

## **ABSTRACT**

### **BENEFITS OF SHEA BUTTER FOR SKIN BEAUTIFICATION**

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Fundamentally, shea butter is a fat produced from the seed of *Vitellaria paradoxa* (Sapotaceae). Over the years, shea butter has tremendously benefited humanity in various ways. Shea butter is beneficial for human skin; it is good for cooking/eating purposes and other health benefits. The benefits of shea butter have been the subject of several works that have generated issues that need further discussion. Hence, this study examined the benefits of shea butter for skin beautification. Focus was on men and women between the ages of eighteen and fifty years old. Qualitative and quantitative methodology were employed. Sources of data: questionnaires, structured interviews, documentary analysis and focus group discussions. Research question includes: Is there any significant relationship between the use of shea butter and its consequent benefits for skin beautification? It was revealed that shea butter is a great beauty product for human skin. Also, that it is an excellent moisturizer for eczema, psoriasis and dermatitis because of its efficacious emollient and humectant properties. Shea butter's application restores the natural elasticity of the skin besides hydrating, softening and beautifying it. Recommendation includes further research on shea butter's benefits for cooking/eating and other health benefits.