



12 bars



30 minutes prep

herbal lotion bars

ingredients:

- 1/2 cup coconut oil
- 2 1/2 cups cocoa butter
- 1/2 cup beeswax
- 20 drops peppermint {or other flavored} essential oil
- 1 teaspoon vitamin E
- soap molds {optional}
- dried rose petals {optional}

instructions:

1. If infusing coconut oil with herbs, put rose, lavender, etc., in the top of a double boiler with coconut oil and let gently infuse for an hour, checking the water in the bottom pot every 15 minutes. Strain the petals out and keep the melted, infused oil. If not using rose, move to step 2.
2. In the double boiler, melt the coconut oil, cocoa butter, and beeswax.
3. Once melted, add the peppermint oil or other essential oils and vitamin E oil.
4. Pour into molds or into baking cups in a muffin pan.
5. Let cool. You can stick in refrigerator or freezer to harden more quickly.
6. To use, rub between hands to soften and then rub onto body! Store in a cool space.

the cuisine of health

- Coconut oil is a fabulous skin cleaner, moisturizer, and sunscreen. It helps skin disorders such as eczema, dermatitis, dandruff, burns and psoriasis
- Cocoa butter soothes rashes, infections, helps chapped lips and smoothes and plumps skin.
- Beeswax is anti-inflammatory, relieves pain, and helps to clear acne.
- Rose petals soothe dry skin, fights acne and keeps skin hydrated.