



Unveiling The Power Of Shea Butter: A Deep Dive Into Its Versatile Benefits And Cutting-Edge Applications

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ABSTRACT

Traditionally harvested by millions of women from parkland-managed trees, across swathes of African savannah, shea butter is mostly utilized for the purpose of Cosmetics. Consumed for millennia, its cosmetic use has been documented by famous explorers for centuries; presented to Ibn Battuta, during his mid-fourteenth century Malian travels, and Mungo Park recorded trade while tracking the Niger River during the late eighteenth century. With 200–500 thousand shea nut equivalent tons now exported annually from West Africa, shea has become the second largest natural source of symmetrical stearic-rich triacylglycerols. The cultivation process is largely traditional, involving minimal agricultural inputs and relying on the nature growth of shea trees which can take up to 20 years to mature. It is extracted using a variety of avenue, including mechanical, solvent, conventional and other combination methods and then refined by bleaching and pretreatment. An overview is given of the industry's current shea butter marketing formulation. This chapter describes the different parts used in cosmetics. There are 161 phytoconstituents present in the shea butter. It has been used as cosmeceutical, pharmaceutical and nutraceutical applications. An extensive consideration of several homemade methods for making cosmetics with shea butter that are utilized in skin care, hair care, and therapeutic treatments.

Keywords: Shea butter, Cosmetics, Application, Homemade Remedies

INTRODUCTION

Shea butter is a fat which is extracted from Shea tree (*Vitellaria paradoxa*). Other names of this tree are *Butyrospermum parkii*, *Butyrospermum paradoxum*, karite nuts, Shea butter tree, Galam butter tree, *Butirospermo*. This tree is found in East and West tropical Africa. The East African plants are referred to as “nilotica,” while the West African shea trees are known as “paradoxa.” This shea nut was removed from the fruit of Shea plant [1]. The kernel is extracted from the seed, and it is boiled in the water. After that, the butter solidifies and floats on the surface of the water. The growth and maturity of wild shea trees are slow. It takes twenty to fifty years to reach maturity. Established trees can continue to provide shea nuts for up to 200 years [2]. Shea butter has been utilized as an ingredient in cosmetic products for centuries. It has high concentration of vitamins and fatty acids and hence it has good spread-ability and consistency. Shea butter has been used in many cosmetic products as moisturizer, sunscreen, body lotion etc. [3]



FIG 1. SHEA BUTTER AND SHEA NUTS [4]

History Its origins had found in Cleopatra's Egypt (51-30 B.C.), where large clay jars containing cosmetics were utilized for transportation. Later, the medicinal properties of shea butter were discovered and improved for use throughout West Africa's wooded savannah [5]. The shea tree and its butter acquired prominence in the 1970s when it was revealed that the tree was one of six plant species whose vegetable fat could be used in place of cocoa butter in chocolate manufacturing as well as a crucial component in the pharmaceutical and cosmetics industries. The government regulated the trading of shea since it was so vital to the Ghanaian economy. In 1992, it was finally turned over to the commercial sector. A few extraction and fractionation companies had been founded by the 2000s. Nowadays, Shea Butter is handcrafted in the African country of Burkina Faso. It is a commodity controlled by women. As a result, in Burkina Faso, shea butter is known as 'women's gold.' [6]

Biological Source Shea butter is derived from the nut of the Shea tree (*Vitellaria paradoxa*), a deciduous tree native to Africa. While *Vitellaria paradoxa* is the primary source of Shea butter, other species of the *Vitellaria* genus, such as *Vitellaria grandiflora*, may also produce similar nut oils [7]

1. Taxonomical Classification

Table 1.1 Scientific or taxonomical classification [8]

Rank	Scientific Name
Kingdom	Plantae
Subkingdom	Tracheobionta
Class	Magnoliophyta
Order	Ebenales
Family	Sapotaceae
Genus	<i>Vitellaria</i>
Species	<i>Vitellaria paradoxa</i>

Macroscopy

- 1. Origin** Sub-Saharan Africa, including Senegal, Sudan, Western Ethiopia, and Uganda.
- 2. Colour** Initially green, then turns yellowish green or brown after maturity.
- 3. Shape** Sub-globose or elongate berries around 5-8 cm long and 3-4 cm broad.
- 4. Size** The plant is 7-15 meters (23-49 feet) tall, but has reached 25 meters (82 feet) and a trunk diameter of 2 meters (6.5 feet).
- 5. Bark** The bark is noticeably thick and corky, with deep fissures both horizontally and longitudinally .

