

ROSE FACE & BODY BUTTER

INGREDIENTS:

½ cup Shea butter
⅓ cup Rosehip and/or Rose Petal infused oil (see here)
½ cup Coconut Oil
20 drops Rose Absolute essential oil
Large glass jar

DIRECTIONS:

1. Melt shea butter and coconut oil in a double boiler or glass bowl placed over a saucepan partially filled with water.
2. Add rose infused sweet almond oil and mix well.
3. Cool until just solid (I put my bowl in the fridge for 1-2 hours)
4. Using a hand or stand mixer beat the solid oils until they are whipped and fluffy (like butter cream!).
5. Add the rose essential oil if you are using it and mix well.
6. Spoon the mixture into your glass storage container and store at room temperature*.

*When the temperatures get into the 30C range here I find this melts and then solidifies again at night losing some of the fluffy, creamy feel. To help prevent that I replace ⅓ of the Coconut Oil with ½ cup of melted beeswax in the summertime.

ROSEHIP OR ROSE PETAL INFUSED OIL

This wonderful oil can be used in body butters or soaps or on it's own and is so healing and nourishing for our skin. Rosehips are packed full of vitamin C, antioxidants, linoleic acids, provitamin A, carotenoid and essential fatty acids that help protect and heal your skin from many ailments such as wounds, bruises, and acne, they ease inflammation from psoriasis, eczema and dermatitis, help reduce wrinkles and scars and also lighten hyperpigmentation. Pure rosehip oil (extracted from the seeds of rosehips) is very expensive, but this rosehip infused oil is a great alternative.

INGREDIENTS:

As many pesticide and herbicide free rosehips/petals that you can gather and fit into a glass container
Sweet almond oil or Jojoba oil

DIRECTIONS:

1. Remove stems and leaves from the petals or rosehips.
2. Crush the rosehips using a pestle and mortar or whatever you have that can mush them.
3. Place rose petals or rose hips (or a mixture of both!) in a glass container (I use a mason jar) and push down to compact them lightly.
4. Pour in sweet almond oil or jojoba oil until the rosehips/petals are just covered. Mix lightly and push the rosehips/petals under the oil. A rough guide is 2 parts oil to 1 part rosehips/petals.
5. Tightly seal the container and place in a warm dark space for about 6 weeks* shaking the container weekly.
6. Strain the oil through cheesecloth into a dark glass bottle, label and date it, and use as needed.
7. Store in a dark place.

*If you are in a hurry to use your oil you can heat the oil/rosehip/petal mix in an oven proof casserole at 38C (100F) for 8 hours and then let it cool in a dark place before straining and using it straight away.



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