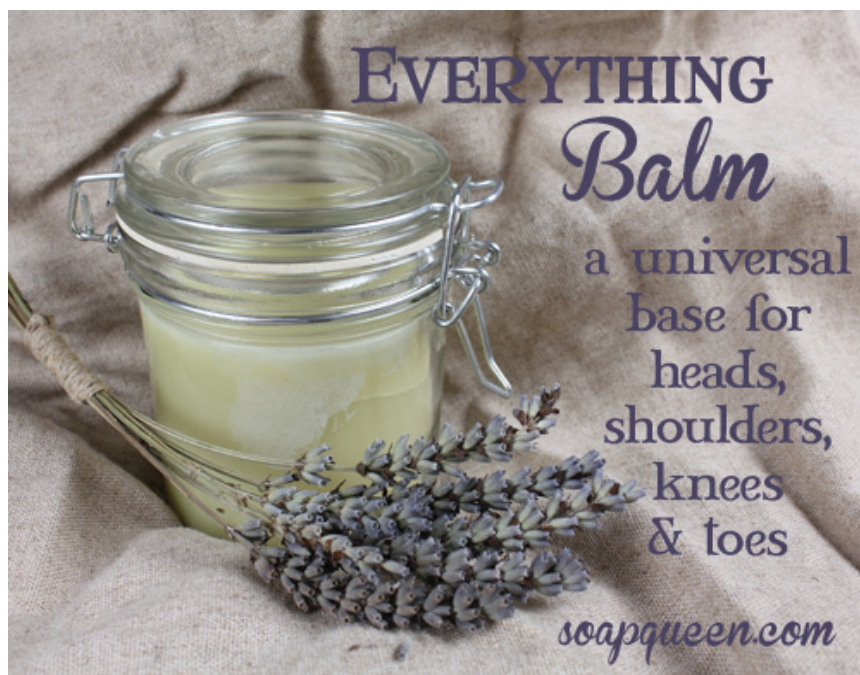


Everything Balm

Tutorial by: Anne-Marie Faiola



On its own, this everything balm is excellent for many applications. Because the oils used in this recipe are all lip-safe, it makes a great lip balm as well (though, you'll want to ensure any essential oils you use are lip safe as well if you go that route). Try it on your cuticles, or on stubborn winter dry patches (like elbows and knees) for intensive moisture. Check out the end of the tutorial for some of my favorite additives to kick the benefits up a notch!

Recipe:

1.5 oz Beeswax

2 oz Cocoa Butter

5 oz Avocado Butter

8 oz Sunflower Oil

1 oz Tamanu Oil

6 mL Hungarian Lavender Essential Oil

2 mL Egyptian Geranium Essential Oil

2 8 oz Glass Bail Jars



ONE: Combine and melt the Beeswax and Cocoa Butter in the Sunflower Oil. Putting these solids into the Sunflower Oil helps keep the temperature of the entire combination lower. Remember, we don't want glass to burst in the microwave.

TWO: Add the Avocado Butter to the warm mixture and stir until melted. Stick the mixture in the microwave on 30 second bursts if you begin to see bits of Beeswax chunks re-forming.

THREE: Add the Tamanu Oil and Hungarian Lavender and Egyptian Geranium Essential Oils and stir until combined.

TIP: Tamanu Oil is a thick and viscous oil. It's got a wonderful nutty smell and is super skin-loving! Stick the bottle in the microwave for 10-15 seconds with the cap off, then replace the cap and shake it to get the consistency to a point where it's a bit easier to pour.

FOUR: Pour the mixture into the glass bail jars. If you are using plastic jars, be aware of your mixture's temperature before pouring. Because of Beeswax's high melting point, in order for it to remain liquid and pourable the mixture may be at too hot to pour into some plastics.

You can take this balm to the next level and easily tailor it for specific skin care needs! Use this balm recipe as a base, and combine with the right additives for a specialty product. Here are a few ideas:

Zinc Oxide: Zinc Oxide is the active ingredient in popular intensive ointments for diaper rash, including Balmex and Butt Paste, and in those formulations is used at 11.3% and 16% respectively. Adding some Zinc Oxide to the balm will make it an excellent diaper balm. The Zinc Oxide acts as a barrier between skin and diaper, working in tandem with the skin loving properties of Tamanu oil and Avocado Butter to help relieve irritation. Zinc oxide is also lip-safe (and is actually a common food additive) and aids in UV protection as well. To add it to any balm, pre-mix it with a little bit of the liquid oil like you would any oxide.

Arnica Oil Infusion: Before making this recipe, take a moment to infuse the Sunflower oil with some Arnica. Arnica is typically used as a skin healer, anti-inflammatory, and as an aid to heal wounds. If you're new to infusing, check out this Soap Queen TV Episode where I infuse an oil for a lip balm. Or, you can check out my book on infusing, which is included in this infusing kit! To keep with the soothing theme, check out these sore muscle essential oil blends I came up with for our BBAC athletes last year.

Calendula Extract: Calendula is a popular skin-loving ingredient. It's a gentle soother for sensitive and irritated skin, and can also be used as an antiseptic. This ingredient can easily be combined with other additives for a skin-loving powerhouse balm. When in dried petal form, Calendula can also be easily infused into any base oil much like Arnica.

Vitamin E Oil (tocopherol): A great alternative to Tamanu Oil, which can potentially cause sensitivities in persons with nut allergies, is Vitamin E oil. It's similar in consistency to Tamanu in that it's a thick and viscous oil, and also is a popular anti-oxidant and mainstay in many skin care products.

Tapioca Powder: On their own, balms are typically a bit greasy. They aren't emulsified with water like a lotion, and the oils don't absorb into the skin as quickly. One way of making the balm less greasy without turning it into a lotion is by adding Tapioca Powder. Try adding two teaspoons to this recipe for a nice, powdery feel.

Honey: Honey has excellent moisture retention and is a fabulous addition to any skin care product. In addition, it has natural antioxidant and anti-microbial properties, and is thought to be beneficial to the treatment of minor cases of acne. When adding honey to this recipe, keep the level below 2% and stir for longer than you think necessary as honey has a tendency to separate when added in larger quantities.