6. Leaf Leaves are grouped in thick clusters spirally at the ends of sturdy stems. They are coated in thick bark with multiple leaf scars. Petioles are 5-15 cm long.

7. Flower They are white or creamy-white, 1.5 cm in diameter

8. Fruit colour It is initially green in colour, but becoming yellowish green or brown during maturity.

9. Fruit weight The fruit is weigh about 10-50 gm.

10. Seed The seed is 4.5 cm long, brown, lustrous and like whitish almond [8]

Different parts of shea tree used in cosmetics

1. Root The roots of shea butter is used in the formulation of lipstick, skin moisturizer creams and emulsions and hair conditioners for dry and brittle air.

2. Bark It exfoliates the skin and helps in producing a soothing and toning the skin.

3. Leaf The leaf's provide reliefs from dry skin concerns and eczema. [9]

4. Flower Bath products, cleansing products, eye makeup, lotions and creams, suntan products, lipstick and hair care products. [10]

5. Fruit Soothes the skin, moisturising actions, softens of skin.

6. Stem Skin becomes firmer, reduce appearance of signs of aging, youthful appearance, protection and deep healing. [11]

Adulteration

1. Ash water Adding ash water Some processors add ash water (water from ashes, a raw source for black soap) to their Shea butter, while others preserve it in water. Many people selling in the market keep their butter in water to solidify because they believe it is the best technique of preservation. [12]

2. Cocoa butter

3. Mango butter Some people are allergic to shea butter due to its natural latex content hence mango butter is used as an alternative compound. It has emollient property as shea butter hence it is used for hair softening. If you detest the nutty aroma of shea butter, mango butter is a good alternative because it has a gentler, sweeter scent.

4. Shea oil Shea oil is less odoriferous, making it an excellent choice for those who despise the aroma of shea butter. The oil can be used alone as a preservative It retains the moisturizing characteristics of shea butter but without the nutty odour.

5. Avocado butter This butter is another good option for anyone who are unable to get hold of shea butter. It has little to no odour, which is great for those who are sensitive to fragrances. It is very soft (nearly creamy), which makes it easier to use. It works well as a sealant, much like shea butter.

6. Cupuacu butter [13]

Allied species

1. Mango butter Unrefined shea butter has a faint, smoky aroma that is typically described as nutty. Mango butter, on the other hand, is fully odourless, giving you greater creative freedom when it comes to making amazing cosmetic products. It can also be used in the enfleurage procedure, which extracts scent from blossoms. Even when shea butter is combined with carrier and essential oils, the nutty scent remains. When you apply shea butter to your skin, the aroma will fade. [14]

2. Cocoa butter Both cocoa butter and shea butter are rich in fatty acids, which are beneficial to the skin. Cocoa butter contains a lot of saturated fats, including stearic acid and palmitic acid. It features both polyunsaturated fatty acids like linoleic acid and monounsaturated fatty acids like oleic acid. These fatty acids serve to form a barrier on the skin, preventing wetness from escaping and retaining what is already there. [15]

GEOGRAPHICAL DISTRIBUTION:

Shea butter comes from the nuts of shea trees (*Butyrospermum parkii*), which grow primarily in the "Shea Belt" of sub-Saharan Africa. This belt is a 5,000 km wide savanna that stretches from Senegal in the west to Sudan in the east, and also extends to the foothills of the Ethiopian highlands. [16]

COLLECTION

Shea nuts are harvested from the trees, then sorted, cursed, roasted and ground. Producers then whip and separate shea butter by hand.

