



DIY Body Butters: Homemade Body Butter Recipes for Skin Rejuvenation and Hydration (DIY Beauty Products & Skin Care)

Rhonda Bradley

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The saying goes that we only get one body and that we have to treat it well. One of the most important things that you can do for your body is to take care of your skin. You remember your elementary school biology lesson that your skin is the biggest organ in your body, right? Sure you have to take good care of your heart and the internal organs but your skin deserves some care as well. Keeping your skin soft and well-hydrated is important not only for its appearance but for its function as well.

Body butters are more than just your typical lotion. They are typically made from a much higher oil/fat content and provide more hydration and more softening to your skin. These body butters are also typically more easily absorbed into the skin meaning that you get the most of the benefits without the ingredients being washed down the drain or wiped away with a towel or clothing.

Since they are readily available people might wonder why making body butters on your own is even suggested let alone encouraged. As you will see from this book the benefits of homemade are extraordinary plus there is the bonus of having a lot of fun in the process.

Here is a preview of what you will learn from this book:

- The ability to control the types and quality of the ingredients that you use.
- The ability to adjust scents and additional ingredients for your own optimal health and happiness.
- The security of knowing that what is in the jar is safe for your family.
- The ability to whip up specialty body butters for friends and family members as gifts for special occasions and just because you love them.

This book will take you through the basics of the universal recipe and will help guide you through the additions of special ingredients like salts and sugars, essential oils and more.

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