

# LOTION

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## WHAT YOU'LL NEED



*1/4 cup cocoa butter or shea butter*  
*1/4 cup comfrey and calendula infused*  
*olive oil (or just olive oil)*  
*1 tbsp beeswax*  
*1/4 tsp vitamin e oil*

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## INSTRUCTIONS:



1. Mix the cocoa butter, olive oil and beeswax in a double boiler over low heat, until melted.
  2. Pour the melted lotion into a glass jar (a mason jar works well) and allow to cool. Then add the vitamin E and stir in with a spoon, popsicle stick, whatever you have. You can take it one step further and beat the lotion with a hand mixer to make this lotion more like a body butter.
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