

Tallow Body Butter



**Disclaimer – this recipe is not meant for healing purpose. Perform your own research and tests.

This is the only lotion I use now – my skin has never been more moisturized or softer! And it kicked Doug's eczema to the curb!

- Double Boiler
 - 1/2 cup 104 grams – grass fed tallow
 - 1/8 cup 28 grams – shea butter
 - 1/8 cup 30 mL avocado oil
 - 30-40 drops favorite essential oil (optional)
1. In a double boiler melt tallow and shea butter
 2. Once it is melted, remove from heat and allow it too cool slightly
 3. Once slightly cooled, add in avocado oil and essential oils, if using
 4. Place in the refrigerator and allow to set up for about 45 minutes or until your finger when placed in it holds an indent.
 5. At this point, you can use a hand mixer and whip the lotion for a whipped body butter.

6. Store in an airtight, glass container like a mason jar.
I do not refrigerate mine.

Bath and Beauty
Lotions