

# Download Organic Lotion Recipes Step Step

If you are still using store-bought lotion on yourself or your family, there are super easy natural alternatives that are fun to make! This homemade lotion recipe has three basic ingredients and takes only ten minutes to whip together. This whipped shea body butter recipe is great if you are out of beeswax. It can be done in your kitchen for less than 20 minutes. Shea Butter comes from the nut of the African shea tree and has many benefits for the skin and is naturally rich in Vitamins A, E, and F, as well as a number of other vitamins and minerals. Just loved your recipes! I happen to grow my own aloe vera barbadensis and made an outstanding bodyscrub with organic sugar, mint leaves, almond oil and the aloe juice! Ande has made mistakes in the kitchen since she could reach the countertop. From a restaurant head cook, to cooking meals for friends, to her own solo plate, experimenting & learning drives her., Organic Lotion Recipes Step Step.

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