



## Body lotions & butters

“Generally, most natural body lotions and butters are made with a base of shea butter, vegetable oils or vegetable-based glycerines,” explains Hart. “These ingredients give a creamy consistency to the product, while moisturising and protecting the skin without suffocating it.”

**Try: 1. JURLIQUE ROSE BODY CARE LOTION, \$42.** Calming and soothing, this lightweight lotion is quickly absorbed to leave skin supple and smelling of roses.

**2. SUKIN HYDRATING BODY LOTION, \$12.95.** Organic aloe vera, nettle, horsetail and burdock, with rosehip, avocado and jojoba oils hydrate thirsty skin and improve elasticity.

**3. TRUE SOLUTIONS BODY**

**BUTTER, \$70.** With organic, moisturising oils of avocado and macadamia, as well as shea butter and cocoa butter, this leaves your skin feeling supple, and gives it a beautiful sheen.

**4. NATURAL ALTERNATIVE CERTIFIED ORGANIC PAW PAW OINTMENT, \$13.95.** A rich blend of organic oils and butters soothe dry, chapped lips and other rough and irritated areas like elbows, knees, and cuticles.

**5. THE BODY SHOP SPA WISDOM AFRICA HONEY & BEESWAX HAND AND FOOT BUTTER, \$31.95.** With Community Trade organic and natural ingredients, this will hydrate and soothe tired feet after a long day in heels.

**6. VANESSA MEGAN LAVENDER & GRAPEFRUIT BODY CREAM, \$38.** Dry skin is nourished with a blend of jojoba and hempseed oils, shea butter, grapefruit seed extract, vitamin E and essential oils of lavender and grapefruit. ❖