CULTIVATION

Let's start at the very beginning. The process of shea butter production begins with the cultivation of the shea tree. In its initial stages, the shea tree is slow to grow; it can take anywhere between 20 and 50 years to start bearing commercial quantities of fruit. But once the tree matures, its useful fruit bearing life span is long, reaching between 20 to 200 years. Due to this extended growth period, most shea butter is produced from naturally growing shea trees rather than shea plantations. The large plum-resembling fruits that the tree yields contain shea nuts, within which you find the shea kernel, which yields the fat that is shea butter. How shea butter is made traditionally is a tedious, labor-intensive process which takes hours to yield even a single liter of butter. In the Sahel, women visit the trees daily in the months when the fruits are ripening to collect fallen fruits. The fruits are set aside to ferment, after which the seed is removed, washed, and sundried or roasted in an oven or boiled. These seeds are shelled to release the kernels, which are then further processed by crushing or grinding, heating, churning, straining, and kneading. Evidently, this process of how shea butter is produced is highly time and labor-intensive. This, combined with the long maturation time for the tree, also explains why shea butter production has remained a cottage industry with limited size and reliability for so long. In recent years, however, research and industrial advancements have simplified the process of how shea butter is produced, making the product vastly popular the world over.

Step 1 How shea butter is made Shea nut preparation, seed cleaning and conditioning begins with separating the shea fruit pulp from the nut either by fermentation or manually. Subsequently, the nuts are processed by boiling, roasting, or sun-drying. Boiling in water prevents the shea seeds from germinating and prevents hydrolytic degradation of the extracted shea butter. The boiled shea nuts are sun-dried, and then the dried shea nuts are cracked to obtain the kernels. The kernels, too, are either sun-dried or roasted to eliminate any residual moisture. Alternatively, the shea nuts can be oven-roasted or smoked to dry them out; however, this method has its risks, like increasing the carcinogenic polycyclic aromatic hydrocarbons (PAH) in the extracted shea butter. The shea nuts can also be sun-dried directly without boiling in water. Whichever way the shea nuts are dried, they are subsequently cracked or dehisced to remove the kernels from them. The extracted kernels are also sun-dried.

Step 2: Shea butter extraction: Extraction of shea butter from shea kernels can be done via either water extraction i.e. boiling with water, mechanical extraction solvent extraction, or a combination of these processes. The traditional method of how shea butter is made involves water extraction – boiling the shea kernels with water and skimming off the released oils. The commercial process of how shea butter is produced involves a combination of expeller pressing and solvent extraction. Ideally, the prepared shea kernels undergo two rounds of expeller pressing; after this, the cake still has some fat content, which is

obtained by solvent extraction. All the extracted fat is then redirected to an oil refinery to make it safe and suitable for human consumption. Meanwhile, the defiled cake is processed to be used as animal feed or sent to other industries where it may have utility.

Step 3: How to refine shea butter Crude shea butter obtained from the extraction process undergoes many refining steps. The process of how to refine shea butter begins with pretreatment and bleaching which is followed by deterioration and deacidification to obtain refined shea butter. This product then undergoes fractionation to finally yield two shea butter fractions: one stearin fraction and another olein fraction, each of which has slightly different properties and applications. In recent decades, the shea butter production process has transformed. How shea butter is made traditionally is very different from the commercial processes employed today. Modern machinery and processes have enabled shea butter production at scales large enough to make the product accessible globally. This means that even though shea tree cultivation is limited by the decades-long process, shea nut processing, shea kernel processing, and shea butter production are no longer constrained by geography. This opens opportunities for oils and fats industry players in various countries and makes shea butter that much more accessible to people worldwide. [17]

PHYTOCONSTITUENTS [18]

