

# Balms and Butters

# Balms and Butters

## Contents:

- 1) Headache balm
- 2) Congestion balm
- 3) Balm for dry skin
- 4) Body cream butter
- 5) Calendula and lavender hand balm (Herb infused oils - recipe follows)
- 6) Sunscreen cream (protection factor 20)
- 7) Hot pepper and turmeric pain relief salve
- 8) Comfrey root ointment

# Balms and Butters

## Contents:

9) Plantain wound balm

10) Eczema cream

## Bonus 2 recipes

1) Oak bark cellulite oil

2) Moisturizing hand cream

# Balms and Butters

## About ingredients - Oils + Beeswax

**Beeswax** - A few advantages to using beeswax include - moisturizing components - beeswax locks in moisture and can help keep the skin firm and plump. The anti-allergenic and anti-inflammatory properties soothe easily irritated skin, making it one of the best skin care ingredients for healing rosacea or eczema.

**Coconut oil** - reduces inflammation, keeping skin moisturized and helping heal wounds. The medium-chain fatty acids found in coconut oil also possess antimicrobial properties that can help treat acne and protect the skin from

# Balms and Butters

## About ingredients - Oils + Beeswax

harmful bacteria. Coconut oil promotes the scalp health fighting against such problems as insect bites, lice and dandruff. Coconut oil moisturizes dry hair. Coconut oil adds luster, shine and softness to the hair. Coconut oil prevents hair breakage and split ends, contributing to hair length.

**Jojoba oil** - soothes dry skin. Jojoba oil has anti-inflammatory properties which help to tame chaffing and chapping, reduce redness caused by drying, ease the effects of eczema and rosacea, and keep skin calm and comfortable. The Vitamin E and B-complex vitamins in the Jojoba oil help in skin repair and damage control.

# Balms and Butters

## About ingredients - Oils + Beeswax

**Vitamin E oil** - moisturizing skin, wound healing, skin cancer prevention, reducing skin itching, eczema, psoriasis, preventing or minimizing the appearance of scars, preventing or treating fine lines and wrinkles, sunburn prevention, promoting nail health.

**Rosehip oil** - hydrates, moisturizes, helps exfoliate and brightens skin, helps boost collagen formation, helps reduce inflammation, helps protect against sun damage, helps reduce hyperpigmentation, helps reduce scars and fine lines, helps boost immunity.

# Balms and Butters

## About ingredients - Oils + Beeswax

**Olive oil** - antioxidant content - may help prevent premature signs of aging on the skin. Vitamin content - contains the fat-soluble vitamins A, D, E, and K.

Antibacterial effects. Moisturizing effects. Treats dandruff - moisturizes your hair and reduces scalp irritation, which further reduces dandruff. Moisturizes your hair. Promotes hair growth.

**Sunflower oil** - sunflower seed oil is a great source of vitamin E, rich in nutrients and antioxidants, and is effective for combatting skincare issues like acne, inflammation, general redness and irritation of the skin. Sunflower oil has

# Balms and Butters

## About ingredients - Oils + Beeswax

emollient properties that help the skin retain its moisture. Sunflower oil is high in essential fatty acids like phospholipids and ceramides, as well as antioxidants and vitamin E, making it deeply nourishing and soothing to dry hair and scalps. It locks in moisture and helps keep hair healthy and strong. Sunflower oil is a non-comedogenic carrier oil which is highly absorbent, and won't clog pores. It's non-irritating for most people, and can be used on all types of skin, including dry, normal, oily, and acne-prone.



# Balms and Butters

## About ingredients - Oils + Beeswax

**Sweet almond oil** - the fatty acids found in sweet almond oil helps the skin retain moisture and keep it hydrated while the vitamin E soothes irritation. Reduces puffiness and under-eye circles, improves complexion and skin tone, treats dry skin, improves acne, helps reverse sun damage, reduces the appearance of scars, reduces the appearance of stretch marks. Increases shine. If its shine you are after then you can count on sweet almond oil to give you that. Strengthens hair and reduces hair loss, treats dandruff and aids in a healthy scalp, helps with hair growth, seals in moisture., perfect for all hair types, conditions hair.

# Balms and Butters

## About ingredients - Butters

**Shea butter** - high concentrations of fatty acids and vitamins make shea butter an ideal cosmetic ingredient for softening skin. Shea butter also has anti-inflammatory and healing properties. Using shea butter on your body, especially your face, can condition, tone, and soothe your skin. Shea butter's anti-inflammatory properties might also help reduce redness and scalp irritation by providing healing effects without clogging the pores. Additionally, as a natural product, it's safe to use on all types of hair, even hair that's damaged, dry, or color treated. heal chapped lips, many feel that it can also help prevent dry lips, because it is said to create a moisture barrier. In addition to preventing dryness, shea

# Balms and Butters

## About ingredients - Butters

butter lip balm y also be useful in protecting the delicate skin of the lips from the sun and damaging free radicals.

**Cocoa butter** - high in fatty acids, which is why it's often touted for its ability to hydrate and nourish the skin and improve elasticity. The fat in cocoa butter forms a protective barrier over skin to hold in moisture. Cocoa butter is also rich in natural plant compounds called phytochemicals. If you are trying to let your hair grow, cocoa butter will help you keep it healthy and soft in the process. Much like coconut oil, cocoa butter has healing and softening properties that will make your

# Balms and Butters

## About ingredients - Butters

hair healthy and shiny. The emollient properties of cocoa butter act as a protective barrier by supplying and retaining moisture in the lips and skin. Cocoa butter also contains antioxidant vitamins A, C and E, which can help slow the signs of aging. Some people also use cocoa butter to relieve skin dryness from common skin conditions, such as eczema and psoriasis. cocoa butter can help improve skin elasticity and reduce wrinkles, works well with sensitive skin or dry or cracked skin.

# Balms and Butters

## About ingredients - Butters

**Tallow** - tallow is an excellent demulcent. It is anti-inflammatory, a property owed to high CLA content, or conjugated linoleic acid, which is also detoxifying.

Grass-fed tallow is hydrating: lipids maintain skin hydration by protecting the skin surface and preventing fluid loss. It makes a hard long-lasting soap with a light creamy lather and hardness. Tallow makes a great moisturiser. Tallow is usually well received by most skin types, doesn't cause irritation, and can be a godsend for people suffering from dry skin.

