

What's a Lotion Bar?

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Lotion bars are, like liquid lotion, a great way to keep your skin soft. But they are solid which means they aren't messy and travel really well in a purse. I know it seems crazy that a solid bar would be able to soothe your skin, but the heat of your skin is just enough to slightly melt the bar as you rub it between your hands or over your skin.

Are Lotion Bars Good for My Skin?

That depends on what you use to make your lotion bars, but everything used in this lotion bar recipe helps to nourish skin!

Coconut oil provides moisture, and is easily absorbed into your skin. Coconut oil is rich in antioxidants, is anti-bacterial and anti-fungal.

Olive oil contains four major antioxidants which allow it to work as a cleanser, moisturizer, and protector of skin. NOTE: I used cooking Olive Oil from a local grocery store.

Cocoa butter is solid at room temperature but melts at body temperature. It is rich and creamy and soaks right into your skin. And, like coconut oil, it's rich in anti-oxidants. NOTE: The local pharmacy ordered the cocoa butter for me.

Shea butter is primarily composed of fatty acids. The moisturizers in shea butter are the same as those produced by glands in the skin. It is very healing to the skin.

Beeswax locks in moisture and provides a protective barrier against harsh environmental factors. It also has properties that are healing to skin.



Lotion Bar Recipe (for a group project)

Ingredients

Use 1 part each, by weight (32 ounces of each)

- Cocoa Butter **or** Shea Butter (I used **Cocoa Butter**)
- Oil, such as Coconut Oil **or** Olive Oil (I used **Olive Oil**)
- Beeswax (Natural Beeswax –it comes in blocks **or** pellets. **Pellets** are a lot easier to measure and melt. Amazon carries the pellets)

Melt all ingredients together and pour in molds. Let set until hard, unmold, and you're done! I used **crock pots with liners** as **cleanup was easier**. The molds utilized were silicon and metal cupcake pans with aluminum cupcake liners. I also utilized plastic ketchup and mustard squirt bottles-\$1 at the dollar store. My youth from juniors to senior enjoyed making them. (The squirt bottles insured even the youngest was successful.)

Both the shea butter and cocoa butter work well for moisturizing. Some find the shea butter bars to be a little tackier and take longer to absorb into the skin. They also smell a bit "planty", not bad, just not as good (to me) as the cocoa butter.

The cocoa butter bars smell good enough to eat! They can be used as lip balm, too...oops... Use smaller containers to use as lip balm.

If you don't use them right away, keep the extra bars in a sealed container or bag.

Another option is to pour the "bars" into a salve tin with a lid. You can also use a rectangular bar mold to create a bar that will fit into an Altoid type tin. Some prefer to pour the bars separately and store them in the tin. It's easier to apply the hard lotion if you can hold the bar in your hand. If you use a rectangular bar mold, fill the cavities to about 1/8 inch below the top edge. That way they will fit in the Altoids style tin and the lid will close snugly.

Recipe for a Small Batch of Lotion Bars

To make your own lotion bars, you'll need a scale, coconut oil, cocoa butter or shea butter, beeswax, essential oils, if desired, a mold in which to form your bars, and a container to hold your finished product. I used silicone molds and cupcake tins with aluminum liners.

Ingredients

- 4 oz. Coconut Oil or Olive Oil
- 4 oz. Cocoa Butter or Shea Butter
- 4 oz. Beeswax
- 40 – 50 drops of essential oils (optional)

Note: These measurements are by weight, not volume.

Melt the coconut oil or olive oil, cocoa butter or shea butter, and beeswax in a microwave stirring about every 20 seconds (optional - stir in essential oils) and pour the melted oils into the molds. The recipe makes ten 1.5 oz. bars.

