

# THE COMPLETE SHEA BUTTER GUIDE

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# WHAT IS SHEA BUTTER?

Shea Butter is a fat which is extracted from the shea nut which grows on the shea tree. It is used as a skin moisturiser.



# INGREDIENTS

**Our shea butter is unrefined and 100% natural. We add Vitamin E because it has added benefits for your skin AND helps expand the shelf life of the shea butter**



Shea Butter



Vitamin E

# PROPERTIES

**The benefits of shea butter come from its chemical makeup:**

## Fatty acids

Balance oils on your skin

## Vitamins A, E, and F

Promotes circulation and healthy skin cell growth

## Triglycerides

Nourishes and conditions your skin

## Cetyl esters

Conditions skin and locks in moisture



# SCENT: "MOTHER EARTH"

P.S. Roasting the nuts on fire is one of the shea butter making steps. Hence where the nutty scent comes from.

Our Shea Butter does not contain any artificial fragrance. This is because we love the products to be as nature created them. We can best describe it's scent as *nutty*.

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# Raw shea butter benefits for your skin

The list of raw Shea butter benefits are endless, the most famous are here:



Highly moisturising



Protects your skin from environmental damage



Softens your skin - great for cracked heels and dry cuticles



Prevents and cures stretch marks and also restores skin elasticity



Anti-inflammatory properties: relieves symptoms caused by various microbes.




THE moisturiser to hydrate your baby's skin. Great for diaper rash.



Contains moisturizing fatty acids and cinnamic acid, which provides a small amount of UV protection - SPF

# USES

 FACE, BODY & HAIR MOISTURISER

 TREAT ITCHY INSECT BITES

 LIP BALM

 AFTER-SUN CREAM

 AFTER SHAVING CREAM

 TATTOO BALM

 CLEAR NASAL CONGESTION

 COOK WITH IT!



## Winter

- Relieve winter rash
- Treat dried hands
- Soothe chapped lips
- Anti-nasal decongestant during winter flu/cold

## Autumn

- Post-summer hair treatment to restore volume & shine to your hair
- Strengthen brittle nails

# Uses according to the different seasons

## Spring

- Lip & Face exfoliator (shea butter + brown sugar scrub) to remove dead cells and prepare the skin for the sun/hot weather
- Protect your skin from the sun in preparation for summer

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## Summer

- After-sun cream
- Treat sun burns
- Extra sun protection (Shea has SPF6)



# HOW TO USE

## STEP 1

Scoop out a tiny piece of shea butter with our spatula



## STEP 2

Spread it onto your palm, and start rubbing it between your hands until it starts to melt and becomes like an oil



## STEP 3

Rub it onto your skin until it is completely absorbed



# TIPS FOR HAIR USE

## HYDRATE DRY ENDS

Apply a tiny bit of shea butter after washing your hair on the ends. Let it dry naturally or use a hairdryer.

## TREAT DRY SCALP

Use a small amount of shea butter and, sectioning off hair, massage it into your scalp in a circular motion.

## DEFINE CURLS

Use it as a conditioner replacement, applying it on all your curls after washing your hair

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# HOW LONG WILL MY SHEA BUTTER LAST FOR?

The durability of the shea butter will depend on how often you use it. If you use it every day, 100g of Shea Butter can last from 3-6 months.

Shea Butter doesn't really expire, it simply starts losing its qualities after 12 months, reason why we recommend you use it before that time frame.



# IS SHEA BUTTER GOOD FOR ALL SKIN TYPES?

**Shea Butter can be used on all skin types**, but is specially recommended for **dry and damaged skin** due to its high hydration power.

It can also be used on **acne-prone skin**, as it is a non-comedogenic product. That is, it does not clog the pores of the skin.