# Balms and Butters

## About ingredients - Herbs

**Calendula flowers** - the flower is widely used as a medicinal plant whose antibacterial, antifungal, and anti-inflammatory properties make it a strong ingredient for healing. In addition to using whole petals, calendula flowers can be ground into powder or made into oils, creams, and ointments. Calendula oil has antifungal, anti-inflammatory, and antibacterial properties that might make it useful in healing wounds, soothing eczema, and relieving diaper rash. It's also used as an antiseptic. Calendula oil is often used to hydrate dry scalps, remove dandruff, and improve the condition of the scalp. With its regenerative properties it helps the hair follicles grow abundantly allowing for a thicker mane, and the

# Balms and Butters

## About ingredients - Herbs

antioxidants help protect the hair and scalp against cell-damaging free radicals.

**Lavender** - may help improve sleep, could help treat skin blemishes, may offer a natural remedy for pain, reduce blood pressure and heart rate, could relieve asthma symptoms, lessens menopausal hot flashes, help combat fungus growth and potentially promotes hair growth. Since lavender has antifungal properties and reduces inflammation, it can help keep eczema at bay. Lavender oil can also be used to treat psoriasis. The lavender oil helps cleanse your skin and lessen redness and irritation. Helps promote hair growth. Lavender essential oil recently

# Balms and Butters

## About ingredients - Herbs

gained attention for stimulating hair growth, antimicrobial, may help prevent or kill head lice, may help curb skin inflammation, has a calming effect and divine fragrance. Lavender oil - relieves pain, it can help ease muscles, joint pain, sprains and backache, keeps your hair healthy, helps improve digestion, relieve respiratory disorders, improves blood circulation, improves mood. Lavender is good for sleep and insomnia.

**Arnica flowers** - used topically for a wide range of conditions, including bruises, sprains, muscle aches, wound healing, superficial phlebitis, joint pain,



# Balms and Butters

## About ingredients - Herbs

inflammation from insect bites, and swelling from broken bones. More recent studies suggest it may also be helpful in the treatment of burns. Applied to the skin as a cream, ointment, liniment, salve, or tincture, arnica has been used to soothe muscle aches, reduce inflammation, and heal wounds. It is commonly used for injuries, such as sprains and bruises. It rejuvenates the scalp, stimulates the hair follicles by improving the blood flow and prevents premature hair fall. Arnica montana also has anti-inflammatory and anti-dandruff properties which assist its hair growth property.

# Balms and Butters

## About ingredients - Herbs

**Comfrey root warnings** - FDA bans sale of comfrey herb. a cancer-causing agent. The US Food and Drug Administration on Friday asked makers of dietary supplements containing the herb comfrey to withdraw their products due to the danger of liver damage and its possible role as a cancer-causing agent.

Eating or taking any form of comfrey by mouth isn't recommended. It's considered unsafe, due to the pyrrolizidine alkaloids that comfrey contains. These are dangerous chemicals that can cause cancer, severe liver damage, and even death when you consume them.

# Balms and Butters

## About ingredients - Herbs

**Comfrey root** - comfrey's original name, knitbone, derives from the external use of poultices of its leaves and roots to heal burns, sprains, swelling, and bruises. In Western Europe, comfrey has been used topically for treating inflammatory disorders such as arthritis, gout, and thrombophlebitis. Comfrey roots and leaves contain allantoin, a substance that helps new skin cells grow, along with other substances that reduce inflammation and keep skin healthy. Comfrey ointments have been used to heal bruises as well as pulled muscles and ligaments, fractures, sprains, strains, and osteoarthritis. Comfrey root is great for hair because it has healing properties and is chock-full with minerals, vitamin A, B-12, and antioxidants.

# Balms and Butters

## About ingredients - Herbs

**Oak bark** - has been used to treat a wide range of maladies including colds and flu, eczema, varicose veins, and more. In herbal medicine, oak bark is known for its strong astringent properties and for treating infections of the mouth, bleeding gums, acute diarrhea, skin conditions, wounds, burns, and cuts. Oak bark contains between 10 and 20 per cent of tannins, which are astringents. These compounds constrict and shrink tissues and are used in traditional remedies to dry up wounds and skin inflammation.

# Balms and Butters

## About ingredients - Herbs

**Ivy leaves warnings** - some people have reported that direct contact with the skin results in irritation, so if you have sensitive skin, apply it moderately at first and see your reaction. Oral consumption has been deemed safe in most cases. However, if pregnant, avoid using ivy supplements or oils, as the potent mix of chemicals could be harmful. As always, speak with a medical professional or herbalist before making any major changes to your health regimen.

# Balms and Butters

## About ingredients - Herbs

**Ivy leaves** - is a non-demulcent anti-inflammatory. Less. One double-blind trial found an ivy leaf extract to be as effective as the mucus-dissolving drug ambroxol for treating chronic bronchitis, which is a component of chronic obstructive pulmonary disease. ... Ivy leaf has a long history of use for relieving coughs. Hydrates skin, heals scars, tightens blood vessels, relieves pain. Treats psoriasis, eczema, acne. The healing power of ivy leaf extract is so potent, it's been proven to heal pain associated with osteoarthritis and rheumatism. Using products containing the extract can help to strengthen bones and reduce inflammation in the joints.

# Balms and Butters

## About ingredients - Herbs

**Plantain** - has long been considered by herbalists to be a useful remedy for cough , wounds , inflamed skin or dermatitis, and insect bites. Bruised or crushed leaves have been applied topically to treat insect bites and stings, eczema , and small wounds or cuts. Natural relief for sunburns - extract the juice of fresh plantain leaves and apply it to the affected region. Cures insect bites, aids in quicker healing of wounds, lowers the chances of scarring, treats acne and rosacea, offers a blemish free skin, as a hair rinse, helps in easing dandruff.

# Balms and Butters

## About ingredients - Spices

**Cayenne pepper warning** - capsaicin cream should not be applied to an open wound or broken skin.

**Cayenne pepper** - capsaicin creams can help relieve itching and improve the appearance of psoriasis-affected areas. Joint and muscle pain, lower back pain, pain after surgery, pain from nerve conditions like shingles. Cayenne pepper is also rich in vitamin C, vitamin E, antioxidants and vitamin B6. Treats acne, shiny and voluminous hair, hair growth. CP has anti-fungal, anti-bacterial as well as an anti-inflammatory ingredient.



