



SHEA BODY & HANDBUTTER

Lavender Shea Body & Hand Butter

INGREDIENTS:

Organic raw Shea Butter, Organic Rosemary, Chamomile, Olive Oil, Rosehip Oil, Beewax and, pure essential oil of Lavender

Bergamont Shea Body & Hand Butter

INGREDIENTS:

Organic raw Shea Butter, Almond Oil, Hemp Butter, Coconut Butter, Beewax and, pure essential oil of Bergamot



SHEA BUTTER

Shea butter is a skin superfood that comes from the seeds of the fruit of the Shea (Karite) tree and that is naturally rich in vitamins A, E and F. It offers UV protection (it is SPF ~6) and provides the skin with essential fatty acids and the nutrients necessary for collagen production. Shea butter has been used in Africa and other countries for years to improve skin and hair.

Benefits include:

- **Moisturizing:** The concentration of natural vitamins and fatty acids in Shea butter makes it incredibly nourishing and moisturizing for skin. It is often used to remedy dry skin and to help protect the skin's natural oils.
- **Reduces Inflammation:** This also makes it beneficial for some people with acne.
- **Skin Smoothing:** Shea butter aids in the skin's natural collagen production and contains oleic, stearic, palmitic and linolenic acids that protect and nourish the skin to prevent drying. With long term use, many people report skin softening and strengthening as well as wrinkle reduction.



ROSEMARY

Rosemary can be infused into an oil and used externally for skin irritations like eczema and joint problems like arthritis. It has also been reported to speed healing of wounds and bruises when used externally

CHAMOMILE

Chamomile: known for their anti-inflammatory properties. Chamomile contains a long list of chemical compounds which are individually known for their anti-inflammatory properties. Most studies, however, have found that the whole extracts were more active than their individual constituents. Nonetheless, a few chemicals in particular give chamomile its reputation as a fantastic skin healer:





ESSENTIAL OILS SOAPS & SALVES

Essential Oils

Lavender: This highly versatile oil is best used for its soothing properties. Lavender relaxes the mind and body, and helps aid in reducing inflammation. To reduce stress, try applying this oil to a small area of skin, or adding a few drops to a diffuser or pillow for a good nights sleep.

Peppermint: Just a whiff of this oil can provide you with a natural burst of energy and improve mental alertness. Peppermint oil can be used as massage oil, lotion, and mouthwash. It also helps alleviate symptoms of congestion and aids in digestion. Try adding a drop of peppermint oil to your herbal tea to help improve digestion.

Bergamot: This citrus scented essential oil is widely used in perfumes and colognes. Bergamot is used to treat stress, anxiety, as well as a number of skin conditions like eczema. It's important that this oil is diluted before applying to the skin, as it can potentially burn skin if applied in its pure form. Bergamot can also be used as incense or in a vaporizer.

Eucalyptus: Has antiseptic qualities because of its germicidal quality. Upon exposure to air, ozone is formed which is a well-researched antiseptic. Therefore, eucalyptus oil is used for healing wounds, ulcers, burns, cuts, abrasions and sores. It is also an effective salve for insect bites and stings. Furthermore, besides soothing the affected area, it also protects the open wound or irritated area from developing infections from microbial activity and exposure to air.

Lemongrass Essential Oil

Analgesic: Things that are considered an analgesic reduce pain and inflammation. Lemongrass Essential Oil helps relieve pain in muscles and joints, as well as toothaches and headaches resulting from viral infections like cough, cold, influenza, fever, and various poxes. It also helps cure general body pain resulting from strenuous activities and athletics.

Antidepressant: Lemongrass Oil boosts self esteem, confidence, hope and mental strength, and it uplifts spirits and fights depression. This can be very helpful to drive away depression due to failures in their career, personal life, insecurity, loneliness, stagnation, death in the family and many other reasons. This also relieves anxiety. As an antidepressant, lemongrass can be systematically administered to patients of acute depression who are undergoing rehabilitation after acute shock. Basically, take it with your tea and relax.

