

# BOOBIE BUTTER guide



a step-by-step guide to making your own all-natural, super-potent breast enhancement creams

# BOOBIE BATTER? WHAT'S THE POINT?

**T**ake a quick look at your skin. It looks pretty solid, doesn't it? It's no wonder that for so long people believed that the skin was an impenetrable barrier.

But then again, we used to believe that the earth was flat and all sorts of zany things, didn't we?

Well, we know better now. It turns out that our skin does provide enough of a barrier but it also readily absorbs many things it comes into contact with. This doesn't mean we soak in everything we touch – but it can and does absorb what's applied to it.

And this is why breast enhancement creams are so effective. When breast enhancement ingredients are taken orally, they are absorbed into the digestive system and then filtered through the kidneys and the liver, which reduces the overall potency of the ingredients.

But when you take in the very same breast boosting ingredients through your skin - there is no such filtering or potency-reducing process to get in the way. The ingredients are absorbed through your skin and straight into the bloodstream where they can get to work right away!

How effectively the ingredients will be absorbed depends on several factors, of course, like the size of the particles and even the condition of the skin.

That's why we're going to show you exactly how to make a breast enhancement cream that maximizes your skin's absorption of the most potent boob-boosting ingredients.

Plus, you'll get top tips to prep your skin so it becomes like a sponge, ready to soak up all the breast-boosting goodness in your creams!

Let's get started, yes?

# CHOOSE YOUR BOOBIE BATTER RECIPE

You have a choice of herb-based or pueraria mirifica-based recipes. Which one you go with depends on what you're taking in – if on herbs, go for a herbal recipe. If on PM, opt for the PM recipe!

The recipes range in their level of work required. Choose the one that suits you!

## Recipe #1. Super Simple Herbal Mix

50 drops of Hops Extract

15 drops of Spearmint Extract

30 drops of Fenugreek Extract (or Fennel if you can't stand the smell of Fenugreek)

1oz Borage Oil (around 2 tbsp)

½ cup of the lotion of your choice

This one is a recipe for instant boobie batter. Simply mix all the ingredients together and it's good to go immediately!

## Recipe #2. All-Natural Potent Herbal Mix

¼ cup dried, ground Hops

¼ cup dried, ground Fenugreek (or Fennel)

¼ cup Licorice Root powder

1 pint avocado oil or coconut oil (or half-half)

Avocado oil is very moisturizing and very good with heat, which makes it one of the best oils to use for heat-involving boobie batter. Coconut oil is also great because its fatty acids have one of the

smallest molecular structures found in plant oils, which penetrate easily into the skin.

To make this recipe, please follow the steps below in “1-2-3 STEP PROCESS TO MAKING BOOBIE BUTTER”

## Recipe #3. Power PM Boobie Butter

½ cup Pueraria Mirifica powder

1 pint avocado oil or coconut oil (or half-half)

Avocado oil is very moisturizing and very good with heat, which makes it one of the best oils to use for heat-involving boobie batter. Coconut oil is also great because its fatty acids have one of the smallest molecular structures found in plant oils, which penetrate easily into the skin.

To make this recipe, please follow the steps below in “1-2-3 STEP PROCESS TO MAKING BOOBIE BUTTER”

## 1-2-3 STEP PROCESS TO MAKING BOOBIE BUTTER

This is a little more complicated than simply mixing extracts and lotions together. But it's still easy to do and comes with benefits that make it worthwhile:

- Pure and all-natural so you don't get any of those additives (i.e. filler ingredients) or toxins and chemicals (i.e. parabens) found in the majority of store-bought lotions and even breast enhancement creams
- Lets you control your own ingredients so if you tend to get zitty titties – you can avoid the ingredients that cause it (i.e. mineral oil) or if you're worried about stretch marks, you can add in ingredients to prevent and get rid of them (i.e. emu oil)
- Uses heat to extract the potent qualities of breast-enhancing ingredients so you can get the good stuff out of ingredients that're hard to find in extract form, like pueraria mirifica
- You can transform this oil into a beautiful whipped boobie *butter* that looks better than the stuff you buy!

Ready to begin?

# #1 Step. Heat the Ingredients

Before we start, let me give you a quick rundown of your options. There are basically two ways you can heat your ingredients.



## CROCK POT OR DOUBLE BOILER

You'll need either a slow cooker like a crock pot or a double boiler for this. It will take a total of 5 hours if you use the crock pot and 10 hours if you use the double boiler.

If you don't have a double boiler, make one by stacking a metal or glass bowl on top of a saucepan.



## THE SUN

You can also use the sun to gently heat your boobie batter. This method requires pretty much no work on your part, but it takes at least 10 days. I recommend giving it around 2 weeks or more for best potency.

Once you've decided which heating option you're going to use, mix your ingredients together.

If you're using a crock pot, pour your ingredients into the pot and set it on the lowest possible setting. Leave it for 5 hours, but come back to give your mixture a little swirl every few hours so that the powder doesn't get stuck to the bottom.

If you're using the double boiler, pour your ingredients into the metal or glass bowl you'll be using. Fill a saucepan with water and place your bowl (the one with your ingredients in it) on top of the saucepan. Use very, very low heat – you want it to be warm. It should not get too hot and never boiling. Leave it to brew for 10 hours, but check back in frequently to make sure it doesn't get too hot.

If you're using the solar method, pour your ingredients into a clean glass jar with a tight lid and simply leave it somewhere in your house that gets a lot of sun exposure. Plan to leave it there for around 2 weeks, but check back in every 2 to 3 days to give the jar a gentle shake.

## #2 Step. Strain the Oil

Now that you've got a potent oil that's soaked up all the best boobie-enhancing properties, it's time to discard the ingredients.

Simply line a strainer with a cheese cloth or coffee filter so that it catches all of the leftover powder. You can even use a clean, new stocking for this.



Slowly pour your oil through the strainer (with a bowl or jar to catch all boobie oil underneath, of course).

## #3 Step. Make it AWESOME!

Okay, you've just made yourself a batch of powerful boobie batter! You can start using it right away if you'd like.

But...if you want to take it up a notch, you can totally do that as well.

Start by adding in some extra helpful ingredients, like:

- **Borage Oil:** Has an especially high concentration of GLA, which is a precursor to prostaglandins, which are precursors to aromatase, the process of converting testosterone

into estrogen. So it makes a helpful oil to add – just 2 tablespoons is perfect.

- **Emu Oil:** This animal fat – yes, emu oil comes from the emu – is rumored to be the best transdermal carrier oil. That’s why it’s even used for arthritis – it’s meant to penetrate through all the skin layers. Emu oil is also fantastic for both preventing and treating existing stretch marks. If you’re going to be using this boobie batter along with breast enlargement pumps – emu oil is a must-add. Just 2 to 3 tablespoons is great.
- **Spearmint Essential Oil:** Spearmint has anti-androgen (testosterone-blocking) activity in humans. It’s also gentler than peppermint and won’t irritate your skin. Adding a couple drops of this to your boobie batter (especially the herbal mix) will also help to disguise that maple syrup-y fenugreek smell a bit. Around 10 to 15 drops is enough.

Once you’ve added in the extras, you can transform your boobie oil into a beautiful whipped boobie butter that looks good enough to eat!

To do this, you’ll just need 2 things:

### 1. Body Butter



You can choose from cocoa butter, shea butter or mango butter. The choice is totally up to you – but here’s a quick rundown of their benefits. Cocoa butter smells the most amazing (like chocolate!) and it’s best for stretch marks as well as skin conditions like eczema or psoriasis. Shea butter doesn’t really have a scent and it’s also good for skin conditions but best for acne and discoloration thanks to its high Vitamin A content. Mango butter is the best choice if you have nut allergies – it’s also very non-pore-clogging, super soothing and high in Vitamins A, C, and E. The only downside is that it’s scent-less. No mango smell to speak of :(



## 2. Whisk

If you've got an electric one, that's awesome 'cause you won't have to use elbow grease. A regular manual whisk is just fine, though – just be prepared to put a little work in.

