

Homemade Lotion

<http://www.livingthenourishedlife.com/2012/02/homemade-whipped-coconut-oil-body>

What you need:

- 1 cup coconut oil
- 1 teaspoon vitamin E oil (optional)
- a few drops of your favorite essential oils for fragrance (I used sweet orange and love it)

What to do:

1. Put all ingredients into a mixing bowl (I used my Kitchen Aid and it worked great). **Note: Do not melt the coconut oil first. It will only whip up if it's solid.**
2. Mix on high speed with a wire whisk for 6-7 minutes or until whipped into a light, airy consistency.
3. Spoon the whipped coconut oil body butter into a glass jar and cover tightly. Store at room temperature, or in the refrigerator if your house is so warm it melts the oil. (my daughters room I guess was too hot and it melted it)

Tip: An electric hand mixer will work, but my Kitchen Aid did an amazing job and I was able to get other work done while it was mixing away. A blender or food processor will not work with this coconut oil recipe, because they tend to warm the oil too much and prevent it from whipping up.

Note: Your whipped coconut oil should stay relatively soft, even at colder temperatures. If it's really cold, it will become a little more solid, but not rock hard like it normally does.

I made this lotion with my 5 year old daughter and it took us only a few minutes. She loved helping me and what's even better is she loves using the lotion. I love using the lotion as well and actually now it is the only kind I use (except for my face). My husband really likes it too. I thought for sure it would be greasy, and at first it is, but after a few minutes it isn't. Cheap and easy to make and what's better.....NO chemicals.

