

## **Beeswax uses and recipes**

### **IMPORTANT SAFETY:**

- Beeswax melts at 64 degrees C. It is pliable at 42 degrees C.
- All waxes will ignite explosively when they reach their flash point temperature
- To melt beeswax safely, place it in the top of a double boiler, or place the container of wax in a larger container of hot water
- Do not melt beeswax in a microwave, as it could become hot enough to ignite

There are many recipes for hand cream and I mention only a few below. The method for making them all remains essentially the same.

You can add almost any essential oil (aromatherapy) to your cream, but be careful to check your sensitivity to each oil beforehand, and follow any warnings on the labels.

5 to 10 drops of essential oil should be adequate for 85 gm of cream. You could also add very finely chopped flower petals or herbs to the cream, to give it a different texture and aroma.

### **Basic Hand Cream**

1/3 Cup of Almond Oil  
1/6 Cup Beeswax  
1 Tablespoon Herb Tea

Place the beeswax in an oven-safe dish and set this dish in a pan containing about 3 cm of water. Place them in the oven and heat until the beeswax has melted ... add the almond oil. Don't panic if you find that the beeswax turns milky when the oil is added ... the oil is cooler than the wax and it starts to solidify. Keep mixing until the wax is again melted and the ingredients are well mixed.

Remove the dish from the heat and add the herbal tea. This should be prepared ahead of time and perhaps left to steep overnight. Keep mixing until the cream has cooled, be sure to mix fast or it will turn lumpy.

If the cream is lumpy, it doesn't really matter. The smooth texture is only to please. Reheat slowly and stir the cream until the lumps disappear. Then remove and keep stirring until cool.

Essential oils should be added while the cream is just warm enough to aid their spread through the cream. If the cream is too hot, the oils will just evaporate. Don't add too much or it may irritate the areas you use the cream on.

### **Lanolin hand cream**

3 Tbsp. lanolin  
3 Tbsp. distilled water  
3 Tbsp. grated beeswax  
1/2 cup almond oil  
3 Tbsp. witch hazel  
1/8 tsp. borax powder

Mix the beeswax, lanolin and almond oil in an oven-safe dish and set the dish in a pan containing about 3 cm of water. Place them in the oven and heat until the beeswax and lanolin have melted.

Mix the witch hazel, borax powder and distilled water in a saucepan. Heat the solution until just boiling and then slowly pour it into the melted beeswax/lanolin/almond oil mixture. Stir thoroughly and leave to cool.

When the mixture is completely cooled, you'll have a thick white cream to soften your skin.

### **Or ...**

3 Tbsp grated beeswax  
1 Tbsp liquid lanolin  
1/2 cup light sesame oil, sweet almond oil or rapeseed oil  
2 Tbsp strong-brewed camomile or Earl Grey tea  
1 Tbsp coconut oil  
1 tsp honey  
1/8 tsp baking soda

Blend as above

### **Lip Balm**

1 Tablespoon shredded beeswax  
2 Tablespoon coconut oil  
1/2 teaspoon glycerine (optional)  
1 large vitamin E capsule  
1-2 tsp. honey.

4 drops of essential oil such as almond, peppermint, orange or lemon.

Heat the beeswax, as described above, coconut oil and glycerine to about 80 deg C. Add the vitamin E capsule and stir until melted. Remove from heat. Add the honey and stir until the mixture starts to thicken (68 deg C or so), then evenly add the essential oil and continue to stir the mixture until cool. Pour into final containers ... such as small screw-top balm jars ... and let set until completely cool.

Measuring Tip: To measure a small amount of beeswax, grate before melting.

**Please note:**

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