

nourishing body balm

DURATION: 10 Minutes

SKILL LEVEL:



SUPPLIES: Double boiler Thermometer
Scale 4 oz. jar with lid

FORMULA: Makes 100 grams or 3.5 ounces

	INGREDIENT	FORMULA	WEIGHT
1	Organic Shea Butter	43.0 %	43.0 g
2	Squalane	20.0 %	20.0 g
3	Organic Jojoba Oil	18.0 %	18.0 g
4	Fair Trade Cocoa Butter	10.0 %	10.0 g
5	Sustainable African Beeswax	8.0 %	8.0 g
6	Chamomile Essential Oil*	0.1 %	0.1 g
	TOTAL	100 %	100 g

DIRECTIONS:

Ingredients marked with an asterisk can be purchased from any supplier. Prepare a double boiler with water in the bottom pan and add ingredients 1-5 to the top pan. Begin heating the mixture to 175°F with light stirring. Keep the temperature at 175°F for 20 minutes while stirring occasionally.

After 20 minutes, turn off the heat and allow the mixture to cool while stirring gently. At 115°F, add Ingredient 6, the essential oils. Continue stirring until product clouds and then pour into jars immediately. Finish cooling at room temperature before adding caps.

PRODUCT LABELING:

INGREDIENTS: Butyrospermum Parkii (Shea) Butter, Squalane, Simmondsia Chinensis (Jojoba) Seed Oil, Theobroma Cacao (Cocoa) Seed Butter, Cera Alba (Beeswax), Anthemis Nobilis (Roman Chamomile) Oil

