

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Frankincense Whipped Coconut Oil Moisturizer

1 Cup organic coconut oil

20 drops Frankincense essential oil



Do not melt the coconut oil. It won't whip if it is in liquid form.

Measure 1 cup coconut oil and place it in a mixing bowl along with the essence oil. You can use a hand-held mixer or a stand mixer. Mix on high-speed for 8 minutes or until whipped into a light, airy consistency. It won't get super fluffy but you will notice a difference in the texture. Stop occasionally and with a spatula, scrape the sides. Scoop the

coconut oil moisturizer into a glass jar(s) and cover tightly. Store at room temperature. The whipped coconut oil should stay relatively soft.

Recipe shared by Amie Sue's Nouveauraw.com