

The Difference Between Body Butter and Lotion



There is a difference between Body butter and lotion. Just Jameen makes both so that you can decide what is best for your skin and immediate needs. Our Lotion is called Frappe and you can read all about it by [clicking here](#). Many of our customers will buy both to use at separate times of the year or times of day.

An example is in the Midwest in the summer many of Just Jameen customers will use lotion in the summer and body butter in the winter

and fall when skin is dryer because of the type of clothing that is worn that tends to cause more drying. When spring comes, we find many customers will use the body butter or our creamy shea on their feet because the extra oils are much needed to prepare for summer.

It is a choice that you can make. We even have customer that will buy the frappe and get the body butter or shea and put it together to create a thicker mix. The choice again is yours.

What is [Just Jameen body butter](#) made of?

The main difference between body butter and lotion is texture and oil concentration. Just Jameen Frappe does not use a high concentration of water and is thicker than most lotions however our lotion content is thinner than our Body butters, which are thick, creamy, and often feel like, well, butter. They contain a high concentration of body oils (like jojoba oil and or coconut oil) and/or natural butters (like [shea butter](#)). [Just Jameen Body Butter](#) has coconut oil, organic beeswax, and shea in the recipe along with other natural oils. We also add tea tree oil as well. We have found our unscented body butter is wonderful as a lip balm.

Should I use body butter or body lotion?

There is a time and place for both skincare products. In fact, you might even want to have one of each stocked in your beauty cabinet to keep your body care routine super customized. Here are a few factors that might determine whether you reach for a body butter or body lotion to keep your skin hydrated.

1. What's your skin type and main skin concerns?

Body butters are packed with heavier moisturizers and therefore tend to provide a more intense dose of hydration. These are great for those who are prone to dry skin or anyone who is dealing with dehydrated skin or rough patches. These decadent formulas are great for richly replenishing the skin's moisture levels in rapid time.

For those with oily skin, body butter may leave a greasy feel on the skin. For this skin type, our aloe-based moisturizer Frappe lotion will likely be a better fit. The lightweight, super breathable texture of body lotion is also usually better for those who are prone to body breakouts.

For those looking to boost elasticity in their skin (mature skin types, pregnant people looking to minimize stretch marks, etc.), body butter may be a good go-to as the formulas tend to be higher in elasticity-boosting ingredients like fatty acids.

2. What time of year is it?

The cold, dry air of the winter months is known to zap moisture from the skin, leaving it feeling drier and dehydrated. During this time, you may find that you need to apply body butter daily to keep the skin barrier healthy and moisturized.

In the warmer months, when humidity is higher and temperatures are more moderate, your skin is often able to retain more moisture naturally. Because of that, it may not need as rich of a formula. During these seasons, a body lotion will be a better choice for daily use.

3. What type of feel do you prefer?

If you have normal skin that is not particularly dry or oily, you may find that you can use either formula regularly to hydrate your skin. If this is the case, it comes down to what type of feel you prefer.

Body butter is richer and tends to leave a silky feel on the skin. Because they are designed to provide intense hydration and create a protective barrier, they can also take longer to absorb. Like night creams, body butters can be great to use before bed to boost the skin's moisture levels while it is in recovery mode overnight.

If you prefer a body moisturizer that does not leave any sort of distinct feel on the skin, a body lotion will be the better choice. Because these are typically formulated with ingredients like water, aloe, and glycerin, they are fast absorbing for a daily dose of hydration that also feels weightless. Similar to lightweight day creams for the face, body lotion can be a wonderful choice to use in the morning when you need to moisturize and head out the door. No need to wait for the formula to soak in with this type of moisturizer.

Just Jameen Frappe is a great face moisturizer under your make-up. Using it unscented or with Lavender is best. Likewise, our unscented Body butter makes a great night cream for the face and lip balm. As a lip balm you do not get the peeling you can get with other lip balms.

Just Jameen has all your skin needs for moisturizing your body and face and even your hair. Send us an email if you have questions to deborah@justjameen.com. Orders for the month of September will receive a free sample of our unscented frappe and body butter with your order.

Visit [Just Jameen](#) and see what we have to offer!