

CERTIFIED AROMATHERAPY COUNSELOR COURSE -SESSION 4 -BUTTERS/WAXES

Nut Butters

Nut Butters are a wonderful addition to your products. They provide excellent moisturizer and body to facial creams, body butters and conditioners. Some have stronger aromas than others, however the essential oils blend beautifully with nut butter. Working with nut butters is going to be a personal preference, some are easier to work with than other. Each providing their own qualities.

When using nut butter, unless you are creating a whipped body butter they are used in small quantities in your creation. Nut butters help to add body to your items and provide an emollient softening property. Because nut butters are more solid they are melted with your liquid oils. When nut butters cool they return to a more solid state even when blended with a carrier oil. They will still stiffen up a bit rather than remain liquid. This will allow you to use less wax in a creation, by using less wax your product will absorb faster. Keep in mind this does depend on the butter chosen. Some butters are more greasy or have a greasy feel to them than others. Coconut for example is a greasier and leaves a sheen on the skin.

When shopping for nut butters you need to be very careful. Make sure you are getting the pure raw unrefined nut butter. Many companies today are blending highly refined hydrogenated vegetable oil with their butters to extend them. You the customer are not getting what you are paying for. There are a number of wonderful ethical companies that offer organic raw unrefined nut butters. When blended this way it will hurt and alter the properties of the true nut butter. At the end of this course I will provide you with a list of suppliers that I have used and trust.

Each nut butter like essential oils and carrier oils carry their own list of beneficial properties. You still will have to be aware of any allergies to nuts when creating a product. Nut butters usually have a high fat content and are rich in proteins and EFA's. Nut butters are produced from plants, leaves, nuts and seeds. When a butter has been extended with other less quality oils you will have no way of knowing which ingredient could possibly cause a reaction. As long as you purchase pure raw organic butters you can do a skin patch test to see if anyone is allergic to the butter chosen. This can be done before you begin creating your product.

Although nut butters in their organic raw state may cost a few dollars more, they are worth the cost. Extended butters leave you with little of the original properties of the true butter. This can not only alter the final product, but can open up a whole new host of problems. If one does have a reaction it will be harder to trace back where the possible culprit came from.

Some nut butters have a higher melt point than others, coconut will melt as soon as you touch it. Many will take a higher heat source to melt which in my opinion make them easier to work with. Most of my nut butters I like to keep refrigerated simply to assure their shelf life. You can remove them from the fridge and cut a piece off or you can simply leave them on the counter until they reach room temperature.

CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 4 – BUTTERS/WAXES

Many manufactures are adding in different “scents” or “color” to their nut butters. You will see coffee butter, hemp butter, rose butter etc. This is a combination of vegetable oil and the true butter extended then they add the “special oil” to it and blend. Save yourself some money, make your own without the use of vegetable oil. Buy the raw nut butter of choice and then buy your organic raw carrier oil. Example: Coffee butter is blended with a green coffee carrier oil, however the manufacturers also add vegetable oil to extend it. Why? Well they make more money this way. There is no need to pay for it when you can simply do the same thing at home only in smaller quantities and for far less money.

You would achieve this by melting them both together in a stainless steel double boiler method. When your butter is completely melted, remove from heat and with a blender and whipping attachment whip your butter until it returns to a more solid or spreadable state. Label your butter and store it in a sterilized container in the refrigerator. My creating your own you know exactly what you are getting with not added non-essential highly refined vegetable oils. It does not take a huge amount of carrier oil, you only need enough to make the solid butter become more spreadable or creamy. Example would be 4 oz Shea Butter to 1 oz hemp oil.

By creating your own you keep the integrity of both as well as combining the properties. You are able to create creamy butters to use with your lotions and creams based on the needs at that time. When creating your own you would generally only use 1-2 oz butter in a lotion and 2-3 oz in a cream. All this will depend on the amount called for and the size of product you are making, either 4oz, 8oz or 16oz. I limit my use of coconut oil in lotions and creams due to its greasy feel and I find that if you use too much coconut oil it can have a drying effect. I feel coconut oil is best left to ointments and soaps or food grade for cooking.

I personally do not choose to buy Palm oil and try to avoid any product that contains it. Most people do not know or realize that orangutans are being slaughtered on a daily basis. Their natural habitat is the same location where suppliers get their palm oil. For me no product is worth the inhumane practice of killing an animal or destroying their habitat for the sake of a product. There are many other wonderful and far better butters and oils than Palm Oil.