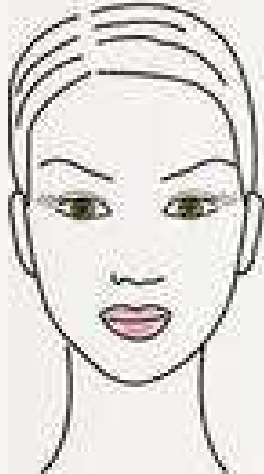
# SKIN TYPES

Identify your skin type



**1.**

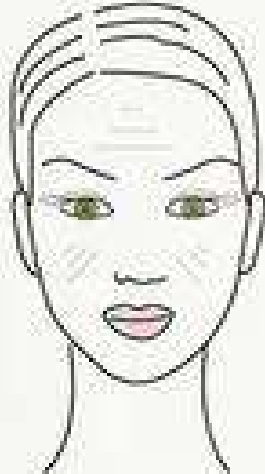
**Normal  
Skin**



Feels neither  
tight or oily

**2.**

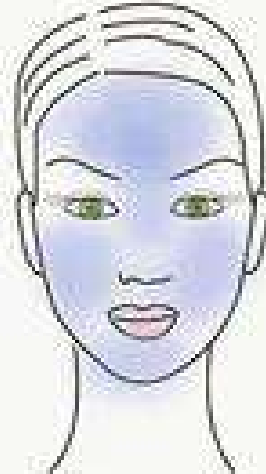
**Dry  
Skin**



Feels Tight

**3.**

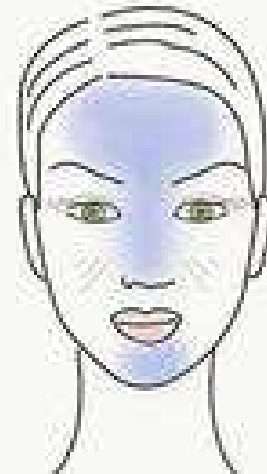
**Oily  
Skin**



Feels oily  
all over

**4.**

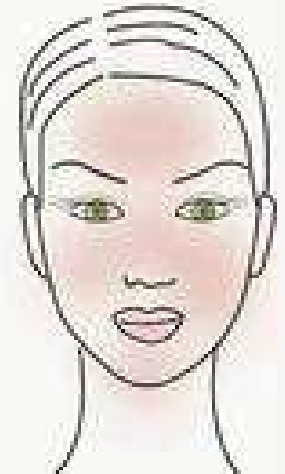
**Combination  
Skin**



Oily t-zone  
normal/dry cheeks

**5.**

**Sensitive  
Skin**



Red, irritated  
tight, patchy

# RECOMMENDATIONS ON HOW TO USE SHEA BUTTER ACCORDING TO YOUR SKIN TYPE

1

ONE OF THE BEST MOISTURIZERS FOR MAINTAINING NORMAL SKIN AND KEEPING IT HEALTHY. APPLY AS NEEDED.

2

DUE TO ITS HIGH HYDRATING POWER, IT IS SPECIALLY GREAT FOR DRY SKIN. APPLY AS MANY TIMES AS NEEDED.

3

SHEA BUTTER IS UNIQUE IN THAT IT IS ONE OF THE VERY FEW PLANT OILS WITH A COMEDOGENIC RATING OF 0. WE RECOMMEND TO APPLY ONLY AT NIGHT.

4

CAN HELP CREATE THAT MUCH NEEDED BALANCE IN COMBINATION SKIN CARE. YOU CAN APPLY MORE QUANTITY ON THE DRIER AREAS.

5

TEST HOW THE SHEA BUTTER REACTS TO YOUR SKIN BY USING A LITTLE ON A SMALL PART OF THE SKIN. IF YOUR SKIN REACTS FAVORABLY, INCREASE AS NEEDED.

# BUT!

## We recommend not to use Shea Butter if:

- You are allergic to latex: this product has, naturally, a small percentage of this component.
- You have a nut allergy: try out a small amount first on your wrist or any other body part you feel comfortable (or consult with your doctor).



# STORAGE

- Store your Shea Butter in a cool, dry place, away from direct sunlight (it can melt easily)

- **WHAT CAN I DO IF IT MELTS?**

Place it inside the fridge for approximately 30 min and it will solidify

- **WHAT TO DO IF IT BECOMES TOO HARD?**

Place it on top of a radiator or melt it using a water bath





# DID YOU KNOW...

**Raw Shea butter is so pure, that it is edible?!**

In Ghana, locals use shea butter as a cooking oil.

Grab a spoon full of shea, and fry it with some onions or ginger to take away the "nutty" taste. After that, feel free to fry anything you want!

**\*\*Important: ONLY use UNREFINED shea butter for cooking, never refined one as it may contain chemicals**

# LAST, BUT NOT LEAST!

## always use **UNREFINED** shea butter

Quickest & easiest way to know its unrefined?



**COLOUR!**  
golden colour,  
never white!



**UNREFINED  
SHEA BUTTER**



**REFINED  
SHEA BUTTER**

# HAPPY HYDRATION!

For any further  
questions, do not  
hesitate to contact us!  
We will be super happy  
to help you out :)

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