# Balms and Butters

## About ingredients - Spices

**Ginger** - the antioxidants in ginger can be used to help preserve your skin's collagen, making it an all-natural ingredient for anti-aging routines. One study found that there's a ginger remedy for solving hair problems like hair loss, dandruff and split ends. Ginger helps stimulate hair follicles, which in turn promotes hair growth. The many vitamins, minerals, and fatty acids in ginger also contribute to strengthening your hair strands to combat hair loss, and ginger contributes to restoring moisture loss. Can help with enormous, plentiful pores and an oily, shiny complexion, clear up acne and blemishes. Because ginger can help reduce inflammation within the body, it reduces muscle pain that comes after

# Balms and Butters

## About ingredients - Spices

a super intense workout. Ginger has also been used to treat pain-related symptoms in those who have osteoarthritis, with the help of a purified ginger extract.

**Turmeric warning** - There are risks of using turmeric. When using turmeric, you need to be careful about the dosage, the type of product you use, and how it might react to other medications you take.

Turmeric has a low bioavailability. This means that your metabolism burns it off quickly and your body doesn't absorb much.

# Balms and Butters

## About ingredients - Spices

Avoid taking too much turmeric at one time and wait to see how your body reacts before taking more. If you take other medications, discuss the use of turmeric with your doctor.

When applied to the skin, turmeric can temporarily stain the skin or leave a yellow residue. This is normal. But if you're allergic, direct skin contact can cause irritation, redness, and swelling.

Test turmeric on your forearm, applying a dime-sized amount and waiting 24 to 48 hours to see if you react before using on your face. Do not use turmeric on your skin if you're allergic to the spice in food.

# Balms and Butters

## About ingredients - Spices

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**Turmeric** - you may want to try a turmeric face mask to help reduce acne and any resulting scars. The anti-inflammatory qualities can target your pores and calm the skin. Turmeric is also known to reduce scarring. This combination of uses may help your face clear up from acne breakouts. The curcumin found in turmeric can help wounds heal by decreasing inflammation and oxidation. It also lowers the

# Balms and Butters

## About ingredients - Spices

response of your body to cutaneous wounds. This results in your wounds healing more quickly.

# Balms and Butters

## About ingredients - Miscellaneous

**Rose water** - soothes skin irritation, soothes sore throats, reduces skin redness, helps prevent and treats infections, contains antioxidants, heals cuts, scars, and burns, enhances mood, relieves headaches, has anti-aging properties.

**Zinc oxide** - is used as a bulking agent and a colorant. In over-the-counter drug products, it is used as a skin protectant and a sunscreen. Zinc oxide works as a sunscreen by reflecting and scattering UV radiation. Sunscreens reduce or prevent sunburn and premature aging of the skin. Zinc oxide topical (for the skin) is used to treat diaper rash, minor burns, severely chapped skin, or other minor skin

# Balms and Butters

## About ingredients - Miscellaneous

irritations. Zinc oxide rectal suppositories are used to treat itching, burning, irritation, and other rectal discomfort caused by hemorrhoids or painful bowel movements.

# Balms and Butters

## About ingredients - Essential Oils

### How can you tell the quality of essential oils?

Avoid essential oils that have been diluted with vegetable oil. To test this, place a couple of drops on a piece of paper. If the drop leaves an oily ring, it likely contains vegetable oil. Choose oils from companies that list the Latin name and common name on the label as well as the country of origin.

As per NAHA guidelines, New Directions Aromatics (NDA) does not recommend the **ingestion** (the process of taking food, drink, or another substance into the body by swallowing or absorbing it) of essential oils.



# Balms and Butters

## About ingredients - Essential Oils

**Frankincense EO** - may reduce arthritis. Frankincense has anti-inflammatory effects that may help reduce joint inflammation caused by osteoarthritis and rheumatoid arthritis, may improve gut function, improves asthma, maintains oral health, and may fight certain cancers. It helps in healing wounds, sores, ulcers, carbuncles, hemorrhoids, and inflammations. The essential oil of the frankincense possesses antiseptic, astringent, carminative, digestive, diuretic, sedative, uterine, and vulnerary therapeutic properties.

Blends well with citrus oils like lime, lemon and wild orange and other oils such

# Balms and Butters

## About ingredients - Essential Oils

as cypress, lavender, geranium, rose, sandalwood, ylang ylang and clary sage for diffusion.

**Peppermint EO** - a treatment for a variety of conditions, including irritable bowel syndrome (IBS), nausea, and other digestive issues, as well as the common cold and headaches, a topical application for relief from itching, muscle pain, and headache, a flavoring agent in foods and in products such as mouthwashes, a fresh, pleasing scent added to soaps and cosmetic products.

# Balms and Butters

## About ingredients - Essential Oils

Blends well with oregano, marjoram, cypress, eucalyptus, geranium, grapefruit, juniper berry, lavender, lemon, rosemary and melaleuca (tea tree oil) essential oils for diffusion.

**Lavender EO** - lavender oil works to kill bacteria, and this can prevent and heal acne breakouts. It unclogs pores and reduces inflammation when you put it on your skin. Since lavender has antifungal properties and reduces inflammation, it can help keep eczema at bay. Lavender oil can also be used to treat psoriasis. The lavender oil helps cleanse your skin and lessen redness and irritation.

# Balms and Butters

## About ingredients - Essential Oils

Lavender oil can aid in skin lightening since it reduces inflammation. It can reduce discoloration, including dark spots. Lavender oil helps lessen blotchiness and redness. If you have hyperpigmentation on your skin, lavender oil may be able to help with that as well. Free radicals are partly responsible for fine lines and wrinkles on the face. Lavender oil is full of antioxidants, which help protect you from the free radicals. Painful inflammation can be treated with lavender oil. The oil's pain-relieving and numbing effects help soothe the inflammation, while the beta-caryophyllene in the oil also acts as a natural anti-inflammatory. If you have a burn, cut, scrape, or another wound, lavender oil may help speed up

# Balms and Butters

## About ingredients - Essential Oils

the wound-healing process. In a 2016 study Trusted Source, researchers found that lavender oil promotes the healing of skin tissue. Lavender oil does double duty for insect bites. It acts as an insect repellent, and it can relieve itching after a bite occurs. Many commercial mosquito repellents contain lavender oil. Insect bites cause redness, itching, and pain. They can sometimes become infected. Lavender oil helps relieve insect bites by warding off bacteria and reducing inflammation. It also naturally helps relieve pain.

Blends well with cedarwood, frankincense, rose, geranium, ylang ylang,

# Balms and Butters

## About ingredients - Essential Oils

peppermint, patchouli and all citrus/lemony essential oils.

