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SEARCH

 go

BANG FOR THE BITE



Go on - rub it in. Shea butter is coconut oil's eco-fab African cousin.

COCKTAIL FACT



some uber-additional parts 'Togo, women 'en't considered 'ady for marriage 'til they can make shea butter.

SAVE TO MY BITES go

FORWARD TO A FRIEND:

 go

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Thought you'd never try another moisturizer after you discovered coconut oil?

The Bite:

Same here, until we discovered shea butter...and now we have two favorites. Creamier than coconut, shea's reparative properties make it ideal for parched pores.

The Benefits

- Naturally moisturizing with lotsa vitamin E, it **helps treat burns, eczema, scars and stretch marks.**
- Eco-friendly. The vast majority of shea is produced **without irrigation or pesticides.**
- **Support women workers.** In Burkina Faso (the #1 producer of the stuff), shea's known as "women's gold," since it's the ladies who traditionally harvest it.

Personally Speaking

Jen gave TerraNova butters as stocking stuffers last Xmas and got her immediate fam hooked on the stuff - even her bro can't get enough of the butta.

Wanna Try?

- **TerraNova Warming Foot Scrub** - get kissable feet with this shea and crushed walnut wash (\$15).
- **Purely Shea Organic Shea Butter** - 100% pure, creamy fair-trade shea (\$20).
- **Mad Gabs Hand & Body Balm** - great all-around moisturizer (\$8).

Sponsor

Kick the bottled water habit!



Get your Biter Bottle while supplies last.

JUST \$20
(plus S&H)

ideal  bite
a sassier shade of green.

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My Mom's Hooked on Shea

When it comes to the world of personal care products, many people refer to me as the devil.

I don't think I have a female friend on the planet who I have NOT hooked on some product or other. My mom is no exception. Currently, her nighttime bed routine involves shea butter application on dry elbows, feet and hands. So, once again, I'm sort of the devil for introducing an addition to the routine.

I figure it could be worse. I could be trying to get everyone to drink as much wine as I do instead...

-Heather... off to get coffee in the insane SF sun...

Biter Comments...

The Body Shop also has great products and 5 core values: Against animal testing, support Community Trade, activate self esteem, defend human rights, and protect our planet. Check out the fabulous Shea Body Butter:

<http://www.thebodyshopathome.com/web/smuirhead/products/overview>

Posted by: [Smuirhead](#)

I LOVE shea butter!! I've tried a couple different brands before I found the perfect one. It's called Shea Terra Organics. They are not only about mixing and concocting the most yummy lotions, scrubs, and other luxuries, they're also about social justice and truth in their product from the ingredients to the final outcome. They carry shea from E. Africa which is creamier than from the W. They also carry shea in bulk so you can make your own with essential oils and such. But don't take my word for it, check them out for yourself! :)

<http://store.africansheabuttercompany.com/index.html>

Posted by: [African Shea Butter Company](#)

I too have been singing the praises of Shea Butter on my blog. It's by far my favorite body product of the winter!

(http://mindfulmomma.typepad.com/mindful_momma/2007/02/as_soft_ε)

I use the 100% pure Shea Butter from Pre-de-Provence. I LOVE the product (and the price - at \$14.95 for a 2.5 oz tin) but I'm not sure how the company rates from a fair trade perspective. Anyone out there know?

Posted by: [Pre-de-Provence](#)

My all-time favorite shea butter product is Cheeky Baby Butter from babybearshop.com. Helps keep my skin (and my babe's) silky smooth.

Posted by: [Baby Bear Shop](#)

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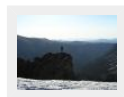
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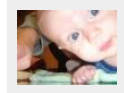
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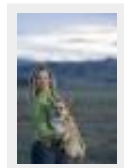
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