Table 1.2 Phytoconstituents of shea butter

S.N O	Chemical constituents	Secondary metabolites	Derived part	Use
1.	Gallic acid	Phenols	Kernel	Healing acne, Anti-ageing property
2.	Rutin	Flavonoids	Kernel	Skin and hair conditioning agent
3.	Arbutin	Phenols	Kernel	Skin brightening agent
4.	Epigallocatechin	Flavonoids	Kernel, leaf	Moisture retention and reduction in melanin production.
5.	Taxifolin	Flavonoids	Nutshell	Antioxidant
6.	Quercetin	Flavonoids	Nutshell, Stembark	Moisturizing agent
7.	Lupeol acetate	Terpenoids	Seed kernel	Skin smoothing and moisturizer
8.	Alpha-amyrin acetate	Triterpenoids	Seed kernel	Hair conditioning and skin conditioning agent
9.	Beta-amyrin acetate	Triterpenoids	Seed kernel	Hair conditioning and skin conditioning agent
10.	Androsectoside A	Triterpenoids	Kernel	Soap preparation
11.	Taraxasterol	Triterpenoids	Kernel	Antioxidant
12.	Arginine C	Triterpenoids	Kernel	Anti-pigmentation

13.	Oleanolic acid	Triterpenoids	Leaf	Skin and hair conditioning agent
14.	Beta-sitosterol	Steroids	Stembark	Soothes irritated skins like atopic dermatitis
15.	Malic acid	Essential oil	Nutshell	Anti-aging
16.	Sitosterol cinnamate	Steroids	Leaf	Skin conditioning and stabilizing agent
17.	Stigmasteroids	Steroids	Stembark	Antioxidant
18.	Sucrose	Sugar	Kernel	Moisturizing agent
19.	Salicylic acid	Organic acid	Nutshell	Reduce acne
20.	Gluconic acid	Organic acid	Nutshell	Cleansing

COSMETIC USES Shea butter is used in many cosmetics such as moisturizer, sunscreen lotion, lip balm, hair conditioning and skin conditioning agents etc. The uses of shea butter as cosmetics were discussed below.

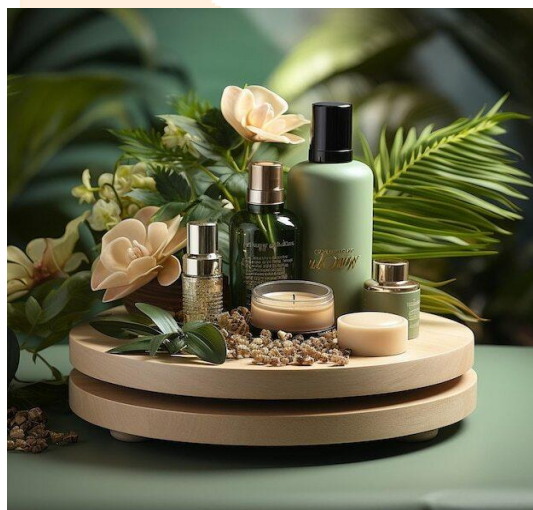


FIG 2. COSMETIC PRODUCTS WITH SHEA BUTTER [19]

Sun-screening Shea butter is an effective sun protection agent. Sun-screening substances absorb or reflect some of the sun's UV light, preventing it from penetrating into the skin. Sunscreen protects the skin against sunburn, erythema, and reduces the risk of skin cancer. Photo carcinogenesis is mostly triggered by UVB rays between 290 and 320 nm. It binds directly with DNA, creating cyclo-butane pyrimidine. Cinnamate esters of triterpene alcohol are the primary constituents of Shea butter. These esters have been shown to have a strong ability to absorb UV radiation with wavelengths ranging from 250 to 300 nm. Hence, shea butter is used in sunscreen lotion and creams.

Anti-aging Shea butter is regarded one of the best anti-aging and moisturizing compound for the skin. In 1986, Tran reported that Shea butter has anti-erythemic activity. This property of shea butter helps to soften the skin and stimulates cell regeneration hence reduce the aging process. Alpha-amyrin and lupeol are the collagen and elastin proteins which makes the skin tough. These triterpenes are present in shea butter which promotes anti-aging property and collagen boosting activities.

