

Lotions, Potions, Balms & Butters

Perfect Moisturizing Hand Cream

Oil-Base Ingredients

3/4 C. apricot oil **or** sweet almond oil
1/2 C. coconut oil or cocoa butter
1 tsp. anhydrous lanolin
1/2 oz. grated beeswax

Water, essential Oils, and Vitamins

2/3 C. distilled water, rose water, or orange flower water

1/3 C. aloe vera gel

A few drops of the essential oil of your choice EO= essential oil, FO= fragrance oil

Vitamins A and E (optional)

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To Make:

1. Heat the oil-base ingredients over low heat in a double boiler until all are melted. Stir gently to mix well.
2. Pour the oil mixture into a glass measuring cup and cool to room temp.
3. Place the water, aloe, essential oil, and vits. in a blender. Turn to the highest speed. In a slow, thin drizzle, pour the oil-base mixture into the center hole of the blender.
4. When most of the oil-base mixture has been added and the cream resembles a butter-cream frosting, turn off the blender (you may not need all the oil base mixture). Don not over-beat. The cream should be rich and thick and continue to thicken as it sets up.
5. Pour into cream jars/bottles, label, date and store in a cool place. Refrigerate for extended storage. (Changing the recipe by using coconut oil, fractionated coconut oil or cocoa butter changes the consistency of the cream and the way it will react to temperature variations in the atmosphere.)

Light and Lovely Beeswax lotion

40 oz. distilled water—warm to 130°

Add ½ oz. honey (set aside)

Combine:

2 oz E-wax (emulsifying wax)

.6 oz beeswax

1.3 oz cocoa butter

Melt together – DO NOT OVERHEAT—keep below 150°. A double boiler works best.

When melted add:

4 oz. almond oil

4 oz. sunflower oil

1.3 oz shea butter

Stir to melt shea butter.

Optional: .3 oz (1 ½ tsp) Optiphen (preservative)

EO/FO (varies)

1/2 tsp. vit e oil

Add honey/water to oil mixture. Use a stick blender and stir until temp reaches 100°. Add preservatives, FO/EO

Lotion will be very thin at this point. Working quickly, pour into desired containers. Once lotion cools completely, it will become much thicker and harder to put into a small mouth container. Tottles (squeeze bottle) work well for this product.

Lotion Bars--lotion in bar form

3 oz each beeswax
 cocoa butter or shea butter
 almond oil

May add: scent --essential oil
 Grapefruit seed extract, aloe oil, vitamin A or E, tea tree oil (any/all optional)

To Make: Melt together. pour into 6 -1.5 oz. molds or small tins. Cool 2 hrs. Store in sealed bag.

To Use: Rub bar between hands to warm and soften or rub directly on desired area.

Hand & Nail Butter – cuticle cream

2 parts beeswax
2 parts cocoa butter or shea butter
4 parts jojoba oil
1 part lanolin or shea butter
½ part honey
essential oil(s) optional

(You can vary the size of this recipe by changing the units. I usually use ounces and make about 9 ounces of product.)

In a small saucepan or double boiler, warm all ingredients except essential oils until melted. Remove from heat and stir occasionally until almost cool. Add essential oil and continue to stir until the consistency of frosting. Pour into small jars (I like 1 oz. size) and seal. No refrigeration required—keeps well 3-4 months.

Wrinkle Fighter

4 oz. almond oil
4 oz jojoba oil
2 oz lanolin
2 oz beeswax
2 tsp. vitamin E oil
Essential or fragrance oil (optional)

Melt all ingredients in a small pan or double boiler. Mix well. Pour while warm into small containers or tins (1-2 oz each)

Lip Balm

.5 oz beeswax
.6 oz coconut oil
.4 oz cocoa butter
.1 oz. almond oil (optional--makes a softer balm--good in winter)
¼ tsp. mint flavoring (amount approximate)

OR

2 oz. Shea butter
.7 ounce beeswax
10-20 drops essential oil of choice

To Make: Melt together oils and wax. Add essential oil after all oils/waxes are melted. Pour into small tins or plastic tubes.

Optional ingredients for any recipe: tea tree, aloe vera, glycerin, vitamins A or E

Lip Balm for Chapped Lips

2 TBL each:

Almond oil

Castor oil

Jojoba oil

1 TBL. beeswax (1/2 oz) chopped

2 tsp. honey

10-20 drops mint oil

10-20 drops tea tree oil

To make: melt together oils, wax and honey in a double boiler. Add mint and tea tree. Stir until cool and begins to change color (thickens). Pour into ¼ oz. tubs. (Not recommended for tubes.)

This is the recipe to which I added the propolis tincture:

Collect the cleanest propolis from your hives. Put propolis and a mini food chopper in the freezer. When well chilled, remove and chop propolis to a very fine powder. Place in a jar with a tight lid (canning jars work well) and cover with grain alcohol (like Everclear). Allow to steep for 3 weeks. Strain propolis tincture through several layers of cheese-cloth. Discard the strained particles. Add the tincture to desired skin care product. Protective gloves are recommended when handling the propolis. No scientifically proven efficacy standards are known but literature suggests that 1-5% propolis may be added to skin care products. Propolis is generally known to act as a disinfectant, soothe skin and membranes, stimulate growth and have antioxidant properties. For additional info on using propolis see: Beeswax & Propolis for Pleasure and Profit edited by Pamela Mumm

Healing Salves

Infusions—bruise the plant (herb) and add water. Allow to stand for a few minutes to a few hours.