**Here's what you'll do to transform your boobie oil into boobie butter:**

1. Use a double boiler to very gently heat your butter until it melts. This will take around 5 minutes.



2. Once your butter is melted, mix your boobie oil into the melted butter and stir until it's well blended.

3. Stick the whole thing in the freezer until it starts looking creamy and solid. This will take around 10 to 20 minutes, depending on your freezer settings. You don't want to leave it in too long. Take it out when the top is solid but it's still soft and liquid-y on the bottom.



4. Using your electric mixer or hand-powered whisk, start briskly whipping the whole thing. You'll witness it transforming before your eyes into a creamy, fluffy, wonderful cream.



5. Stop when it looks like the perfect cream.

6. Scoop everything into a container and voila! You now have a batch of awesome boobie butter to use!



## TIPS TO MAKE YOUR SKIN SOAK UP THE BOOB-ENHANCING GOODNESS LIKE A HUNGRY SPONGE

### #1. Exfoliate Regularly

You exfoliate your face. Maybe even your legs. But do you give your girls regular exfoliation sessions? Well, you absolutely should! Especially since exfoliation comes with double benefits: it gets rid of the dead skin cells that hinder breast cream absorption *and* it promotes better blood circulation to your breasts, which ultimately help your boobs soak in more of the breast-enhancing ingredients you're sending their way.

You don't even have to exfoliate every day – in fact, it's best you do it just 3 to 4 times a week. And no abrasive scrubs! Chuck out that St. Eves Apricot Scrub – those rough granules might be okay for your elbows and knees but they're nowhere gentle enough for your tender breast skin.

You can easily whip up the perfect DIY boobie exfoliator using coffee grinds.

I have 2 DIY recipes I love:

1. Coconut Coffee: Combine  $\frac{1}{2}$  cup coffee grinds for exfoliation,  $\frac{1}{4}$  cup coconut oil for moisture, and a dash of cinnamon to promote circulation.

2. Minty Chocolate: Combine  $\frac{1}{4}$  cup cacao powder with  $\frac{1}{4}$  cup palm sugar (smaller and gentler than granular sugar). Mix with  $\frac{1}{4}$  cup coconut oil and add in 2 to 3 drops of spearmint oil.



## #2. Use Heat

Did you know one of the factors that affects skin absorption is temperature? Yea, it's so simple – but it works. Applying heat to your breasts beforehand helps to open up your pores so that your skin can better absorb the cream. The heat also promotes blood flow to your breasts, which makes sure the receptors in your breast tissue receive plenty of the breast-enhancing ingredients.

## #3. Massage Always

You don't have to do an elaborate half hour massage to see benefits. Just a quick massage increases blood flow so that natural hormones and phytoestrogens can reach breast tissue more effectively. Plus, studies show that breast tissue receptors respond better to estrogen after

massage.

Yet another perk? Just the simple act of giving your girls a regular squeeze is believed to help prevent breast cancer! So make sure to give your boobies a rub before you slather them with boobie batter!

#### **#4. Prick with tiny pins**

That sounds awful – but it’s painless. Here’s a little secret: one easy way to get crazy absorption is by using a dermaroller – they’re even great for getting rid of stretch marks. These rollers increase absorption by nearly 90% - so use only with all-natural ingredients like your DIY boobie batter but never with breast enhancement creams that contain chemicals like parabens ‘cause you don’t want that absorbing deep into your skin! Rollers also promote collagen production, which is how they get rid of stretch marks and tighten and thicken your breast skin.

Please stick to using the 0.25mm pins and opt for high quality material. Remember you’re poking tiny holes in your skin so avoid cheap materials that can cause infections. My favorite is the TMT Micro Needle - it has 540 needles (more small needles = less pain and more collagen stimulation) and it’s made of surgical grade titanium, which is top-notch. Simply roll for 15 minutes before you apply your boobie batter!