

# Shea Butter Cream

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So, what do you need?

- 4 oz. unrefined shea butter
- 2 tablespoon base oil; for example extra virgin olive oil
- Fragrance oil .10 oz to start, please test
- mixing bowl
- electric whisks mixer
- one clean empty 8 oz. jar, or two 4 oz. jars, because volume will be increased

Steps for making whipped cream:

1. Before you start to prepare whipped shea butter, make sure your unrefined shea butter is on a room temperature. Do not melt or heat it! Put your shea butter in a bowl and mash it with a fork. The same way you make a mashed potato.
2. Add base oil(s) and mash it little bit more.
3. Put the mixture into the mixing bowl. Mix it on a high speed with electric mixer for approximately 5 minutes.
4. Believe it or not, this is it! Optionally, you can add chosen essential oil(s) and mix it few minutes to blend it with your whipped cream.
5. Put whipped cream in a clean jar(s) and close it. Keep it in a dry, dark and cool place. Room temperature is fine.

## Storing Shea Butter

Shea Butter's shelf life is approximately one to two years. It should be kept in dark, cool place on a room temperature.

You will find on internet many recommendations to keep it in the fridge, but this isn't necessary. Best temperature to store it is 68 to 75 degrees Fahrenheit. Lower temperatures won't harm it, but it can cause the shea butter to get grainy. On higher temperatures it will become liquid. This also won't harm it, but after shea butter re-solidify from melted state it may also become grainy. You should keep your shea butter or shea butter creams in closed glass or heavy duty plastic containers. If you don't want to put any preservatives in your homemade shea butter creams, never put any water into the cream. Protect your cream from absorbing humidity from the air by keeping it always firmly closed.

Wash your hands every time before you are using shea butter or shea butter cream, because you are contaminating it every time you touch it. This will prolong its lifetime. If your shea butter or cream gets unpleasant rancid smell, it is a sign it is rotten and you should throw it away.