



**Body Butter: Made Easy!:: The Complete
Beginners Guide to Homemade Body Butter With
Recipes for Softer, Smoother & Nourished Skin!
(Beauty & Style, Organic Body Care, Natural Skin
Care Book 1)**

Lisa Reddings

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Good skin is a wonderful feature everyone admires to possess.

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The body butter is a conditioning product that is designed to keep the skin moist by providing a protective layer. The primary ingredients are essential oils extracted from seeds and nuts such as coconuts, cocoa beans, shea nuts, kukui nuts and mango seeds. It is also comprised of other natural constituents containing vitamins and minerals that are considered to have the ability to keep your skin healthy.

Its primary function is to prevent external factors from drying the skin out, and it does so by taking advantage of the antioxidant properties of the aforementioned essential oils. The same properties are considered as valuable aids in slowing down the aging process, in combination with the contained vitamins that nourish the skin.

At this point, a fair warning is to be issued before proceeding into making body butter. Skin care products are not regulated by legal directives, so it is up to you to research the effects they may have on your skin. Medical advice should be sought to guide you on possible allergies and other skin ailments, that would limit or bar some or all of the ingredients needed to produce body butter.

Undesirable effects are not only derived from the chemical compounds that make body butter; they can also be incurred by excessive or incorrect use of a recipe ingredient.

In the following sections you will find everything you need to know in order to produce body butter; including tested and successful recipes.

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Jeremy Richards:

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Don Morris:

Is it you who having spare time then spend it whole day by simply watching television programs or just resting on the bed? Do you need something new? This Body Butter: Made Easy!: The Complete Beginners

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