

SHEA BUTTER

It is extracted from the fruit of the Central African ghariti or karité tree (*Vitellaria paradoxa*). Its fruit consists of a thin, tart, nutritious pulp that surrounds an oil-rich seed. The tree is perennial, when it reaches its full production it then produces nuts for up to 200 years.



They break and smash up the inside of the mature fruit and with added water they warm it up on fire. The gradually melting grease from the walnut grain is piling up on the surface of the water. They eliminate the grease and evaporate the water. The remaining SHEA BUTTER has saturated, unsaturated and polisaturated fatty acids and has a high A, E and F vitamine content. It can keep its stable quality for long and hardly becomes rancid. Even after a year only its vitamine content starts to reduce. Ideal storage temperature is 20-25 Celsius.

Main application areas: in all areas of skin, against eczema, psoriasis, allergy, pinches, after sunbathing, after shaving, against callus, cellulite, minor burned injuries, in cases of muscle ache.

Effects on skin: promotes the regeneration of cells, long-term hydration, stimulates the skin's selfhealing ability, reduces wrinkles, anti-inflammatory effect, natural sunscreen protection.

Use of products

You can increase the efficiency of SHEA BUTTER if you add vegetable and essential oils to the butter according to your skintype and its problem and massage it to your skin. At the beginning it should be used twice a day, later once a day. It can not be overdosed, it does not have any side effect.

It is important that around the eyes only use the creambase without any essentila oil!

SHEA BUTTER

Creambase

Stand the jar **creambase** into hot water. While slowly stirring pour 5 ml or 10 ml of vegetable oil to the jar, then take it out of the water and stir it for another 2 mins. Put 3-7 dropps of essential oil to the cream.



Bodycream base

Stand the jar into hot water. After 2 mins. take it out. Pour 5 ml or 10 ml of the vegetable oil to the base and stir it. Then add 3-7 dropps of essential oil to the cream, dependin on your taste, then mix it again.



Suncream base

Stand the jar into hot water. After 2 mins. take it out. Pour 5 ml or 10 ml of the vegetable oil to the base and stir it with the spatula. Then put the light filtering texture and stir it again. Then put 3-7 dropps of the essential oil to this mix and stir it again.



Use only that type of essential oil, which is not light-sensitive!

Natural oils

The oils have a regenerating effect. Besides of preserving the beauty they also give a pleasant feeling. Oils activate the body's selfhealing power and renovate natural balance.

Vegetable oils

Avocado oil: for dry or mature skin

Evening Primrose oil: for mature skin.

Apricot seed oil: for all skintype.

Grape seed oil: for oily or young skin, it is delaying the aging process.

