your favourite essential oil. We love peppermint, lime and ginger or lavender.