

# Herbal Salves & Creams

## Natty's face cream

Cream = oil, water, emulsifier

- 10 g bees wax
- 15 g lanette wax
- 25 g shea butter
- 1 tsp coconut oil
- 90 g water

**Instructions:** Fill 1 pot with water and put a smaller pot inside the larger pot (double boiler method). Add ingredients according to the bullet point list below. Turn heat down according to your preference (if you see the ingredients are melting very fast, turn down the heat to steadily melt and mix ingredients).

- Melt down wax (both), then shea butter
- Add water + coconut oil
- Mix all together (immersion blend or whip best) and let sit for 24 hours

After your mix has set for a day add:

- 50 g base cream (of choice – or whatever is available)
- 25 g hydrosol (scent of choice – or whatever is available)
- 10 mL oil (jojoba, grapeseed, olive, sunflower – oils that won't be an allergen concern)
- 30-40 drops essential oil (if desired)

Blend all ingredients together and add to jars!

## Lip Balm

3 parts oil      1-part butter      1-part wax (2 types)      + essential oils

Oils = raw or infused oil of choice

Butter = raw or infused

Wax = 1-part bees wax 1-part lanette wax

**Instructions:**

- In a double boiler melt wax, then butter, then oil
- Remove from heat, and add essential oils if desired
- Pour into molds and let sit for 10 – 30 minutes before moving

## **Ointment**

Ointment = wax, oil

Bees wax = natural stabilizer, seals in moisture, protective layer

- 75 mL Shea butter
- 25 mL Infused oil
- 20 g Bees wax
- Few drops essential oil

**Instructions:** Melt all ingredients – wax, shea butter, oil and mix together

## **Body Butter Bars**

2 parts oil (infused)    6 parts wax (bees)    4 parts butter (shea)    Essential oil    glitter (or silica)

Ingredients:

- 4 tsp calendula oil
- 6 tsp bees wax
- 5 tsp shea butter
- 10-20 drops oil
- ¼ tsp glitter

Instructions: melt down wax, butter and oil. Add essential oil and glitter and mix together. Pour into moulds and let sit until hardened

## **Deodorant**

Ingredients:

- 300 g shea butter
- 112 g sodium bicarbonate
- 10 drops essential oil per container
- 150 g coconut oil

**Instructions:** Melt butter and oil, mix sodium bicarbonate in and pour into containers. Add essential oil droplets and let sit until hardened

### **Toothpaste:**

#### **Ingredients:**

- 2 tsp green clay
- 2 tsp sodium bicarbonate
- 2 tsp coconut oil
- 4 tsp glycerin (if desired)
- 4 drops essential oil (if desired)
- 1 tsp sage powder
- 1 tsp orange peel powder
- ¼ tsp clove powder

**Instructions:** Measure out all ingredients and mix together. Put into containers.

### **True Lye Soap**

#### **Ingredients:**

- 144 g lye
- 300 mL hydrosol of choice
- 200 g coconut oil
- 800 mL infused oil of choice
- 80 drops essential oil

#### **Instructions:**

- Mix lye and water together
- Heat the infused oil to 120° - 130°
- Mix lye and oil with an immersion blender
- Add essential oil
- Blend again and pour into moulds

\*Be careful when added flowers or other decorative materials if it was a living plant – it may mold

\*Soap must set for 2 weeks (covered), then it must set for another 2 weeks after being sliced

