

## - How To Make -

# BEE-BALM

*by Sandira Belia*



Bee-balm is a simple ointment based on beeswax and oil, which is very easy to create.

It has moisturising and protective properties and also carries the qualities of the type of oil and essential oils used in the mix.

Bee-balm can be used as lip balm, foot balm or hand balm. For the sensitive skin of the face, an emulsion-based cream is probably more suitable.

### Ingredients

Basic ratio: 10% wax to 90% oil

For 100 ml of balm:

- 90 ml (6 tablespoons) of oil of your choice. You can use many kinds of oil:
  - Olive oil has warming properties and is one of the oils that preserves the best.
  - Coconut oil is cooling, anti-fungal and antibacterial.
  - More soft and penetrative oils include sesame, almond, apricot and jojoba.

You may like to prepare in advance an infused oil with herbs to obtain a specific healing ointment.

- 10 ml (1 small teaspoon) of wax.
- Optional: a few drops of essential oil of your choice (5-10 drops).
- Optional: a few drops of honey (3 to 5 drops; no more than this otherwise your balm becomes sticky).
- Optional: for better preservation, a drop of vitamin E, or some grapefruit extract, or some wheatgerm oil.

### Material

- A glass or ceramic bowl
- A cooking pot, slightly wider than the bowl
- Another cooking pot
- A knife to shred the wax, ideally ceramic
- Weighing scales
- A wooden stick or spoon to stir
- Empty jars (10 to 50 ml)
- Labels

### Suggested Method

- Connect with the Bee Deva and the Wax Deva, and thank them for their gifts.
- Shred the wax in a glass or ceramic bowl.
- Put the bowl into a cooking pot containing hot water up to a level lower than the bowl's rim, to make a bain-marie. Continue to heat the water until the wax is melted.
- Warm the oil slightly in a separate cooking pot (don't over-heat the oil).
- Add the oil to the wax, whilst stirring continuously.

I invite you to stir in both directions :

- Stirring towards the left connects your preparation with the energies of the Earth.
- Stirring towards the right connects your preparation with the energies of the Cosmos.

You might want to hum, sing a song or make a prayer while stirring...

- Add the remaining ingredients.
- Pour into the jars; the mixture will become solid as it cools.
- Label the jars and enjoy...