

Odds and Ends

1 T. grated Beeswax = 1/2 ounce

In the recipes, ounces are by weight

Borax: Water softener and emulsifier.
Weak antiseptic.

Cocoa Butter: Used as an emollient.
It is hard at room temp, but melts when applied to skin.

Coconut Oil: A small amount makes the product moisturizing, while larger amounts can be drying.

Grapeseed Oil: Light and non-greasy.
An emollient and usually non-allergenic.

Olive Oil: A good moisturizer. Attracts external moisture.

Shea Butter: Rich in vitamins, used as an emollient and a barrier against environmental stress.

Never melt wax over an open flame

Always use caution when dealing with melted product

Remember to Exfoliate!

So easy you can mix it in the container!

1 c. light brown sugar (or a mix of brown sugar and kosher or sea salt)

1/4 c. oil

2 T. Honey

Measure brown sugar into container. Make sure there are not lumps. Add oil and honey. Stir to combine!

Readings:

Herbal Remedies for Dummies

The Beekeeper's Bible, By Stewart, Tabori & Chang

The Herbal Body Book by Stephanie Tourles

From Earth to Herbalist, by Gregory L. Tilford

Interesting Websites:

www.makeyourcosmetics.com

www.bathandbodyrecipes.com

www.rachelssupply.com/bwax.htm

<http://www.oardc.ohio-state.edu/gdd/>

OSBA 2013

Fall Conference

Fearless Salves and Balms Incorporating Hive Products

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It's time to bee creative!

Basic Recipes

Non-Petroleum Jelly

½ c. oil (your choice)
1 oz beeswax
Melt oil and beeswax together. Pour into containers, let cool..

Hand Lotion:

¾ C. beeswax
1 C. sweet almond oil
½ C coconut oil or any other oil
1.5 oz water
2 grams borax

Melt oils and beeswax in a double boiler. Use a thermometer and check the temp. Heat the water to the same temp then add the borax. Use a whisk and begin adding the water mixture to the oil/beeswax. It will immediately begin to emulsify.

Lip Balm

2 T. Grated beeswax
1 t. sunflower oil
1 t. grapeseed oil
2 drops vitamin E oil

Heat beeswax and oils together. Stir well to combine. Pour into jars.

Lip Balm II

1 T. beeswax
2 T. coconut oil
2 capsules vitamin E

Coconut oil, and beeswax together until melted. Vitamin E capsules into mixture. Pour into container

Propolis Ointment

1 T. finely powdered propolis
½ c. olive oil
3T. melted beeswax

Mix together propolis and olive oil in a jar. Shake daily for 2 weeks. Oil should darken and smell like propolis.

In a double boiler, heat mixture to 150 F, mix in melted beeswax. Pour into container.

Antiseptic Balm

1.5 oz. beeswax
1 oz. olive oil
3 oz. almond oil
10 drops Myrrh Essential Oil
10 drops Tea Tree Oil

Heat oils in a double boiler. Add chopped beeswax. Stir until beeswax has melted. Cool to slightly warm. Add essential oils. Stir. Pour into containers

Lotion Bar I

4.5 oz Beeswax
4.5 oz Shea Butter
4.5 oz. Cocoa Butter
4.5 oz. Olive Oil

Melt all ingredients in a double boiler and pour into molds

Anti-Itching Salve

2 oz. beeswax
1 pint olive oil
1 T. comfrey powder
1 T. mullein powder
2 T. calendula petals

Put oil in double boiler. Add herbs. Simmer for 3 hours. (or put in a jar and place in a sunny window for 1 week). Let oil cool. Strain oil to remove herbs. Re-warm and add beeswax. Stir until melted. Cool. Pour into jars.

Basic Calendula Salve

1 c. calendula infused oil
¼ c. shea butter
¼ c. beeswax

Heat oil and shea butter, melt in beeswax. Pour into containers.

Gardener's Balm

1 ½ oz. beeswax
½ c. grapeseed oil
2 T. Aloe vera gel
2 t. Vitamin E. oil
½ c. almond oil
Essential oil blend – 12 drops

Place wax, oils and gel in double boiler. Melt. Remove from heat, whisk until cool. Add essential oils. Pour into containers. Store 1-2 days before using.