Emollient and moisturizer Shea butter also possesses semi-solid properties and a buttery consistency, making it an effective emollient and moisturizer for the scalp and skin. Shea butter includes vitamins A and E, which makes it an effective hair moisturizer. When shea butter is fractionated, the olein fraction is particularly useful in the formulation of creams or surfactant-based merchandise such as bath products and

shampoos. This composition delivers extra hydration to the skin, scalp, and hair. Shea butter's emollient properties make it popular for curly hair treatments. Shea butter helps replenish moisture lost in hair from a variety of chemical treatments such as straighteners, perms, and curlers. The hair loses its natural moisture content as a result of these procedures.

Hair protection and softener Shea butter is extensively used for hair care. It protects the hair from dangerous free radicals found in the air and water, as well as harsh weather conditions. When applied to the hair, shea butter covers the hair shaft, protecting it from heat damage. This preventive function is especially advantageous for previously processed or coloured hair. When Shea butter is applied to hair before swimming, it protects it from salt and chlorine. Shea butter softens and revitalizes damaged and brittle hair. Shea butter's non-greasy texture helps regulate and disperse excess oil in the scalp. [20]

Reduces dandruff When your scalp feels dry and itchy, try rubbing in some pure shea butter, whether it's in the middle of winter or on a dry summer day. It has anti-inflammatory qualities and fat ingredients that absorb into the skin without leaving a greasy residue or preventing pores. Shea butter, which soothes and softens, can be used to treat dry scalp, psoriasis, and other skin disorders.

Reduces Stretch Marks Shea butter is incredibly effective at removing stretch marks and wrinkles. This is due to its moisturizing and skin-tightening properties. The vitamins and high iron content help to promote skin elasticity.

Treats Eczema Eczema can cause dry, flaky, and scaly skin, which can be treated with shea butter. Considering it is naturally rich in Vitamin A and F, the butter can successfully heal eczema. It is an excellent moisturizer due to its ability to soothe the skin and retain moisture.

Other uses

1.Reduces Arthritis Arthritis is a joint pain illness, can cause swelling, stiffness, and a limited range of movement in the joints. Shea butter can be used to alleviate these symptoms since it contains triterpenes, which are chemicals with anti-inflammatory and antioxidant properties. [21]

ADVERSE EFFECTS

Common adverse effects of shea butter

1. Allergic reactions Although rare, some people might be allergic to shea butter. Symptoms could include redness, itching, or swelling at the site of application.

2. Skin irritation In sensitive individuals, shea butter may cause skin irritation or a rash. This is more likely if the product contains additional ingredients that could trigger sensitivity.

3. Clogged pores Shea butter is a rich, fatty substance and, while it is non-comedogenic for many, it can potentially clog pores in some individuals, leading to acne or breakouts, especially for those with oily or acne-prone skin.

4. Greasy residue Shea butter is quite thick and may leave a greasy feeling on the skin, which might not be ideal for everyone, particularly if used excessively or in hot climates.

5. Interaction with other products When used in combination with other skincare products, especially those with active ingredients, shea butter might alter their effectiveness or cause unexpected reactions

Potential Side Effects of Long-Term Use

1. Increased Skin Sensitivity Over time, shea butter may cause heightened sensitivity or irritation, especially if the product is used excessively or contains added ingredients that might not suit every skin type.

2. Allergic Reactions Though rare, long-term use could potentially lead to allergic reactions in some individuals, manifesting as redness, itching, or swelling.

3. Acne and Clogged Pores While shea butter is typically non-comedogenic, frequent application, especially in large quantities, might clog pores and aggravate acne in those with oily or acne-prone skin.

4. Greasy Residue Continuous use can sometimes lead to an oily build-up on the skin, which might feel uncomfortable or less desirable, particularly in hot or humid conditions.

5. Product Interactions Regular use of shea butter in combination with other skincare products could impact their effectiveness or cause unexpected reactions, especially with products containing active ingredients. [22]

Recommendations for Safe Long-Term Use

1.Patch Test Always perform a patch test before using shea butter extensively to ensure there's no allergic reaction or irritation.

2.Moderation Use shea butter in moderation to avoid potential issues with clogged pores or greasy residue.

