

Lavender and Chamomile Balm

This delicious smelling sleep balm is perfect if you wake up in the middle of the night and can't go back to sleep – just rub it in your chest and take a couple of deep breaths. The remedy is also perfect for the whole family, including children, as long as they are over the age of 1.

Ingredients

100 ml of Lavender infused oil
100 ml of Chamomile infused oil
25 drops of Lavender essential oil
25 drops of Chamomile essential oil
50 gm Beeswax
One dark glass jar for storing

Preparation

Firstly, you need to infuse the oils – take 2 sealable jars and pack them tightly with each herbs, then pour over a good quality vegetable oil. Leave in the sunlight for up to 2 weeks, strain and store in a dark glass bottle.

Now, let's make the balm base by pouring 100 ml of each of the infused oils in a glass bowl, add 25 gm of beeswax, which will turn the oils in a balmy consistence. Put the bowl over a pan of boiling water and wait for 5 minutes for the beeswax to dissolve.

Take the bowl off the pan and let it cool down slightly, but don't let it set.

Add 25 drops each of chamomile and lavender essential oils.

Pour the content into a dark glass jar and within 5/10 minutes it's set and ready to use.

Rub it on your chest and take a couple of deep breaths when needed.

This fresh balm will keep for up to 3 months.