

# Sheaeducation

## *An Introduction to Shea Butter*



*History, Uses and Benefits of Africa's Most Sustainable Resources*

# History of Shea Butter

- All-natural product has been around for centuries.
- Staple of African Pharmacology
- Early users were Cleopatra and the Queen of Sheba.
- About 200 years ago, Europeans rediscovered shea butter.



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# The Shea Tree

- Indigenous to Africa
- Grows naturally (wild) from Senegal to Sudan
- Attempts to cultivate it elsewhere have been unsuccessful

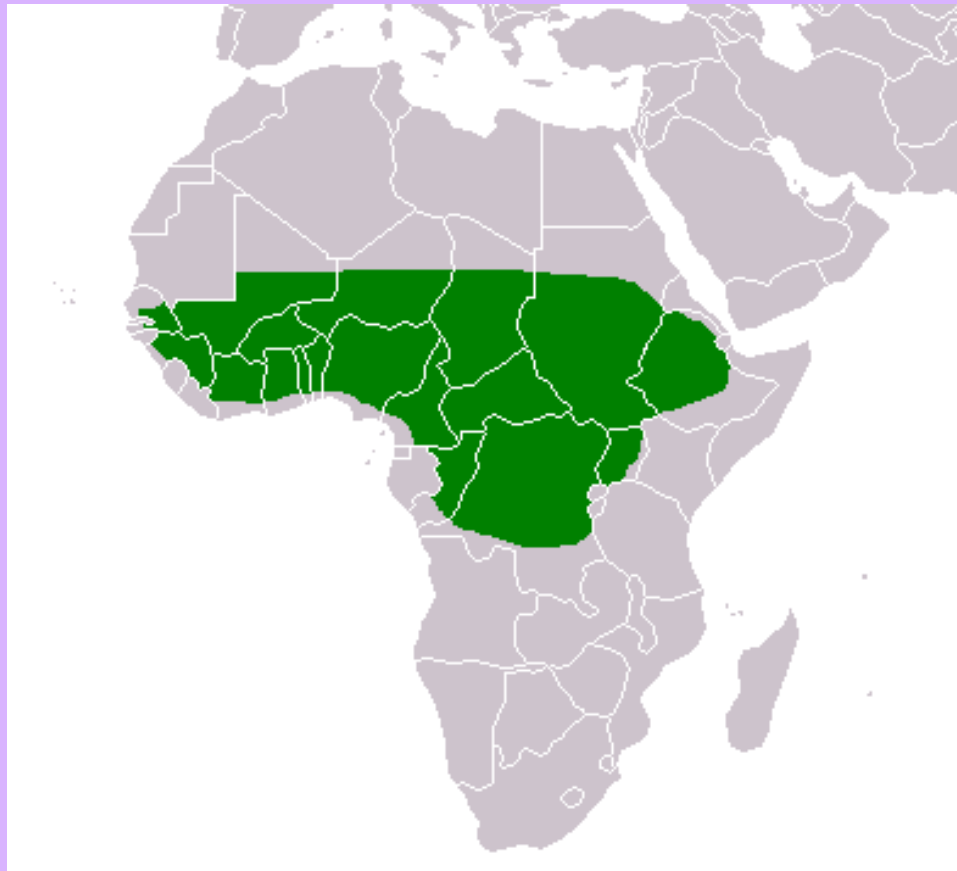


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# Shea Tree Map

*Africa is home to ~500 Million Shea Trees*



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# The Shea Tree

- Bears the first fruits when it is 10–15 years old; full bearing when the tree is about 20–30 years; produces nuts for up to 200 years after reaching maturity.
- The fruits resemble large plums and take 4–6 months to ripen.



