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## Rubs vs. body butters: What's the difference?

- *Rubs* will melt at temperatures above 76°.
- *Body butters* will become more soft or firm as the temperature changes, but will only melt at hot temperatures, such as being left in the sun or in a hot car.
- *Rubs* rapidly melt when applied to the skin and absorb thoroughly and quickly, without leaving the skin feeling oily.
- *Body butters* rapidly melt when applied to the skin and provide a long-lasting, luxurious, deeply moisturizing effect.

**Rubs** are almost completely comprised of hemp-infused coconut oil (as well as arnica-infused coconut oil, in our Rapid Recovery rub) with just a small amount of essential oils added. Coconut oil changes texture dramatically when the ambient temperature changes. It will be a perfect soft texture at room temperatures of around 50° - 70°. It begins to melt at 76° and will become completely liquid on a hot day. As soon as the temperature cools off, it will harden up again and be the same as before it melted. It's fine to let it get melted once in a while, but if the temperatures are consistently hot, you may prefer to keep your CBD rub refrigerated. If kept in the fridge, it will be very hard and crumbly, and should be melted in the hands before applied to the affected area.

The surface of the rubs are often bumpy or uneven, with color variations. This is the typical way coconut oil solidifies as it cools. It may look strange, but it's normal!

**Body butters** contain hemp-infused coconut MCT oil, plus shea butter and beeswax. Their texture is much more consistent. They will soften and firm somewhat depending on temperature, but won't melt unless they get quite hot. Don't leave them in the sun or in a hot car!

Rubs and body butters can sometimes get chunky or grainy over time. This is normal and doesn't mean your product has gone bad! If you would like it smooth again, it's very easy to return it to its silky-smooth state - instructions are on the other side.

For a longer shelf life, it's best to keep rubs and body butters refrigerated if the temperature is consistently above 80° for an extended period of time.

## How to fix a chunky or grainy rub or body butter

### BODY BUTTERS

#### Oven method:

1. Place the jar in an oven-safe dish and remove the lid.
2. Set your oven to 170° and put the dish in the cool oven as it warms up.
3. When the body butter is entirely melted (this could take a while), stir thoroughly, replace and tighten the lid, shake well (make sure the lid is on tight!), and put the jar in the fridge for a few hours.
4. Remove from the fridge and let it return to room temperature. It should be nice and smooth again.

Or:

#### Hot water method:

1. Tighten the lid of the jar and place in a dish of warm water, with the water level well below the bottom of the lid.
2. Add enough water to a pot so the water line would fall just below the lid of the jar (about 1-2 inches depending on the size of the jar).
3. Bring the water to a simmer and then turn off the heat.
4. Taking care not to burn yourself, place the jar in the hot water (make sure the lid is on tight!) and let it sit for 30-60 minutes or until the body butter is completely liquid.
5. Remove the jar from the water, dry it, shake it well (make extra sure the lid is on tight!) or stir thoroughly, and put it in the fridge for a few hours.
6. Remove from the fridge and let it return to room temperature. It should be nice and smooth again.

### RUBS

1. Tighten the lid of the jar and place in a dish of hot water, with the water level well below the bottom of the lid. Hot water from the tap is hot enough.
2. Cover the dish and let it sit for 30-60 minutes or until the rub is completely liquid.
3. Remove the jar from the water, dry it, shake it well (make extra sure the lid is on tight!) or stir thoroughly, and let it come to room temperature. It will solidify slowly over the next several hours.