SIMPLY EARTH

HOMESCHOOL

Mango Butter Hand Cream

EVERYTHING YOU NEED TO LEAD THIS LESSON WITH CONFIDENCE.



PARENT GUIDE

DISCOVERY EXPLORATION MASTERY

Love this lesson? The full Recipe Box delivers one every month →



A Note to the Parent

This free lesson gives your family one complete hands-on experience from the Simply Earth Homeschool Recipe Box — the Mango Butter Hand Cream.

Your child will follow a real recipe, measure real ingredients, and whip them into a fluffy cream using the same method professional formulators use. The science behind it is aeration: whipping mechanically traps air bubbles inside the fat, changing the texture without changing what it's made of. That's called a physical change — and it's the kind of concept your child will actually remember because they made it happen with their own hands.

Here's how to support your learner:

Safety first. The melting step involves heat — an adult handles the double boiler or microwave. Everything after the pot comes off the heat is safe and appropriate for your child.

Embrace imperfections. A cream that won't whip on the first try is a real chemistry lesson. Chill it a little longer and try again.

Adapt to your learner. This lesson is structured for Discovery (4–7), Exploration (8–11), and Mastery (12+). No pressure to cover every detail if they aren't ready.

Love this lesson? The full Recipe Box delivers one just like it every month — 6 new recipes, all the ingredients, and a full parent guide. Right now, homeschool families get 50% off their first box.

Warmly,

Katie

SIMPLY EARTH HOMESCHOOL

Before You Begin

Gather your supplies before you start. Here's what you'll need:

From Simply Earth:

- [ ] Mango Butter
- [ ] Coconut Oil (Solid)
- [ ] Beeswax
- [ ] Sweet Almond Oil
- [ ] Candy Cane Essential Oil Blend
- [ ] Vitamin E (optional — natural antioxidant)
- [ ] 2oz Amber Glass Jar

What you'll need from home

- [ ] Double boiler or microwave-safe bowl
- [ ] Hand mixer (optional, for a whipped texture)

GET EVERYTHING IN ONE CLICK:

This recipe page lists every ingredient with sizes and links to add directly to your cart.

https://simplyearth.com/shop/recipes/mango-butter-hand-cream-recipe

Mango Butter Hand Cream



WARM-UP

Before you read (each book has its own version) **Discovery:** Whisk It Up · **Exploration:** Free Sample Practice · **Mastery:** Slogan Speed Round

WHIPPING AIR INTO A PRODUCT

Today's recipe uses mango butter, coconut oil, beeswax, and almond oil — but changes something about how you finish it, and that change produces a completely different final product. That's worth pointing out on its own: in formulation, the same ingredients handled two different ways can become two entirely different things.

The difference this time is whipping. If you beat the slightly-cooled mixture with a hand mixer instead of just pouring it into a mold, you mechanically fold tiny air bubbles into the fat. Those bubbles get trapped inside the fat's structure as it finishes cooling, and the result is a cream that looks and feels dramatically lighter and fluffier than the same recipe poured straight — even though the ingredients, and the actual amount of fat, haven't changed at all. It's the exact same physics behind whipped butter or whipped cream in a kitchen: air, mechanically trapped, changes texture without changing what something is made of — that's called a physical change. Scientists call adding air like this aeration.

Timing matters here: whip too soon, while the mixture is still fully liquid and runny (it has low viscosity, meaning it's thin and flows easily), and the air bubbles just rise back out before the fat can set around them. Whip once it's started to firm up slightly, and the bubbles get trapped in place.

ENTREPRENEUR SPOTLIGHT

Estée Lauder. When Estée Lauder was a girl in New York, her uncle — a chemist — came to live with her family. He made skin creams in a little laboratory he set up in the stable behind their house, and she loved watching him work. As a teenager she started selling his creams to her high school classmates — giving them free makeovers to prove the creams worked — and later she cooked up batches of her own cream on her kitchen stove. Her secret weapon? She let customers try her creams. She gave free demonstrations in beauty salons, putting cream right on women's hands and faces so they could feel the difference for themselves. In 1946 she and her husband, Joseph, officially started their company — and in 1948 they landed their first big order: $800 worth of products for Saks Fifth Avenue, a famous New York department store. Today Estée Lauder is one of the biggest beauty companies in the world. It all started with a cream made in a kitchen — just like the one you're making today.