3.Quality Products Choose high-quality, pure shea butter or products with minimal additives to reduce the risk of sensitivity or allergic reactions.

4.Consultation If you have sensitive skin or underlying skin conditions, consult with a dermatologist to determine if shea butter is suitable for your long-term skincare routine. [23]

MARKETED FORMULATION

S.no	Types	Brand name	Company name	Prize	Reference
1.	Moisturizer	Jergens	Kao Australia Pvt limited	Rs.1,255	[24]
2.	Lip balm	Mamaearth	Hosaana consumer limited	Rs.149	[25]
3.	Lotion (sunscreen)	Good vibes	Manash Lifestyle	Rs.449	[26]
4.	Gel	Dove	Unilever international	Rs. 552	[27]
5.	Body butter	Omorfee	Bioruns Private Limited	Rs.1,999	[28]
6.	Conditioner	Beauty Garage	Beauty Garage India Private Limited	Rs.2,700	[29]
7.	Shampoo	Beauty Garage	Beauty Garage India Private Limited	Rs.2,700	[30]
8.	Soap	Jovees ayurveda	Jovees Herbal Care	Rs.90	[31]
9.	Lotion (Body)	Good Vibes	Manash Lifestyle Pvt. Ltd	Rs.469	[32]
10.	Scrub	Dr.Rashel Beauty Elixirs	Petrol Perfume Consumer Private Limited	Rs.198	[33]
11.	Hand cream	Farmhouse Fresh Velvet	Farmhouse Fresh Velvet Sunday	Rs.1,153	[34]

		Sunday			
12.	Hair Oil	Beauty Garage	Beauty Garage India Private Limited	Rs.1755	[35]
13.	Cream (Hair spa)	Lilium	Lilium Cosmetics Private Limited	Rs.699	[36]



FIG 3. SHEA HAIR OIL [37]

HOME MADE REMEDIES

Shea butter lotion One easy and efficient approach to hydrate your skin is with shea butter lotion.



FIG 4.SHEA BUTTER CREAM [38]

1. Ingredients

- ♣ Shea butter-one-fourth cup,
- ♣ One-fourth cup of coconut oil,
- ♣ Two teaspoon of almond oil,
- ♣ Ten drops of the essential oil of your choice.

2. Steps

In a microwave-safe basin or a double boiler, melt the coconut oil and shea butter.



Stir thoroughly after adding the essential oil and almond oil.



After transferring the liquid to a glass jar, allow it to cool fully.



Beat the lotion with a hand mixer or a blender until it becomes light and frothy.

Use the lotion as needed and keep it somewhere dry and cool.

Whipped shea butter A rich and creamy substance that can nourish and shield your skin is whipped shea butter.

1. Ingredients

- ♣ Shea butter-half cup,
- ♣ One-fourth cup of cocoa butter,
- ♣ One-fourth cup of jojoba oil,
- ♣ Fifteen drops of essential lavender oil.

2. Steps

In a bowl that can go in the microwave or a double boiler, melt the cocoa and shea butters.



Incorporate the jojoba oil and the essential lavender oil, thoroughly mixing.



After transferring the liquid to a glass jar, chill it for one hour or until it solidifies.



The body butter should be whipped until it is light and fluffy using a hand mixer or a blender.



Use the body butter after storing it somewhere dry and cool.

Soaps for dry skin A mild and moisturizing soap made of shea butter can help you wash and relieve dry skin.



FIG 5. SHEA BUTTER SOAP [39]

1. Ingredients

- ♣ pour soap base, preferably made with glycerin or goat's milk
- ♣ Shea butter, one-fourth cup
- ♣ Two teaspoon of honey
- ♣ Ten drops of essential rose oil

One pound of melt-and-

2. Steps

Chop the soap base into small pieces and place it in a microwave-safe bowl or double boiler to melt it.



Stir thoroughly after adding the shea butter, honey, and rose essential oil.



Transfer the soap blend into a silicone mold and allow it to solidify for several hours or even overnight.



Remove the soap bars from the mold and keep them somewhere dry and cool.