**Eucalyptus EO** - is used as a medicine to treat a variety of common diseases and conditions including nasal congestion, asthma, and as a tick repellent. Diluted eucalyptus oil may also be applied to the skin as a remedy for health problems such as arthritis and skin ulcers. High in antioxidants, dried leaves can be made into tea, may relieve cold symptoms, may treat dry skin, may reduce pain, may promote relaxation, can help keep your teeth healthy, can act as a natural insect repellent.

# Balms and Butters

## About ingredients - Essential Oils

Blends well with thyme, rosemary, marjoram, lavender and cedarwood essential oils for diffusion.

**Tea tree EO** - hand sanitizer, insect repellent, natural deodorant, antiseptic for minor cuts and scrapes, boost wound healing, fight acne, get rid of nail fungus, chemical-free mouthwash, all-purpose cleaner, soothe skin inflammation, control dandruff, treat athlete's foot, banish mold on fruits and vegetables, relieve psoriasis.

Blends well with bergamot, cypress, eucalyptus, grapefruit, juniper berry,

# Balms and Butters

## About ingredients - Essential Oils

lavender, lemon, marjoram, nutmeg, pine, rose absolute, rosemary and spruce.

**Neroli EO** - neroli oil stimulates skin cells to regenerate, giving it anti-scarring properties. This makes neroli a fantastic ingredient to rub on stretch marks, age spots and scars. Along with its regenerative qualities, neroli oil is also antiseptic, antibacterial, anti-inflammatory and pain-relieving. This makes it useful to treat pimples and acne and reduce the redness associated with breakouts. Solidifying neroli as a skin care saviour, it can also be used to treat oily skin, reduce fine lines and hydrate all skin types.



# Balms and Butters

## About ingredients - Essential Oils

Neroli blends well with chamomile, clary sage, coriander, frankincense, geranium, ginger, grapefruit, jasmine, juniper, lavender, lemon, mandarin, myrrh, orange, palmarosa.

**Orange EO warning** - can make your skin more sensitive to irritation from the sun so it is best to avoid direct sunlight when using any citrus essential oil.

**Orange EO** - can be used for a variety of applications that range from lifting mood and reducing stress to adding a fresh, citrusy aroma to a room. Research has shown that orange essential oil may have several benefits. Some examples include

# Balms and Butters

## About ingredients - Essential Oils

antimicrobial activity, pain relief, and anticancer properties.

Blends well with cinnamon bark, frankincense, geranium, juniper, lavender, nutmeg and rosewood.

**Lemon EO warning** - can make your skin more sensitive to irritation from the sun so it is best to avoid direct sunlight when using any citrus essential oil.

**Lemon EO** - reduce anxiety and depression, ease morning sickness, improve skin, relieve pain, may help you breathe easier and soothe a sore throat, feel

# Balms and Butters

## About ingredients - Essential Oils

energized, may be effective in treating and preventing acne breakouts, may promote wound healing, has antifungal properties.

Blends well with chamomile, eucalyptus, frankincense, geranium, peppermint, sandalwood, and ylang ylang.

**Grapefruit EO warning** - can make your skin more sensitive to irritation from the sun so it is best to avoid direct sunlight when using any citrus essential oil.

# Balms and Butters

## About ingredients - Essential Oils

**Grapefruit EO** - may suppress appetite. For those looking to suppress an overactive appetite, research indicates that grapefruit oil aromatherapy might be useful, may promote weight loss, may help balance mood, antibacterial and antimicrobial effects, may help reduce stress and lower blood pressure, treat acne.

Blends well with basil, bergamot, cedarwood, chamomile, cypress, frankincense, geranium, juniper, lavender, peppermint, rosemary, rosewood, and ylang ylang.

# Balms and Butters

## About ingredients - Essential Oils

**Lime EO warning** - can make your skin more sensitive to irritation from the sun so it is best to avoid direct sunlight when using any citrus essential oil.

**Lime EO** - often used for its uplifting and invigorating properties. When diffused, the sweet, clean citrus aroma can clear your mind and encourage mental energy. It can also help support a healthy immune system. Add to a cleanser or carrier oil to help with oily skin.

Blends well with spicy or woody essential oils, like cedarwood or black pepper, for a stimulating scent.

# Balms and Butters

## About ingredients - Essential Oils

Lime essential oil also blends well with herbaceous oils like cilantro or basil. For a bright, inviting aroma, consider blending lime oil with lavender, grapefruit or ylang ylang.

**Geranium EO** - known to reduce feelings of stress, anxiety, sadness, fatigue, and tension, thereby enhancing the general sense of well-being and relaxation, while offering relief to those suffering from insomnia.

Blends well with - basil, bergamot, cedarwood, clary sage, grapefruit, lavender, lime, wild orange and rosemary essential oils for diffusion.

# Balms and Butters

## About ingredients - Essential Oils

**Mandarin EO warning** - can make your skin more sensitive to irritation from the sun so it is best to avoid direct sunlight when using any citrus essential oil.

**Mandarin EO** - because of its sweet, fresh scent, Mandarin is uplifting and can help soothe nervous tension and sadness when diffused. It is a main ingredient of one of our most popular children's blends. Mandarin essential oil is very mild and known for many healing properties. For instance, mandarin essential oil is useful in helping to reduce acne, brighten the skin, alleviate insomnia, reduce oily skin, diminish the appearance of scars and age spots and

# Balms and Butters

## About ingredients - Essential Oils

minimize stress and wrinkles. Mandarin essential oil moisturizes, strengthens and adds shine to the hair. It also promotes its growth and is used to treat dandruff. It has antiseptic and antifungal properties so it is useful to prevent and improve acne, psoriasis and dermatitis. It is also used to heal wounds, boils and abscesses. As it has antispasmodic properties, mandarin essential oil is used to control spasms (muscle tension, epilepsy, seizures). It is used in massage therapy, mixed with carrier oil, to improve circulation and to fight cellulite and orange-peel. It also alleviates the pain caused by varicose veins, blood clots, rheumatism and arthritis. Mandarin essential oil is very popular for its multiple benefits for the



# Balms and Butters

## About ingredients - Essential Oils

skin. It helps eliminate toxins from the body and impurities of the skin and is effective to prevent the appearance of stretch marks and to attenuate scars. Due to its high content of antioxidants (vitamin C and E), mandarin essential oil helps fight free radicals by promoting the production and synthesis of collagen and elastin and thus slowing down the symptoms of premature aging of the skin, such as wrinkles, fine lines and skin blemishes. Mandarin essential oil moisturizes, strengthens and adds shine to the hair. It also promotes its growth and is used to treat dandruff.

