

# Whipped BODY BUTTER

by LIA GRIFFITH

My homemade organic grapefruit and lavender body butter is inspired by my love of the soothing qualities of lavender and the fresh, energy-giving scent of grapefruit. It is a base of two butters and two oils that, when melted, chilled, and whipped together, create a decadent, smooth, and silky body cream. The essential oils are added at the last step, so feel free to substitute for your favorite scents. ✦





## You Will Need

- ✿ ½ cup cocoa butter
- ✿ ½ cup shea butter
- ✿ ½ cup coconut oil
- ✿ ½ cup olive oil
- ✿ ½ tsp. essential oils  
(I used ¼ tsp. each of  
lavender & grapefruit)
- ✿ Double boiler
- ✿ Hand mixer
- ✿ Whisk

## To Make

Add cocoa butter, shea butter, coconut oil, and olive oil into a double boiler. If you do not have one, use a glass or metal bowl over a pan of boiling water.

Heat until the ingredients are melted, mixing with a whisk. Put the mixture into the refrigerator for one hour or until firm. With a hand mixer, whip the ingredients until creamy and light. Add the essential oils and mix again.

Spoon the body butter into glass jars. The mixture may seem a bit moist after whipping, but it will firm up after a few minutes. This recipe makes about 2½ cups of body butter. \*

*Lia Griffith is a designer, maker, and handcrafted lifestyle expert. Visit her blog at [liagriffith.com](http://liagriffith.com) for daily DIY projects, tutorials, and videos.*

