

# PPLD Young Adult Services Tutorial: Whipped Hand Lotion

## Description:

Create a soothing whipped hand lotion for dry skin.

## Supplies:

1. 1/2 Cup Shea Butter
2. 1/4 Cup Coconut Oil
3. 1/2 Tbsp Jojoba Oil (or substitute)

Optional: Essential Oils, Extracts for scents

## Link to Video Tutorial:

[https://youtu.be/1xXSpsIW\\_uc](https://youtu.be/1xXSpsIW_uc)



## Instructions:

1. Melt the shea butter in the microwave in increments of 30s at half power. Use oven mitts to remove butter from microwave.
2. Stir coconut oil into melted shea butter until the mixture is not cloudy. Add the jojoba oil and mix.
3. Refrigerate mixture until it has the consistency of softened butter (about one hour). If you over-refrigerate, leave out on your kitchen counter until it has the correct consistency.
4. Using a hand mixer on the lowest setting, whip for 3-5 minutes until color brightens and peaks form.
5. Transfer lotion to jar with a lid and store in a cool, dry place.

Instructions adapted from [Botanical Beauty by Aubre Andrus](#)