# Balms and Butters

## About ingredients - Essential Oils

Blends well with orange, grapefruit, petitgrain, lemon, bergamot, lime, lemongrass, neroli, lavender, cinnamon, patchouli, sandalwood, frankincense, black pepper, basil, cedarwood, jasmine, clary sage, geranium, vetiver, ylang ylang and chamomile.

**Rosemary EO** - may improve brain function - research indicates that inhaling rosemary oil helps prevent the breakdown of acetylcholine, a brain chemical important for thinking, concentration and memory. Similarly, nursing students who breathed rosemary oil while taking a test reported increased concentration and information recall compared to breathing lavender oil or no essential oil at all.

# Balms and Butters

## About ingredients - Essential Oils

Other research suggests that breathing rosemary and other essential oils may improve brain function in older adults with dementia, including those with Alzheimer's disease. Stimulates hair growth - rosemary oil treats androgenetic alopecia by preventing a byproduct of testosterone from attacking your hair follicles, which is the cause of this condition. Additionally, those who used the rosemary oil reported less scalp itching. May help relieve pain, repels certain bugs, may ease stress, may increase circulation, may reduce joint inflammation. Rosemary oil has loads of skincare applications because of its anti-inflammatory, anti-microbial, antioxidant, and pain-relieving

# Balms and Butters

## About ingredients - Essential Oils

properties. For example, its anti-inflammatory action allows it to soothe and even treat dry skin and dry scalp and it can also help soothe and treat eczema and acne.

Blends well with frankincense, lavender oil, basil, thyme, peppermint oil, elemi, cedarwood, petitgrain, tea tree oil, and spice oils.

**Bergamot EO** - commonly used in aromatherapy to elevate mood and alleviate stress, bergamot oil is said to have properties similar to grapefruit

# Balms and Butters

## About ingredients - Essential Oils

essential oil in that it is antiseptic, antispasmodic, and analgesic (pain-relieving). Some practitioners will add bergamot oil to water for use as a health tonic. Several compounds in bergamot oil have antibacterial and anti-inflammatory properties. This may make bergamot oil an effective spot treatment for acne in people who do not have sensitive skin. Its analgesic qualities may also make it effective against painful cysts and pimples. Applied to post-blemish marks, bergamot oil works to stimulate skin cell renewal, redistributing skin pigments for an even and toned complexion. What's more, bergamot has naturally powerful antibacterial and antimicrobial properties, making it an effective tonic for live blemishes and

# Balms and Butters

## About ingredients - Essential Oils

bacterial induced pore clogging. Bergamot Oil can also be applied on the scalp to revive the hair bulbs and encourage hair growth. Bergamot's natural stimulants direct blood flow to the scalp, ensuring proper delivery of oxygen and nutrients to the hair follicles.

Blends well with geranium, eucalyptus, lavender, lemon, patchouli and ylang ylang.

# Balms and Butters

## About ingredients - Essential Oils

**Wintergreen EO warning** - not recommended for children, women who are pregnant or breastfeeding, people who are taking anticoagulant or blood-thinning drugs, people who have a bleeding disorder, such as hemophilia, people who are allergic to aspirin, aromatherapy use. Risks - methyl salicylate can be poisonous if large amounts are ingested or absorbed through the skin over time. Methyl salicylate and wintergreen oil can both increase the effects of anticoagulant and blood-thinning drugs. Signs of poisoning - nausea or vomiting, rapid breathing (hyperventilation), sweating, ringing in the ears (tinnitus), muscle twitching, convulsions, coma.

# Balms and Butters

## About ingredients - Essential Oils

**Wintergreen EO** - bacterial infections, colds, headache, colic, skin conditions, sore throat, tooth decay. Used on the skin and hair, Wintergreen Essential Oil is reputed to improve the complexion's clarity, soothe dryness and irritation, rejuvenate the skin, eliminate odor-causing bacteria, and prevent hair loss.

Blends well with marjoram, peppermint, spearmint, thyme, oregano and ylang ylang.



# Balms and Butters

## About ingredients - Essential Oils

**Ylang ylang EO** - used to relieve pain, reduce inflammation, improve mood, and enhance libido. In addition, ylang ylang essential oil is said to act as a natural insect repellent, promote wound healing, and diminish the appearance of scars when applied to the skin. Due to its antiseptic, antibacterial, anti-inflammatory and anti-seborrheic properties. Ylang Ylang essential oil is effective in improving the appearance of the skin, clearing pimples and helping treat various skin conditions. Treats hair loss. Ylang ylang EO is an effective natural treatment to reduce hair fall caused by stress and alopecia, natural conditioner, reduces stress, repels head lice, hot oil hair treatment, scalp massage,

# Balms and Butters

## About ingredients - Essential Oils

product additive, hair spritz tonic.

Blends well with bergamot, geranium, grapefruit, lemon, marjoram, sandalwood, or vetiver essential oils for diffusion.

**Helichrysum EO** - preventing infections. Researchers who looked at existing evidence about helichrysum found that it has antimicrobial and anti-inflammatory properties, fighting malaria, reducing burnout and exhaustion, preventing weight gain, and healing wounds. Health Sciences Research Centre at the University of

# Balms and Butters

## About ingredients - Essential Oils

Beira in Portugal has conducted research to prove that helichrysum oil has anti-bacterial, anti-fungal, antimicrobial properties. It is very effective against bacteria and fungus growth, which can result in skin irritations, rashes, infections. Its ability to stimulate blood circulation is helpful for promoting your optimal hair growth when used in conjunction with low stress levels, proper diet, and exercise. Helichrysum essential oil will clean the scalp, strengthen the strands, and stimulate hair follicles while reducing itchiness and dryness. Helichrysum oil may be able to help wounds heal more quickly, although the mechanisms are unclear.

# Balms and Butters

## About ingredients - Essential Oils

Skin infections are also a common side effect of a wound not healing properly. The antimicrobial properties of helichrysum can help prevent infection, which helps the wound heal in turn.

Blends well with geranium, clary sage, rose, lavender, spices, and citrus oils.

**Clove EO** - as an antimicrobial, to help kill bacteria, as a pain reliever for conditions such as toothache and muscle pain, for digestive upset, to relieve respiratory conditions like cough and asthma. Clove oil contains a compound

# Balms and Butters

## About ingredients - Essential Oils

Called eugenol which is known for its antibacterial properties. It can prove effective in curing acne, reduce swelling and kill infectious bacteria at the same time. Clove is especially essential for oral health. Clinical research indicates that clove oil can relieve tooth pain and bad breath, as well as help reduce gum disease! Clove oil also has the natural ability to restrict the development of bacteria and can help fight mouth and throat infections. Applying clove oil on your scalp boosts blood circulation which reduces hair fall and also promotes hair growth. It also lends the much needed shine to dry and dull hair. A small amount of clove oil mixed with olive oil can also work as a great conditioner. Fights sore throat, cough

# Balms and Butters

## About ingredients - Essential Oils

and cold, eases headaches, treats indigestion, can help treat nausea, cures ear aches, eases stress, eliminates toxins from blood, can be used as an insect repellent. Applying clove oil on your scalp boosts blood circulation which reduces hair fall and also promotes hair growth. It also lends the much needed shine to dry and dull hair. A small amount of clove oil mixed with olive oil can also work as a great conditioner.

Blends well with orange, frankincense, cassia, cinnamon, cedarwood, ginger, roman chamomile, fennel.

# Balms and Butters

## About ingredients - Essential Oils

**Cinnamon EO** - cinnamon essential oil is said to stimulate circulation, reduce stress, relieve pain, fight off infections, improve digestion, and protect against insects. Cinnamon Oil is known to effectively soothe dry skin. For a Cinnamon shampoo that is reputed to stimulate hair growth and to address dandruff, thinning hair, and hair fall. can be used to treat gingivitis because of its antimicrobial potency that fights against the bacteria responsible for gum disease and also stimulates blood circulation to the gums, in turn promoting healthy gums.

# Balms and Butters

## About ingredients - Essential Oils

Blends well with black pepper, clove, ginger, geranium, cardamom, bergamot, frankincense, grapefruit, lavender, lemon, wild orange, tea tree (melaleuca) and ylang ylang essential oils for diffusion.

**Black spruce EO** - rich in monoterpenes that give this oil its anti-inflammatory and analgesic, mucolytic & respiratory therapeutic effects. Black spruce essential oil is antiseptic and expectorant and therefore is ideally used for many respiratory issues. It is an ideal remedy for many lung ailments such as asthma and bronchitis especially when used in an inhalation blend. Spruce essential oil is conditioning for hair and can soften and smooth coarse hair.



# Balms and Butters

## About ingredients - Essential Oils

Blends well with eucalyptus, rosemary, tea tree, rosalina, fragonia, frankincense.

**Sandalwood EO** - in both Ayurvedic and traditional Chinese medicine, sandalwood oil is believed to be beneficial in treating both physical and mental disorders, including anxiety, bronchitis, diarrhea, fatigue, fever, gallbladder problems, high blood pressure, indigestion, insomnia, liver problems, low libido, sore throat, and urinary. As an antiseptic and astringent, it also helps to clean the pores and reduce inflammation from mild skin irritations. What's more, studies have shown that sandalwood helps with skin conditions like acne, eczema and

# Balms and Butters

## About ingredients - Essential Oils

psoriasis. In fact, many skincare products contain sandalwood oil as a key, age-fighting ingredient. Stimulates hair growth and promotes long luscious locks. Sandalwood essential oil also helps cool down the scalp, remove dandruff and add fragrance to your hair. Sandalwood is very mild but still has a powerful effect on the skin. Due to its antiseptic properties it prevents acne and rashes, heals itching and inflammation, cools and soothes sunburns, gently exfoliates, helps fade scars, and moisturizes and tones the skin with mild astringent action.

Blends well with bergamot, black pepper, geranium, lavender, myrrh, rose, vetiver and ylang ylang.

# Balms and Butters

## About ingredients - Essential Oils

**Rose EO warning** - avoid the use of undiluted essential oils on the skin. Keep essential oils away from the eyes. Do not use essential oil if you are pregnant.

**Rose EO** - anti-depressant, antiseptic, eases spasmodic episodes, eases inflammation, strengthens immune power, good for your hair and skin, detoxifier. Rose essential oil regulates the women hormones, thereby offering relief to premenstrual, menstrual, and menopausal issues. When applied directly to the skin, skin care products containing rose essential oil are purported to hydrate dry skin, clear acne, reduce signs of aging, minimize the appearance of scars, and help with conditions such as eczema and rosacea. His essential oil aids

# Balms and Butters

## About ingredients - Essential Oils

in healing dry, aggravated, and cracked skin, which may also be the reason it's commonly found in lotions and lip balms. The astringent properties of this essential oil strengthen the roots of the hair, thereby promoting hair growth. Rose essential oil can also be added to your natural hair toner to give your hair a fragrant, shining look.

Blends well with bergamot, roman chamomile, jasmine, geranium, ylang ylang, neroli, patchouli, vetiver, sandalwood and frankincense essential oils.

# Balms and Butters

## 1) Headache balm

Ingredients: 70g beeswax, 250g coconut oil, 40 drops of frankincense essential oil, 40 drops of peppermint essential oil, 30 drops of lavender essential oil.

Preparation:

- 1) Put a few cups of water in a thick-bottomed sieve. Place a bowl on top. Bring to the boil, then reduce to medium heat (4).
- 2) Put beeswax to dissolve, stirring occasionally.
- 3) Add coconut oil and dissolve. Stir occasionally to combine.
- 4) Carefully remove the bowl. Allow to cool slightly.

# Balms and Butters

## 1) Headache balm

- 5) When it has cooled down a bit, add essential oils and stir before it hardens.
- 6) Pour into glass jars and allow to harden.
- 7) Close and label ingredients.
- 8) Store in the refrigerator or in a dry and cool place for up to 6 months.
- 9) Apply the balm on the forehead and temples slowly in circular movements. Apply the balm 2 times a day and once before bedtime.

# Balms and Butters

## 2) Congestion balm

Ingredients: 70g beeswax, 250g coconut oil, 40 drops of eucalyptus essential oil, 20 drops of peppermint essential oil, 20 drops of tea tree essential oil.

Preparation:

- 1) Put a few cups of water in a thick-bottomed pot. Place a bowl on top. Bring to the boil, then reduce to medium heat (4).
- 2) Put beeswax to dissolve, stirring occasionally.
- 3) Add coconut oil and dissolve. Stir occasionally to combine.
- 4) Carefully remove the bowl. Allow to cool slightly.

# Balms and Butters

## 2) Congestion balm

- 5) When it has cooled down a bit, add essential oils and stir before it hardens.
- 6) Pour into glass jars and allow to harden.
- 7) Close and label ingredients.
- 8) Store in the refrigerator or in a dry and cool place for up to 6 months.
- 9) Spread the balm on the lungs and massage slowly in circular movements. Put on a cotton T-shirt. Apply the balm 2 times a day and once before bedtime.



# Balms and Butters

## 3) Balm for dry skin

Ingredients: 70g beeswax, 130g coconut oil, 130g shea butter, 30 drops jojoba oil, 30 drops vitamin E oil, 20 drops rosehip oil.

Preparation:

- 1) Put a few cups of water in a thick-bottomed pot. Place a bowl on top. Bring to the boil, then reduce to medium heat (4).
- 2) Put beeswax to dissolve, stirring occasionally.
- 3) Add coconut oil and shea butter and dissolve. Stir occasionally to combine.
- 4) Carefully remove the bowl. Allow to cool slightly.

# Balms and Butters

## 3) Balm for dry skin

Ingredients: 70g beeswax, 130g coconut oil, 130g shea butter, 30 drops jojoba oil, 30 drops vitamin E oil, 20 drops rosehip oil.

Preparation:

- 1) Put a few cups of water in a thick-bottomed pot. Place a bowl on top. Bring to the boil, then reduce to medium heat (4).
- 2) Put beeswax to dissolve, stirring occasionally.
- 3) Add coconut oil and shea butter and dissolve. Stir occasionally to combine.
- 4) Carefully remove the bowl. Allow to cool slightly.

# Balms and Butters

## 3) Balm for dry skin

- 5) When it has cooled down a bit and before it hardens, add jojoba oil, vitamin E oil and rosehip oil and stir.
- 6) Pour into glass jars and allow to harden.
- 7) Close and label ingredients.
- 8) Store in the refrigerator or in a dry and cool place for up to 6 months.

# Balms and Butters

## 4) Body cream butter

Ingredients: 125ml olive oil, 125g coconut oil, 125g shea butter, 125g cocoa butter, essential oils.

Preparation:

- 1) Put a few cups of water in a thick-bottomed pot. Put a bowl on top. Bring to the boil, then reduce to medium heat (4).
- 2) Add coconut oil and cocoa butter, stirring occasionally to dissolve.
- 3) Add shea butter and olive oil and dissolve. Stir occasionally to combine everything. Allow to cool slightly.

# Balms and Butters

## 4) Body cream butter

Ingredients: 125ml olive oil, 125g coconut oil, 125g shea butter, 125g cocoa butter, essential oils.

Preparation:

- 1) Put a few cups of water in a thick-bottomed pot. Put a bowl on top. Bring to the boil, then reduce to medium heat (4).
- 2) Add coconut oil and cocoa butter, stirring occasionally to dissolve.
- 3) Add shea butter and olive oil and dissolve. Stir occasionally to combine everything. Allow to cool slightly.

# Balms and Butters

## 4) Body cream butter

- 4) Put in the fridge to firm a little (it should not solid).
- 5) Add 12 drops of essential oils (three types at most).
- 6) Whisk the ingredients with a hand mixer.
- 7) Pour into glass jars and label with ingredients.

# Balms and Butters

## 5) Calendula and lavender hand balm + Herb infused oils

Ingredients: 90ml olive oil, 60g coconut oil, 1 tablespoon dried calendula flowers, 1 tablespoon dried lavender, 60g beeswax, 60g shea butter.

Preparation:

- 1) Prepare herbal infused oil with olive and coconut oil and with calendula and lavender.
- 2) Put a few cups of water in a pot with a thicker bottom. Place a bowl on top. Bring to the boil and reduce to medium heat (4).
- 3) Pour the infused oil into the bowl. Add beeswax and dissolve.
- 4) Add shea butter and stir to dissolve and combine everything.

# Balms and Butters

## 5) Calendula and lavender hand balm + Herb infused oils

- 5) Pour into clean jars with tight-fitting lids. Allow to cool completely before use.
- 6) Store in the refrigerator or in a dark and dry place for up to 3 months.

## 5) Herb infused oils

Slow method – in the sun

How do you know how many herbs you need in relation to oil?

You can use herbs – oil in 1: 5 ratio or 1:10 ratio. For example, 25g herbs and 125ml oil or 25g herbs and 250ml oil.



# Balms and Butters

## 5) Herb infused oils

Ingredients: herbs (dry or fresh), oil (soybean, sunflower, rice grain, jojoba, castor, olive, coconut, sweet almond, avocado, saffron, hemp, apricot kernel, grape seed).

Preparation:

- 1) Put the herbs in the jar but leave 3 to 4 cm empty.
- 2) Pour in the oil to cover the plants completely, ie fill the jar completely with oil. If the herbs float to the surface, add some oil to cover again.
- 3) Close the jar\*4, 10 and shake.
- 4) Place in the sun (window sill) and shake 3 to 4 times a day for 3 to 4 weeks.

# Balms and Butters

## 5) Herb infused oils

- 5) Put a strainer in the saucepan and gauze in the strainer. Pour in oil. Wrap and drain the herbs. Leave it for 2 to 3 hours to collect the small pieces of plants at the bottom, then drain again through the coffee filter.
- 6) Pour into dark glass sterilized bottles or jars. Close and mark bottles or jars.
- 7) Store in a cool, dark and dry place for up to 9 months.
- 8) Add vitamin E oil of 1% to the amount of oil for preserving.

# Balms and Butters

## 5) Herb infused oils

Quick method – by heating the oil

Ingredients: herbs (dry or fresh), oil (soybeans, sunflowers, rice grains, jojoba, castor, olives, coconut, sweet almond, avocados, safran, hemp, apricot kernel, grape seed).

Preparation:

1) Pour some water into the pot and let it boil and reduce to medium-low (3) or low temperature (2). Put the herbs in a glass deeper oven proof dish and pour oil or oil mixture over the herbs leaving empty about 5 cm.

# Balms and Butters

## 5) Herb infused oils

Note: if you are using coconut oil, melt it in medium-low heat on the same principle – two saucepan and bowl on top of each other.

2) Heat the herbs at low temperature, between 38 and 60 C for 3 to 5 hours (depending on the strength you want).

