

# SHEA

## ALL-PURPOSE SALVE 13 TIPS ON HOW TO USE IT . . .

- 1.** A protective and nourishing day cream for dry skin.
- 2.** Apply in thick layers to the face and leave for 15 minutes for a nourishing and regenerating mask.
- 3.** A knob on the wings of the nose to calm irritation in case of a cold or to soothe the skin.
- 4.** Use as lip salve to repair and soften chapped lips.
- 5.** A knob on your nails to strengthen them and on your cuticles to heal them.
- 6.** Warmed in the hands for a relaxing and loosening back massage.
- 7.** In a thin layer before putting on scent to make it last longer.
- 8.** On your feet before going to bed for velvety feet the next morning.
- 9.** Softened and with a spoonful of brown sugar for a feet and elbow scrub.
- 10.** The day before you wash your hair, apply as a mask all over your hair, wrap it in a towel to nourish your damaged hair thoroughly.
- 11.** As a massage on your legs with soft sliding movements from the ankles to the groin to improve circulation.
- 12.** After having been in the sun, as body care to repair and soothe overheated skin.
- 13.** As a very gentle massage on children for a moment of bonding.