



Blueberry Lemon Verbena Whipped Body Butter Recipe



Do your arms and legs need serious moisturizing? Try this decadent body butter scented with sweet Blueberry Lemon Verbena fragrance. You will love just how silky and non-greasy this cream feels due to a secret ingredient – mango butter. Mango butter is a thick, rich natural butter that has dry skin feeling due to the presence of tannins. We combine this with apricot kernel oil, a lightweight oil, and shea olein, a silky, creamy oil to make a perfectly-balanced cream. We do not recommend substituting another butter for the mango or another oil for the shea olein because it will change the consistency of the final product, but you can use a different oil of your choice in the place of the apricot kernel oil.

This is an anhydrous product meaning it has no water in it, therefore you do not need a preservative. For best results, apply this whipped body butter after a shower or bath to damp skin.

INFORMATION

- Difficulty: Beginner
- Yield: 3 x 8 oz Jars (4.4 oz / 125 g of product in each)

TIMING

- Prep Time / Clean Up: 15 Minutes
- Perform Time: 1 Hour
- Total Time: 1 Hour, 15 Minutes

SUPPLIES

- [Digital Scale](#)
- Stand Mixer or Handheld Mixer
- Stand Mixer Bowl or other Heat Proof Mixing Bowl
- 1-2 qt Saucepan or Skillet
- Piping Bag and Large Star Tip (optional)
- Tall Drinking Glass or 1 qt Mason Jar (optional)
- Spatula
- Spray Bottle w/ 70% Isopropyl Alcohol
- [Pipettes](#) (for essential oil)
- Paper Towels
- Freezer
- Stovetop or Portable Burner
- Timer
- 3 x [8 oz Plastic Jars](#)
- 3 x [Black Dome Lids](#)

INGREDIENTS

- 9.9 oz / 280 g [Mango Butter](#) (70%)
- 1.4 oz / 40 g [Shea Olein](#) (10%)
- 2.5 oz / 72 g [Apricot Kernel Oil](#) (18%)
- 0.28 oz / 8 g / about 8mL [Blueberry Lemon Verbena Fragrance Oil](#) or [Fragrance Oil of Your Choice](#) (2%)

DIRECTIONS

Before starting this tutorial please make sure to read all instructions. Spray work surface, utensils and mixing bowl with 70% isopropyl alcohol and wipe with paper towels. Use caution when handling heated oils. Use disposable pipets when dispensing essential oils. Do not place undiluted essential oils in plastic ware. Carefully weigh all ingredients before you start working. Fill saucepan with 1-2 inches of water and bring to a simmer on stovetop.

Step 1 – Melt the Butters and Oils

Combine mango butter, shea olein, and apricot kernel oil in the bowl of a stand mixer or other heatproof bowl.

Place bowl on top of saucepan with simmering water. Allow mixture to fully melt, stirring with spatula occasionally, about 15 minutes.

Remove from heat and place in freezer. Remove when a “crust” has formed, about 20 min.

Step 2 – Whip the butter

Whip scrub base at high speed until thickened and cooled, about 10 min. The mixture will form slightly stiffened peaks.

Add the fragrance oil. Whip or stir briefly.

Step 3 – Pipe the butter

Spoon or pipe the butter into jars. To use a disposable piping bag, snip the tip of the bag with scissors and drop the tip into the bottom of the bag. Twist the end of the bag shut to prevent your product from leaking out while you fill the bag.

To fill the bag, place it in a tall drinking glass or mason jar. The jar of a blender also works well. Fold the cuff of the bag down over the edge of the glass. Scrape the body butter into the piping bag.

Twist the bag shut. Untwist the tip of the bag and squeeze to remove the excess air. Pipe the body butter in the jars. Tap them firmly on the table and fill any remaining space at the top of each jar.

Label your jars and enjoy! For cleanup, wash all dishes with hot, soapy water. Alternatively, use the dishwasher with appropriate detergent.