

Herbal Balm

Tools

- double boiler
- balm containers
- cheesecloth for straining

Ingredients

- 6 tablespoons of preferred dried herbs (good ones to consider are calendula, marshmallow root, plantain leaf, yarrow flower)
- 1 cup oil of choice
- 1 ounce beeswax (~ 1/4 cup)
- 1-2 tbsp shea butter or cocoa butter (if desired)
- 1/2 tsp vitamin E oil (if desired)
- up to 100 drops essential oils of choice (if desired)



Directions

- Fill the bottom portion of the double boiler with water and heat on medium heat.
- Place the top boiler pot to your double boiler and add the 1 cup of oil and 6 tablespoons of preferred herbs.
- Heat the oil and herbs on very low heat for 3-4 hours, stirring occasionally. Watch the temperature with a thermometer, making sure the oil does not exceed 120-140 degrees).
- Strain out the herbs with a cheesecloth into a dry glass container (it will be hot).
- Wipe out the double boiler so there is no herb material.
- Return the strained oil to the pot and add the beeswax.
- On low heat, stir the mixture until the beeswax is melted.
- Add essential oils if desired.
- While continuously stirring, allow the beeswax to melt into the oil.
- Once the beeswax has completed melted and dissolved into the oil, remove the pot from heat.
- Pour the mixture into tins or jars.
- Allow to cool completely before capping. Label the container.