Oil Infusions—loosely pack herb or blossoms into sterile jar. Add oil to cover herb plus about 1 inch to allow for expansion. Set jar in warm place and allow steep. A sunny window works well. Gently shake the herbs every few days. Infusion usually takes 2-3 weeks but may be hurried by warming the oil/herbs to 115-120. For a stronger infusion, strain the oil, discard herbs, add new herbs to the original oil. Strain herbs through 3 layers of cheese cloth and again through a coffee filter to remove particles.

Tinctures—1-2 oz. of dried and powdered plant. Add to 1 quart alcohol. Allow to stand 1-2 weeks. For external use only.

Essence--Dissolve 1-2 oz. of essential oil in alcohol. External use only.

Teas—Simmer herbs in water. May lose potency quickly.

Natural preservatives—Antimicrobial, antibacterial, antifungal—alcohol and essential oils (lavender, eucalyptus). Antioxidants—Vitamins A, C, E, carotene. Found naturally in wheat germ oil. Inhibit destruction of fats and oils—reduce damage from free radicals.

Allantoin—stimulates healthy tissue formation, removes dead skin cells. Naturally found in herbs including aloe, comfrey, bearberry. Other herbs for skin care: arnica, yarrow, horsemint, calendula, plantain, chickweed, comfrey, St. John's wort, tea-tree oil, slippery elm. Any herb with "bane" or "wort" has been used for medicinal purposes.

Basic Salves

Infuse herbs of choice into oil. Olive oil is a good choice for salves because of good shelf life. Light oils (almond, apricot, grapeseed) are good choices for face salves because of their light texture. Pour infused oil into a double boiler and add enough beeswax to make a soft salve. Melt. One cup of oil: ½ oz beeswax is a commonly used ratio. Add vitamin E, A, carotene and any other essential oils desired after removing from heat.

Arnica Salve (Bruise Salve)

3 cups Jojoba Oil, Olive oil or Almond oil

1 ½ oz. Beeswax

1 oz Arnica

St. John's Wort Salve (All purpose salve)

1 part St. John's Wort
1 part Calendula (flowers)
1 part comfrey leaf
1 part Plantain
Olive oil to cover herbs + 1 inch.
Beeswax
Vitamin E

First Aid Oil

Extra Virgin Olive oil infused with Comfrey, Plantain, crainsbill, chickweed, mallow and mullein (or your favorite healing herbs). Pick herbs in morning, let them wilt for a day. Pack herbs into a sterile jar and pour warm oil over the herbs. You may strain and replace the herbs to make a potent infusion. To create your first aid ointment, use 100 grams prepared oil, 10 grams lanolin, 20 grams healing oil (emu, hemp, shea butter, etc.), 20 grams of beeswax. Propolis may be added to the olive oil as part of the herbal infusion. Lavender and tea tree essential oils may be added as antiseptic. Adjusting the quantity of beeswax will make a thicker ointment.

Calendula cream/salve

½ cup distilled water or aloe juice
1 cup fresh or ½ cup dry calendula petals
Combine and steep as for tea.
½ tsp. cosmetic grade borax—stir into warm tea.
Cool to room temperature.

Melt together in double boiler:

1 oz. beeswax
1 oz. lanolin
1 oz. almond oil (may be infused w/ calendula, too)
Cool to warm but not set.

Combine the cooled infusion and the cooled oil. Stir with small whisk to blend completely—should have the consistency of heavy cream. Pour into small jars (glass or plastic), seal and label. Refrigerate to improve shelf life.

Natural Herbal Vapor Balm

1 cup olive oil
1 oz beeswax
1 1/2 tsp menthol crystals
.2 oz eucalyptus (about 25 drops)
15 drops peppermint
15 drops rosemary
3-5 drops tea tree
3-5 drops thyme oil

Melt together olive oil and beeswax. (You may adjust the ratio of beeswax to olive oil to create a stiffer or softer salve.) Stir in menthol crystals and essential oils until crystals dissolve (just a few seconds). Pour immediately into jars and lid tightly. (Don't want the vapors to escape while the salve is still warm.) This product has great shelf life.

Oatmeal, Milk & Honey Bath Salts

1 C. pwd. Milk (goat or cow)
1 C. fine oatmeal (blenderize rolled oats until very fine)
1 1/2 C. Epsom Salts

1/4 C. dendritic salt
1 TBL honey
1/2tsp liquid glycerin
1/2 tsp. EO of choice (Lavender, Rose, or favorite FO)

Combine E. salt and D salt. Whisk together. Dribble glycerin, e-oil and honey over salts and stir well. Add oatmeal and milk. Combine all in a bowl large enough to mix well. Pour into sterile jars and seal.

Pour approximately 1 cup salts into warm bath water. Stir and soak.

*Dried herbs may be added—chamomile, lavender, calendula are good choices.

Sources and books:

Elements Bath and Body
4203 Evergreen Rd.
Crestwood, KY 40014
www.elementsbathandbody.com

Glory Bee Foods, Inc.
Eugene, Oregon
800-456-7923
www.glorybeefoods.com

Majestic Mountain Sage
918 West 700 North Ste 104
Logan, Utah 84321
435-755-2108
www.thesage.com

Columbus Foods (great source for oils)
www.columbusfoods.com or
www.soaperschoice.com
800.322.6457

Frontier Cooperative Herbs—
Organic & bulk herbs and herbal products
Norway, IA 52318
800.669.3275

Soap Goods
2050 Chamblee Tucker Rd
Chamblee, GA 30341
www.soapgoods.com

Rodale's Illustrated Encyclopedia of Herbs
Edited by Claire Kowalchik

Super Formulas Arts and Crafts
by Elaine C. White

Notes:

