

## QUICK REFERENCE SHEET

# SHEA NUT BUTTER

*Butyrospermum parkii*



Extraction Method:  
Cold Pressed, Unrefined



Part Utilized:  
Nut

### CONSISTENCY:

Butter is solid at room temperature, melts quickly, light color

### AROMATIC CONSIDERATIONS:

slight nutty aroma

### APPLICATION:

Can be used 100% by itself.

### GENERAL INFORMATION:

Butterfly Express LLC carries Shea Nut Butter and Shea Nut Oil. The Butter is solid at room temperature, while the oil has been fractionated so that it remains a liquid at room temperature. Shea contains vitamin A and the same natural moisturizers produced by the sebaceous glands in the skin, making it a great emollient that softens and strengthens the skin. It improves skin elasticity and a number of skin conditions including blemishes, wrinkles, scars, eczema, and dermatitis. It is also known for its ability to treat skin allergies, rashes and itchy skin, insect bites, sunburns (helps after sun exposure and as a sunscreen with an SPF 6), frostbite, and accelerated wound healing.

### WHAT IS A CARRIER OIL:

Carrier or base oils are often applied in conjunction with an essential oil. The common industry term for carrier oils is fixed oils. These oils are made from vegetables, nuts, seeds, and flowers. They are considered by many to have therapeutic properties of their own.

Carrier oils are used for several different reasons. One major reason is that pure essential oils are often too concentrated to be applied undiluted to the skin. Adding essential oils to a carrier oil also allows the oil to be spread over a larger application area and to be absorbed more evenly. Many essential oils are quite expensive, and because they are so highly concentrated, one or two drops may be all that you need. The use of a smaller quantity of essential oil is often more beneficial than a larger quantity and is certainly less likely to cause any type of reaction.