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# Shea Nuts

- Oil Rich Seed
- Considered to be a vegetable fat
- Carried by wind, rain, animals and people--sustainable



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# Why It's Made



- Made primarily by women
- Referred to as “Women’s Gold”
- Used to purchase food, clothing and schooling
- Personal use/cooking oil

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# How It's Made – Nut Collection



- Shea nuts are collected
- Co-ops may be miles from home
- Nuts must be intact and free of mold
- Broken/damaged nuts are usually removed

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# How It's Made: Washing the Nuts



- Nuts are washed with a 5% bleach solution to reduce microorganism contamination
- Washing prevents mold/yeast

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# How It's Made: Drying Nuts



- The washed and cleaned nuts are sun dried
- Nut selection is very important to quality of shea butter

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# How It's Made: Nut Crushing



- The nuts are crushed using a mortar/pestle
- Grueling work

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# How It's Made: Roasting

- The crushed nuts are roasted for 30 minutes
- Stirred to prevent burning
- Done in hot sun
- Scent originates here



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# How It's Made: Grinding

- Roasted nuts are ground into a smooth paste
- Water is added
- Paste is mixed well, by hand



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# How It's Made: Separating the Oils



- Paste is hand kneaded; more water added gradually
- Curds of butter float to the top, taken out
- Curds are melted slowly; excess water released as steam

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# How It's Made: Final Steps



- Scooped and placed into lined baskets or containers
- Entire process takes two days

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# To Market



- Most shea butter sold at local markets
- Markets can be 5 or 10 miles away
- Trips are made by foot

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# Why It's Unique

- Bioactive Fraction (Healing)
- The “active ingredient” in Shea Butter
- Most oils from fruits, vegetables and nuts have 1% or less
- Loaded with Vitamin A, E and F

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# Healing Fractions of Oils

Oil	Healing Fraction Range
Baby Oil	0.00–0.00%
Mineral Oil	0.00–0.00%
Olive Oil	0.6 –1.5 %
Sesame Oil	1.0 –1.5 %
Soy Oil	0.5 –1.5 %
Maize Germ Oil	0.8 –2.9 %
Refined Shea Butter	1.0–2.2 %
Argan oil	1.5 –3.5 %
Avocado	2.0 –6.0 %
Low quality Unrefined Shea Butter	3.0–9.0%
Wheat Germ Oil	3.5 –4.7%
Higher quality Unrefined	4.0–9.0%
<b>Certified Premium Grade A Shea Butter</b>	<b>5.0 – 9.0%</b>

# Why Grade A?

- Use of a significant number of nuts obtained from immature fruits
- Microbial contamination
- Inappropriate temperatures during extraction process
- Extensive post-extraction manipulations to reduce color and/or odor
- Improper storage temperature
- Too much time between nut crushing and the heating process
- Water with high metallic content (iron)

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# Why Grade A?

- American Shea Butter Institute developed grading standards
- Certifies Shea Butter for export
- Tested three times – before leaving Africa, upon arrival to US port, upon arrival to distributor
- Ensures healing fraction remains intact



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# Benefits



- **Melts at body temperature**
- **No greasy feeling**
- **Vitamin A & E – Reduces lines, wrinkles, stretch marks, sun damaged skin; keeps skin healthy**
- **Vitamin F – Skin protector & rejuvenator**
- **Does not clog pores**

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# Uses

- 21+ Uses
- Stretch mark prevention during pregnancy
- Minor burns
- Eczema
- Sun and wind protection
- Even skin tone
- Reduce blemishes and scarring



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# More Uses

- Skin peeling, after tanning
- Blemishes and wrinkles
- Itching skin due to dryness
- Sunburn
- Shaving cream to reduce razor irritation
- Small skin wounds
- Skin cracks
- Soften tough skin on feet (especially heels)



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# Little Known Industrial Uses

- Candle & Soap Making
- Industrial Lubricant
- Fertilizer
- Livestock Feed Formulations

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# SoulShea™

for shea butter lovers

- Importer of Certified Premium Grade A Shea Butter
- Supply to Massage Therapists, Soap makers and “Shea Butter Lovers”



Prachel Carter

[pcarter@soulshea.com](mailto:pcarter@soulshea.com)

[www.soulshea.com](http://www.soulshea.com)