

## Aloe Vera, Amaranth Oil and Shea Butter Body Lotion



### Ingredients:

½ cup of aloe vera gel

¼ cup of amaranth oil

¼ cup shea butter

5 drops of orange peel oil.

You can use any essential oil you like but remember: essential oils are strong and must be diluted for safe use. The essential oil content should only account for 0.5% to 2% of the total blend. This equates to 3 to 12 drops per ounce of finished product

### Directions:

Melt shea butter: fill your cooking pot about ¼ with water. Bring it to a gentle boil. Place your measuring cup with shea butter in the hot water. Leave it until shea butter is melted. Peel aloe vera leaf, scrub the jell into container. Add amaranth oil, melted shea butter and orange oil. Mix everything well (I use my immersion blender). Place the mixture into container and use this lotion to moisturize your skin.