Deodorant: A natural and efficient deodorant that can keep your underarms smelling fresh is shea butter.

1. Ingredients

- ♣ Shea butter-one-fourth cup
- ♣ A quarter cup of baking soda
- ♣ 1/4 cup cornstarch or arrowroot powder
- ♣ Twenty drops of essential tea tree oil

2. Steps

In a microwave-safe basin or using a double boiler, melt the shea butter.



Stir thoroughly after adding the baking soda, arrowroot powder, and tea tree essential oil.



Once the deodorant mixture has cooled fully, transfer it to a glass jar.



Use the deodorant as needed and keep it somewhere dry and cool.

Balm Eczema symptoms including itching, irritation, and dryness can be lessened with the use of shea butter balm, a calming and restorative solution.



FIG 6.SHEA BUTTER BALM [40]

1.Ingredients

- ♣ Shea butter, a fourth of a cup
- ♣ Beeswax, two tablespoons of it
- ♣ A couple of tablespoons of oil from calendula
- ♣ 10 drops of essential chamomile oil

2. Steps

In a microwave-safe bowl or a double boiler, melt the beeswax and shea butter.

Stir vigorously after adding the essential oils of chamomile and calendula.

After moving the balm mixture to a glass jar, allowing it to cool fully.

Use the balm as needed and keep it somewhere dry and cool.

Scrub Bars Shea butter scrub bars are an effective and practical way to nourish and exfoliate your skin.



FIG 7.SHEA BUTTER BAR [41]

1.Ingredients

- ♣ Shea butter, 1/2 a cup
- ♣ Half a cup of coconut oil
- ♣ A quarter-cup of brown sugar
- ♣ Orange essential oil, a few drops

2.Steps

In a microwave-safe basin or a double boiler, melt the coconut oil and shea butter.



Stir gently after adding the brown sugar and orange essential oil.



Once the scrub mixture has been put into a silicone mold, it should be chilled for an hour or until it solidifies.



Remove the scrub bars from the mold and place them in a dry, cold location.



As needed, use the scrub bars, then rinse with warm water.

Cheek and lip stain Shea butter stain is a natural, multipurpose product that can give your lips and cheeks a hint of colour.

1.Ingredients

- ♣ Shea butter, a single tablespoon
- ♣ One teaspoon crushed beetroot
- ♣ Half teaspoon cocoa powder
- ♣ 5 drops of essential peppermint oil

2. Steps

In a microwave-safe basin or using a double boiler, melt the shea butter.



Stir carefully after pouring the cocoa powder, beetroot powder, and eucalyptus oil to the bowl.



After transferring the stain mixture to a tiny tin or jar, allow it to cool fully.



Use the stain as needed and keep it somewhere dry and cool.

Perfumes Shea butter perfume is a long-lasting, natural product that can provide you with a soft, pleasing scent.

1.Ingredients

- ♣ A set of a teaspoon shea butter
- ♣ A small amount of waxed bees
- ♣ An ounce of jojoba oil
- ♣ 10 drops of essential sandalwood oil
- ♣ Ten drops of essential vanilla oil.

2. Steps

In a bowl that may be inserted in the microwave or a double boiler, melt the jojoba oil, beeswax, and shea butter.



Stir carefully after applying the essential oils of vanilla and sandalwood.



After transferring the perfume mixture to a tiny tin or jar, allow it to cool fully.



Use the perfume as needed and keep it somewhere dry and cool. [42]

CONCLUSION

Shea butter, harvested from the nuts of the shea tree in West Africa, plays a crucial role in both cultural traditions and modern industries. The tree's cultivation is deeply embedded in local practices, with methods of harvesting and processing passed down through generations. This sustainable practice not only supports the environment but also provides economic benefits to the communities involved. In modern applications, shea butter is celebrated for its moisturizing, anti-inflammatory, and emollient properties, making it a sought-after ingredient in skincare and haircare products. Its versatility extends to the food industry and even some medicinal uses. Overall, shea butter exemplifies how traditional knowledge and practices can meet contemporary demands, bridging cultural heritage with current global needs.

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