Below you will find profiles and uses of nut butters I use in my products and with wonderful consistent results. These butters can be found in their raw natural state and not extended with other less expensive oils. Because you only use a small amount of butters in a blend these will last you for awhile. Most are sold anywhere from 4oz to 1 pound. If you have never worked with nut butters before, I would highly recommend buying in smaller quantities until you become familiar with them. Working with them will give you a good idea to the ones you favor and the results you receive in the products you create. If you only use a small amount like 1oz added to your carrier oils you would then have 4 applications of the smallest amount purchased.

Cocoa Butter



Botanical Name: Theobroma cacao

Origin: Africa

Extraction: Pressed from the crushed roasted cocoa bean

Uses: Emollient, chapped skin and lips, herbal suppositories, cracked nipples, stretch marks, skin creams and lotions, sunburn, soaps, ointments, natural antioxidant, hair conditions, lotion bars, body butter, improves skin elasticity.

Shelf Life: up to 3 years if kept cool and away from heat.

Shea Butter



Botanical Name: Butyrospermum Parkii

Origin: Africa

Extraction: Expressed from fruit pits

Uses: Non-irritating, non-allergenic, nourishing, baby care products, skin care lotions and creams, healing to skin and body, sun protection, wrinkle reducer, soaps, scar tissue, stretch marks, cracked nipples.

Shelf Life: up to 2 years in cool storage.

Illipe Butter



Botanical Name: Shorea Stenoptera

Origin: Borneo, Africa, Asia, South America

Extraction: Expressed from nuts

Uses: dry skin, wrinkles, regenerates cells of skin, restores elasticity, emollient, protects babies skin, rheumatism, skin issues, hair conditioners, aging skin, eczema, psoriasis.

Shelf Life: 2-3 years if stored in a cool place.

Kokum Butter



Botanical Name: Garcinia Indica

Origin: India

Extraction: pressed from fruit kernels

Uses: softens skin, skin ulcerations, lips, softens soles of the feet, restores elasticity, creams, lotions, quickly absorbed, regenerates skin cells, body butter, soaps, hair conditioner, ointments, belly balms, stretch marks, wrinkles, dry aging skin, mature skin, problem skin,

combination skin.

Shelf Life: 2-3 years when stored in a cool area away from heat and light.

Mango Butter



Botanical Name: Irvingia gabonensis (Mangifera Indica)

Origin: Africa, India, Mexico

Extraction: Expressed from seeds

Uses: bacterial and fungal infections, softens and repairs skin, lotions, creams, ointments, stretch marks, skin regeneration, aging skin, mature skin, baby products, lip balms, body butter, facial creams and lotions, combination skin.

Shelf Life: longer than 1 year is stored in a cool area away from heat and light.

Sal Butter



Botanical Name: Shorea robusta

Origin: India

Extraction: Expressed from fruit seeds

Uses: softens skin, dry skin, aging skin, mature skin, wrinkles, regeneration of skin cells, restores elasticity and flexibility, skin protection baby care, scabies, skin diseases, ointments, salves, lip balms, diaper rash balms, eczema, psoriasis.

Shelf Life: Over 2 years if stored in cool temperature.

CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 4 – BUTTERS/WAXES

Waxes

Waxes help to stiffen a product and bind together the fats/carrier oils and water. Ointments which contain no water have only your carrier oils and wax. All of which are combined together, heated and poured into your sterilized container. When the mixture cools depending on the amount of wax used, you will either have an ointment or a salve. Ointments and salves do not require a preservative due to the fact they do not contain water. You can however add 1-2 Vitamin E capsules as a precaution.

There are a number of waxes to choose from, depending on the use and if you are making a vegan product or not. Again you need to be aware that this industry also produces many synthetic waxes so make sure what you buy is natural and of plant origin. Chemicals are used to bleach the wax as is the case with beeswax. Always look for natural unrefined golden beeswax. Some waxes work better in chap sticks because they are harder and have a higher melting point. When adding a wax to a product you can test to make sure you have added enough. One method I use is: Once the oils and wax have melted together insert a stainless steel spoon into the hot mixture, remove the spoon and let it cool. Once it cools you can see if it is stiff enough or needs more wax, at this time you would add more wax a little at a time. Add in small increments until the spoon test is the consistency you are looking for.

