

Awula Shea Butter DIY Skincare Recipe eBook

Welcome to your natural skincare companion. This recipe book is designed to help you create simple, effective body butters, creams, and balms using skin-loving ingredients. These recipes focus on hydration, soothing, and supporting the skin barrier. They are not medical treatments, but many people find natural formulations comforting for everyday skin care.

Important: Always patch test new products. If you have a diagnosed skin condition, allergies, or sensitive skin, consult a qualified healthcare professional before use.

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Eczema (Atopic Dermatitis) & Psoriasis

Ultra-Gentle Shea Rescue Butter

Ingredients:

- 1/2 cup raw shea butter
- 2 tbsp jojoba oil
- 1 tbsp calendula-infused oil
- Optional: 2–3 drops chamomile essential oil

Method:

- 1 Gently melt shea butter using a double boiler.
- 2 Remove from heat and stir in oils.
- 3 Allow to cool slightly, then whip until fluffy.
- 4 Store in a clean jar.

Soothing Oat & Shea Balm

Ingredients:

- 1/3 cup shea butter
- 2 tbsp oat-infused oil
- 1 tbsp beeswax

Method:

- 1 Melt beeswax and shea butter together.
- 2 Add oat oil and mix well.
- 3 Pour into container and cool.

Barrier Repair Cream

Ingredients:

- 1/4 cup shea butter
- 2 tbsp sweet almond oil
- 1 tbsp aloe vera gel

Method:

- 1 Whip shea butter and oil until smooth.
- 2 Blend in aloe gel slowly.
- 3 Mix until creamy.

Acne & Blemishes

Lightweight Balancing Cream

Ingredients:

- 1/4 cup shea butter
- 2 tbsp grapeseed oil
- Optional: 2 drops tea tree oil

Method:

- 1 Whip shea butter until soft.
- 2 Add oil gradually while whipping.

Clarifying Spot Balm

Ingredients:

- 2 tbsp shea butter
- 1 tsp neem oil
- Optional: 1 drop lavender oil

Method:

- 1 Mix all ingredients thoroughly.
- 2 Apply sparingly to blemishes.

Oil Control Gel Cream

Ingredients:

- 1 tbsp shea butter
- 1 tbsp aloe vera gel
- 1 tsp jojoba oil

Method:

- 1 Whip shea butter and oil.
- 2 Fold in aloe gel gently.

Scars & Stretch Marks

Elasticity Boost Body Butter

Ingredients:

- 1/2 cup shea butter
- 2 tbsp rosehip oil
- 1 tbsp vitamin E oil

Method:

- 1 Whip shea butter.
- 2 Add oils and whip again.

Cocoa & Shea Repair Butter

Ingredients:

- 1/3 cup shea butter
- 2 tbsp cocoa butter (melted)
- 2 tbsp almond oil

Method:

- 1 Blend melted cocoa butter into shea.
- 2 Whip with almond oil.

Massage Oil Blend

Ingredients:

- 2 tbsp shea butter (softened)
- 3 tbsp jojoba oil
- Optional: 2 drops frankincense oil

Method:

- 1 Mix until silky.

- 2 Use for daily massage.

Wound Healing Support

Protective Shea Balm

Ingredients:

- 1/4 cup shea butter
- 1 tbsp beeswax
- 1 tbsp calendula oil

Method:

- 1 Melt beeswax and shea.
- 2 Add oil and cool.

Gentle Herbal Salve

Ingredients:

- 2 tbsp shea butter
- 2 tbsp infused herbal oil
- 1 tsp beeswax

Method:

- 1 Melt and mix.
- 2 Pour and cool.

Skin Comfort Cream

Ingredients:

- 1/4 cup shea butter
- 1 tbsp aloe gel
- 1 tsp vitamin E

Method:

- 1 Whip butter.
- 2 Blend in gel and vitamin E.

Signs of Aging

Nourishing Night Butter

Ingredients:

- 1/3 cup shea butter
- 1 tbsp argan oil
- 1 tsp vitamin E

Method:

- 1 Whip and blend oils.

Glow Facial Cream

Ingredients:

- 2 tbsp shea butter
- 1 tbsp rosehip oil
- 1 tsp jojoba oil

Method:

- 1 Whip until smooth.

Firming Body Butter

Ingredients:

- 1/2 cup shea butter
- 2 tbsp coconut oil
- Optional: 2 drops geranium oil

Method:

- 1 Whip all ingredients.

Dry Skin

Deep Hydration Body Butter

Ingredients:

- 1/2 cup shea butter
- 2 tbsp olive oil
- 1 tbsp coconut oil

Method:

- 1 Whip until creamy.

Shea & Honey Cream

Ingredients:

- 1/4 cup shea butter
- 1 tsp raw honey
- 1 tbsp almond oil

Method:

- 1 Whip shea and oil.
- 2 Blend in honey.

Silky Hand & Foot Balm

Ingredients:

- 1/3 cup shea butter
- 1 tbsp beeswax
- 1 tbsp jojoba oil

Method:

- 1 Melt, mix, cool.