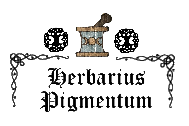
Skin and Lip Balm Recipes



**DISCLAIMER – MUST READ!**

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**All persons using this material as reference agree to accept full responsibility for any results experienced by using them.** You are responsible for your own health. As with conventional medicine, herbal medicine is vast and complex, and must be used responsibly. People react differently to different remedies. Some herbs are contraindicated with certain pharmaceutical drugs. Further, some helpful herbs may be confused with harmful and/or deadly substances. There are many plants and mushrooms that can make you sick or are deadly poisonous. Be 100% of your identification before you harvest any plant or mushroom. Additionally, sometimes a new food, even properly identified, can cause an unusual reaction – ranging from gastric intolerance to a full-blown allergy.

I am a medical professional and an Herbalist, but I am not a physician. Only a physician can diagnose, treat, and prescribe for illness or disease. **As an Herbalist, I neither diagnose nor treat disease. Nor do I prescribe remedies.**

Herbalists are people who dedicate their lives to working with medicinal plants. They include native healers, scientists, naturopaths, holistic medical doctors, researchers, writers, herbal pharmacists, medicine makers, wild crafters, harvesters and herbal farmers to name a few.

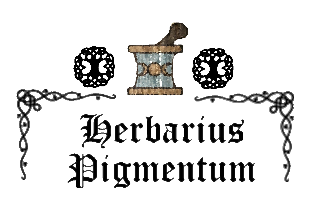
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In Service –

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Skin Balms

Always add your essential oils to your balm just before you pour it into your container. The waxes and butters melt better over a double broiler.

**Headache Balm**

* Carrier Oil
* Beeswax
* Peppermint Oil

Use 2T of beeswax for ¼ C oil.

**Relaxation/Sleep Balm (safe for children!)**

* Carrier Oil
* Chamomile
* Lavender
* Beeswax
* Shea Butter

**Cuticle Balm**

* 1 tbsp coconut oil
* 1 tbsp sweet almond oil
* 1 tbsp hemp oil
* 1 tbsp mango butter
* 1½ tbsp grated beeswax
* 10 drops lavender essential oil
* 5 drops peppermint essential oil
* 5 drops eucalyptus essential oil
* 5 drops fennel essential oil
* 5 drops clary sage essential oil

**Burn Ointment**

* 1 part Calendula (Calendula officinalis) Flowers
* 1 part Comfrey (Symphytum officinale) Leaves
* 1 part Comfrey (Symphytum officinale) Root
* 1 part Saint John’s Wort (Hypericum perforatum) Flowers
* 1 part Olive (Olea Europaea) Oil\*
* Beeswax, grated

**Burn Ointment 2**

* Aloe
* Honey (Manuka is preferred)
* Coconut Oil

**Foot Salve/Balm**

* 4 oz. pure lanolin
* 1 oz. raw beeswax
* 1.5 oz. olive oil infused with calendula flowers, plantain leaves & comfrey leaves
* .5 oz. shea butter
* .25 oz. cocoa butter
* 1/2 teaspoon neem oil
* 1/4 teaspoon sea buckthorn oil
* 1 mL vitamin E oil
* 1 mL lavender essential oil
* 1 mL rosemary essential oil
* 1 mL fir needle essential oil
* 1 mL tea tree oil
* 1 mL rosemary extract

Lip Balms

With lip balms you can use just about any combination of butters, oils and herbs. Add dried orange peel or lemon peel for an exfoliating lip balm. You can add dried herbs to your balm for an aromatherapy scent that will last a long time. I prefer to use beeswax, coconut oil as my bases and then add essential oils. My favorite is a Peppermint-Lavender lip balm!

Preparing your balms

Your ratios for your beeswax, butters, and oils can determine if you will have a softer balm or a balm that is firmer. For a softer balm, lower the ratio of beeswax and add more butters or oils. For a firmer balm, up your beeswax and lower your oils and/or butters. I have noticed that the skin balms work better when they are softer or just slightly firm, whereas the lip balms hold up better when they are more firm.

Remember to melt your waxes and butters over a double broiler or you can use direct heat as long as you keep the temperature lower. You don’t want to scorch or burn your waxes and butters. I have melted my wax in a cast iron ladle pan over a fire. I kept the height of the grate high and used a cast iron skillet to buffer the heat.

Add your essential oils last. For ease of use, I use condiment cups. In separate heated containers, I have my wax, butters and oils. I add the essential oils that I wish to use into a condiment cup. Next I add the wax, butters and oils to the cup and quickly stir with a toothpick. At this point you can also add any tinting powders to the lip balms. You need to work fast since your balm will harden quickly. Pour your mixture into lip tubes, containers, etc. Fill about half way and let sit for a few seconds before filling to the top. As your balm hardens, the center will usually sink in just a bit.

Tips

* You can keep your pans with the melted waxes and butters in a bowl of hot water to keep it melted. If it starts to firm, add your pot back to the heat. At home, the crockpots with three small round bowls work great for melting and keeping your wax melted.
* You can use a grater to get smaller pieces of beeswax
* If you use honey, raw or Manuka work the best.
* Make sure to use a carrier oil – essential oils can burn skin.
* Mini Muffin or tart pans are great to make balm discs. You can also use this with your waxes to store them more easily. This also works great on oil/butter combos to save to melt on another day. Store in a cool, dry place in a sealed container. This is a great idea to do ahead of time so that you always have your discs on hand to melt.
* Use the spoon trick to test the consistency of your balm. Dip the bowl of a spoon into your melted mixture and let it harden. You can see if you need more wax or more butters/oils.
* Use vegetable powders for tinting your lip balm. Beet powder is great (and full of antioxidants!) and will give your lip balm a rose colored shimmer.
* You can get the lip balm tubes and small containers on Amazon in bulk (pack of 50 lip tubes) for about $8. That is only $0.16 per tube!
* A filling tray is helpful for the tubes. It is not necessary! For about $22, you can get a filling tray with spatula, 50 tubes and 100 labels.
* To clean your trays, bowls, pots, warm the wax in the microwave for a few seconds and wipe clean. If it is metal, warm on low on the stove and wipe clean. If you are using a muffin or tart pan, you can line the pan with plastic wrap for easy cleanup.
* Don’t want to mess up your pans/bowls? Use clean soup or veggies cans. You can even make a pour spout on the can. Plastic spoons work well too.
* Natural balms can go rancid over time since they do not have any preservatives in them. The firmer ones with more beeswax will last longer than the softer balms. If you get a weird smell, just toss it and make some more.