Do not use paraffin wax it is for candles and is a petroleum based wax. Many manufacturers now are creating a synthetic beeswax. I do not use soy wax due to the fact that so much soy on the market today is GMO modified. If you use synthetics you are defeating the purpose of making an all natural product. Synthetics have no healing value and therefore have no business in ointments, creams or natural products. Here is a list of some of the synthetic waxes to look out for:

Mineral Oil Waxes:

- Ozokerite
- Ceresin
- Paraffin
- Montan

Synthetic Waxes include:

- Polawax
- Polyethylene
- Syncrowax

Now let's take a look at different natural waxes available to you. The choice is up to you, however remember the idea of making your own healing products is to use the purest and least refined or synthetic ingredients possible. Waxes last a long time and you generally use very little to achieve the desired result. Store them away from heat in a cupboard or closet and in a sealed BPA free plastic container.

CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 4- BUTTERS/WAXES

Candelilla Wax



Botanical Name: Euphorbia Cerifera

Origin: Mexico

Extraction: Extracted from leaves of shrubs

Color: Yellowish to yellowish brown. Hard and brittle.

Uses: Emollient, thickening agent, lip balms, lotion bars, soaps, chewing gum, lotions, creams, ointments, salves.

A synthetic version of this wax is on the market.

Carnauba Wax



Botanical Name: Copernicia Cerifera

Origin: Brazil

Extraction: from dried leaves of the palm tree

Color: yellowish brown and very brittle and hard

Uses: lip balm, eyeliner, mascara, deodorant, sun care, ointments, equine fly sticks, furniture polish and protection, lotion bars, this is the hardest natural wax available.

Castor Wax



Botanical Name: Ricinus communis

Origin: India

Extraction: Hydrogenation from oil

Color: Solid white flakes.

Uses: Cosmetics, moisturizing, thickening agent, eyeliner pencils, deodorant bars, creams, lotions, lotion bars, lip balms, lip gloss, soaps, ointments and salves, equine fly sticks, nail ointments, skin protection.

Beeswax



Botanical Name: Cera Alba

Origin: Canada

Extraction: Produced by bees in the hive then removed

Color: Golden yellow

Uses: Candles, soap, humectant, emollient, lotions, emulsifying, creams, lip balms, lipsticks, lip gloss, ointments, salves, body butter, all cosmetic applications.

CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 4 – BUTTERS/WAXES

Jojoba Wax Beads



Botanical Name: Simmondsia chinensis

Origin: USA

Extraction: expression from seeds

Color: unrefined Golden, Bleached White

Uses: skin softening, soap, body creams, lotions, lip balms, hair conditioner, lip gloss, facial creams, facial lotions, body and facial scrubs if it is not melted.

Rice Bran Wax



Botanical Name: Oryza sativa

Origin: India

Extraction: Extraction from bran

Color: Off white to orange brown

Uses: Emollient, hair conditioner, skin conditioner, skin protection, salves, body butters, lip balms, ointments, salves, creams, lotion, soaps, baby products, lip gloss.

Oliwax



Botanical Name: Olea Europeaea

Origin: Italy

Extraction: From Olive oil

Color: Cream colored

Uses: Hair care, skin care, creams, lotions, body butters, ointments, lip balms, salves, similar to human skin, conditioning, excellent for sensitive skin, daily facial moisturizer, eye cream, night cream, after sun cream, baby

lotions and care. You can use oliwax in any application as would any other wax but with the benefits of olive oil.

Another product that is used in natural products is Stearic Acid. Stearic acid is basically saturated fatty acid. It is a combination of salts and esters found naturally in palmitic acid and tallow. It is used as a surfactant and softening agent in soaps, shampoos, creams, lotions, candle and candy making. It is a hardener, emulsifier, lubricant and allows water and oil to mix. Although in solid pellet form it melts to a liquid when heated with your carrier oils. Stearic Acid binds and stabilized at a ratio of 2-5%. It has an indefinite shelf life. Must be added to the carrier oils during the melting process, it is not soluble in water.

CERTIFIED AROMATHERAPY COUNSELOR COURSE - SESSION 4 – QUESTION & ANSWERS

NAME: _____

ADDRESS: _____

PHONE: _____

FAX: _____

E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail it back to us at sacredeartharomatics@hotmail.com. We will grade your question & answer session and will let you know if we have any questions or concerns.

- 1.) What benefits do nut butters add to a product?
- 2.) Which butter is better left to soap making and cooking?
- 3.) Which butter helps protect babies skin?
- 4.) Name 3 uses for Mango butter.
- 5.) Which wax is the hardest natural wax?
- 6.) Why would you use a wax?
- 7.) Jojoba wax beads can be used for _____ if left unmelted?
- 8.) What is Stearic Acid and what is it used for?