Mango Butter Hand Cream

FROM THE BOX

- 1 Tbsp Mango Butter
- 1 Tbsp Coconut Oil (Solid)
- 1 tsp Beeswax
- 1 Tbsp Almond Oil
- 8 drops Candy Cane Essential Oil Blend
- Product Tag

FROM HOME:

- 2oz jar or tin
- Double boiler or microwave-safe bowl
- Hand mixer (optional, for a whipped texture)
- 5 drops Vitamin E (optional)



Kid-safe, ages 2+ — every child in the family can help make and use this one.

INSTRUCTIONS

1. In a double boiler (or microwave in 30-second intervals), melt the Mango Butter, Coconut Oil, and Beeswax together until fully liquid.
2. Remove from heat. Stir in the Almond Oil.
3. Let the mixture cool until it just starts to turn opaque around the edges (about 5–10 minutes in the fridge, or 15–20 at room temperature). Add the Candy Cane Blend (and Vitamin E, if using — it's a natural antioxidant that helps your cream stay fresh longer) and stir.
4. For a smooth, scoopable cream: pour straight into the jar. For a fluffy whipped texture: beat with a hand mixer on medium for 1–2 minutes until light and creamy, then spoon into the jar. Want to compare? Before whipping, spoon a little of the poured cream into a small dish — then you'll have one of each to test.
5. Let cool fully, uncovered, before sealing. Tie on a product tag.

To use: Scoop a pea-sized amount, warm between your palms, and massage into hands.

Time: 15 Minutes **Makes:** 1 × 2oz jar **Shelf Life:** 6 months
Difficulty: Beginner **Dilution rate:** ~0.8%

Katie's tips: For a smoother, more lotion-like cream, reduce the Beeswax to ½ tsp. For a firmer "stick" feel, double it. For a spiced citrus version, swap the Candy Cane Blend for 4 drops Sweet Orange + 2 drops Nutmeg. The recipe doubles well — a double batch fills two 2oz jars.

Want to keep the momentum going?



The Simply Earth Homeschool Recipe Box delivers 6 new hands-on science recipes every month — candles, soaps, lotions, lip balms, and more. Everything your child needs to keep learning real chemistry at the kitchen table.

EVERY BOX INCLUDES:

- **6 new formulations** to make from scratch
- Age-track lab notebooks for Explorer (4–7), Discovery (8–11), and Mastery (12+)
- All ingredients, pre-measured and ready to use
- Parent lesson guide with science concepts and talking points
- NGSS-aligned with documentation for state reporting

GET YOUR FIRST BOX 50% OFF.

- Your first box and curriculum: **$24.50**. Every box after: $49/month.

USE YOUR ESA FUNDS.

- The Recipe Box is ESA-eligible in most states. We'll send you an invoice and everything you need to submit for reimbursement.

👉 https://simplyearth.com/homeschool/recipe-box

Master Vocabulary

🐿️ DISCOVERY — EVERYDAY WORDS

1. **Fluffy —** light and full of air, like a cloud.
2. **Profit —** the money you get to keep after you pay for everything.
3. **Last —** the smell that sticks around the longest.

🦊 EXPLORATION — WORKING TERMS

1. **Test batch —** a small first run used to try out a product before selling it.
2. **Viscosity —** how thick or runny a liquid is.
3. **Aeration —** adding air to something.
4. **Physical change —** a change in how something looks or feels, but not in what it's made of.

🦉 MASTERY — BUILDS ON EXPLORATION'S LIST, PLUS:

1. **Anhydrous —** made without water.
2. **Density —** how much weight is packed into a given amount of space.
3. **Emulsion —** a blend of oil and water.

