

PINS AND PROCRASTINATION

DIY PEPPERMINT BODY BUTTER RECIPE



INGREDIENTS

- Heaping 1/4 cup cocoa butter
- 2 tablespoons almond oil
- 2 tablespoons coconut oil
- 1 teaspoon beeswax
- 10-20 drops peppermint essential oil
- 1/4 teaspoon beetroot powder

INSTRUCTIONS

1. Melt your cocoa butter, almond oil, coconut oil, and beeswax over medium heat in a double boiler, or a pot placed on top of a saucepan with a few inches of water
2. Once melted, pour half the mixture into a mixing bowl, and place in the fridge. If you don't want to add color to your lotion, skip steps 3-4.
3. Add the beetroot powder to the remaining oil mixture on the double boiler. Let simmer, mixing occasionally, for about 5 minutes. You can leave it on longer for a stronger color.
4. Once the mixture starts to turn pink, turn off the heat. The beetroot powder will settle on the bottom of your pot. Carefully pour into a mixing bowl, stopping before you pour in the beetroot powder leftovers. Dispose of the extra mixture from the pot.
5. Place both mixing bowls in the fridge for 15-30 minutes
6. Once the mixtures have hardened but are not completely solid, remove from the fridge and whip with a hand mixer, adding 5-10 drops of peppermint oil per mixing bowl as you mix.
7. Add the lotions to two separate ziplock bags, one for white and one for pink. Snip the corners.
8. Use the ziplock bags to place the lotion in an airtight jar. Alternate white and pink for a striped effect.
9. Store in a cool, dry, place, and use on your dry skin!