Mango Body Butter Age Safety

ESSENTIAL OIL SAFETY

- Candy Cane Blend contains peppermint and spearmint — do not apply near the face or mouth of children under 6
- Never apply essential oils directly to skin undiluted — always in a finished formula
- If contact with eyes occurs: flush with carrier oil first, then rinse with water
- Patch test before full use: apply a small amount of finished cream to inner wrist, wait 24 hours
- Keep all essential oil bottles capped and away from young children

HEAT SAFETY

- Beeswax melts at approximately 145°F / 63°C — adult must handle all heat steps
- Use a double boiler or microwave in 30-second intervals to avoid overheating
- Use only heat-safe containers: glass or stainless steel
- Never leave melting wax unattended
- Allow mixture to cool before pouring — hot oils and wax can cause burns

INGREDIENT ALERTS

- Sweet Almond Oil: contains tree nut derivatives — check for nut allergies before use
- Mango Butter: derived from mango seed — rare allergy, patch test recommended
- Beeswax: not vegan; possible sensitivity for those with bee or pollen allergies
- Coconut Oil: generally well tolerated; patch test for sensitive skin

STORAGE

- Store in a cool, dry place away from direct sunlight
- Shelf life: 3–6 months
- Do not introduce water into the jar — causes spoilage
- Label with the date made

BEFORE YOU START

- Wash hands before beginning
- Clear and wipe down your workspace
- Have paper towels nearby — oils are slippery
- Do not apply to broken, irritated, or sunburned skin

Common Stumbling Points

- ***"My Hand Cream won't whip — it just stays a smooth liquid."***
  - *It probably wasn't cooled enough before whipping. Chill it another 5–10 minutes until the edges look slightly opaque, then try again.*
- ***"My cream feels greasy, not fluffy."***
  - *It was whipped too late — the fat had already set too firm. Remelt gently and start the cooling process again.*

How 13% Can Change the World

PARENT NOTE

This page is here if you want it — it's not required reading, and you know your child best. Simply Earth gives 13% of its profits to organizations working to end human trafficking; this month's featured partner is The Exodus Road. The paragraphs below introduce the idea at an age-appropriate level for each track — nothing graphic, just the truth in gentle language. Read ahead before deciding what's right for your family.

Simply Earth is a for-profit company, but it gives 13% of its profits to organizations that help people who've been exploited find safety and a new start. This month, that partner is The Exodus Road, an organization working since 2012 against human trafficking through a three-part approach: prevention, intervention, and aftercare — helping stop trafficking before it happens, rescuing people currently trapped in it, and supporting survivors afterward.

DISCOVERY (4–7)

Some grown-ups in the world are treated unfairly and aren't free to make their own choices. A group called The Exodus Road works hard to help those grown-ups get free and find people who care about them. Every time your family buys a Simply Earth box, a little bit of that money helps make that happen.

EXPLORATION (8–11)

Human trafficking means someone is being forced or tricked into work they can't leave. The Exodus Road works in three ways: stopping trafficking before it starts, helping rescue people who are currently trapped, and supporting survivors afterward with a safe place to go. Thirteen cents of every dollar Simply Earth makes in profit goes toward work like this.

MASTERY (12+)

(Parent note: this paragraph names sex work as one form of trafficking. If you'd like to soften it for your child, read it as "forced labor and other kinds of exploitation." You know best whether your child is ready for the full description.) Human trafficking — being coerced or deceived into labor, including sex work, with no real ability to leave — is a serious human rights issue affecting millions of people worldwide. The Exodus Road, founded in 2012, structures its work around three tiers: prevention (reducing the conditions that lead to trafficking), intervention (supporting investigations that free people currently trapped), and aftercare (trauma-informed support for survivors rebuilding their lives). Simply Earth commits 13% of its profits to organizations doing this kind of work and spotlights a different partner each month — this month, that's The Exodus Road.