Note: though if you cook for a long time you will not overdo it, because to get the same as in the slow process, it actually has to be cooked for 48 to 72 hours at 38 C.

# Balms and Butters

## 5) Herb infused oils

- 3) Allow to cool.
- 4) Put a strainer in the saucepan and gauze in the strainer. Pour in oil. Wrap and drain the herbs.
- 5) Pour into dark glass sterilized bottles or jars. Close and mark bottles or jars (date, oil and herbs).
- 6) Store in a cool, dark and dry place for up to 4 months.
- 7) Add vitamin E oil of 1% to the amount of preserving oil.

# Balms and Butters

## 5) Herb infused oils

In the oven

Ingredients: dried herbs, oil.

Preparation:

- 1) Put the plants in a fireproof bowl. Stir if using multiple herbs.
- 2) Add oil. Soak the plants in oil as much as possible.
- 3) Preheat the oven to 150 C and switch off.
- 4) Put the ovenproof bowl in the oven and leave for 4 hours and even better overnight.

# Balms and Butters

## 5) Herb infused oils

- 5) Remove from oven. Put a strainer in the bowl and gauze in the strainer. Pour. Twist the gauze to drain the oil.
- 6) Pour into dark glass sterilized bottles or jars. Close and mark bottles or jars (date, oil and herbs).
- 7) Store in a cool, dark and dry place for up to 4 months.
- 8) Add vitamin E oil of 1% to the amount of preserving oil.

# Balms and Butters

## 5) Herb infused oils

### Tips:

- 1) It is better to use dry herbs. Before submerging them in oil, grind them a little in the mortar and pestle, but not too much as they will not be able to drain through the gauze.
- 2) If you use fresh herbs, leave them to dry for 12 hours and pat dry properly, otherwise your oil will burn. Then cut them into smaller pieces to extract as many good properties as possible
- 3) To prevent oil rancidity and eventual formation of mold, you can add Vitamin E oil, 1% to the amount of oil.
- 4) If you infuse the herbs with a slower method and the sun is very strong or



# Balms and Butters

## 5) Herb infused oils

directly on your jar, you can put a brown paper bag over the jar to prevent your plants from burning.

5) If you are infusing herbs with the fast method, be sure to adhere to the temperatures indicated in the recipe (up to 38 to 60 C) so that your herbs do not burn.

6) When placing herbs into a jar, be sure to leave 5 cm empty to pour over the oil, 5 cm because the plants absorb the oil. If necessary, add more oil as the herbs must be completely covered with oil. If you are putting herbs in a oven proof dish, also pour oil 5 cm high over the herbs. And if necessary, add more oils.

7) It is common for some parts of the plants to float to the top after absorbing the

# Balms and Butters

## 5) Herb infused oils

oil – if they start to mold, remove and discard them.

8) After squeezing through the gauze, leave the oil standing for 2 to 3 hours, and you can leave for 12 to 24 hours, collecting small particles of plants at the bottom, and then drain through the coffee filter.

9) First leave the plants to wilt then pat dry them if needed and then chop them.

10) In the slow process, when filling the jar and pouring the oil, apply gauze over the jar to allow moisture to escape, if any, and to avoid bugs and dust

# Balms and Butters

## 6) Sunscreen cream (protection factor 20)

Ingredients: 50g coconut oil, 25g shea butter, 10g beeswax, 50ml olive oil, 70ml distilled or boiled water or rose water, 2 tablespoons zinc oxide.

Preparation:

- 1) Melt the coconut oil over steam at a medium temperature (4). Add shea butter, beeswax and olive oil. Stir.
- 2) Oils and water should be approximately the same temperature.
- 3) Slowly stir the oils with a stick mixer and gradually add water.
- 4) Add zinc oxide and continue to stir, about 5 minutes.
- 5) Pour into containers and allow to cool at room temperature.

# Balms and Butters

## 7) Cayenne pepper and turmeric pain relief salve

Ingredients: 250ml of olive oil (or a combination of two oils), 65g of beeswax (grated), 1 tablespoon of cayenne pepper powder, 1 tablespoon of ginger powder, 1 tablespoon of turmeric powder, 1 tablespoon of dried arnica flower.

Preparation:

- 1) Choose one way to infuse spices and herbs. Infuse cayenne, ginger, turmeric and arnica flower in olive oil.
- 2) Melt beeswax with infused oil over steam, at medium temperature (4).
- 3) Pour into glass jars and allow to set.
- 4) Close and label ingredients.

# Balms and Butters

## 7) Cayenne pepper and turmeric pain relief salve

5) Store in a dark and cool place.

6) Spread the pea size on the painful parts, massaging in a circular motion. If you use for arthritis, the results are visible only after two weeks of use. Be sure to wash your hands thoroughly.

# Balms and Butters

## 7) Cayenne pepper and turmeric pain relief salve

### **Warning:**

Not for internal use.

Do not use on open cuts and wounds.

Do not use if you are pregnant or breastfeeding.

Keep out of reach of children.

Do not use on face and mucous membranes.

Be sure to wash your hands thoroughly or use gloves when applying.

# Balms and Butters

## 8) Comfrey root ointment

Ingredients: 100g comfrey root, 1 L extra virgin olive oil or sunflower oil, beeswax.

Preparation:

- 1) Cut the cleaned comfrey root into pieces.
- 2) Dry it for a week.
- 3) Soak in the olive oil or sunflower oil, the dried comfrey root in a dark glass bottle for five to six weeks, stirring daily. The ratio of the plant and the oil should be 1: 10, which means 100g of comfrey root per 1 L of oil.
- 4) Separate the oil from the root, leave it to settle for a few days.

# Balms and Butters

## 8) Comfrey root ointment

- 5) To get the balm, dissolve 10% of beeswax from the amount of oil, around 70 C.
- 6) Add oil and melt together.
- 7) Apply the ointment on undamaged parts of the skin, on painful and swollen areas, three to four times a day. Wash hands after use.



# Balms and Butters

## 8) Comfrey root ointment

### Warning:

Comfrey preparations should not be taken orally. In humans, it causes a number of side effects: diarrhea, bloating, changes in circulation.

Comfrey preparations should not be used on damaged skin and open wounds. The length of application is also limited, so it is advisable to stop using it locally after four weeks of treating the injury.

Comfrey preparations should not be used during pregnancy and breastfeeding.

# Balms and Butters

## 9) Plantain wound balm

Ingredients: 60 dried plantain leaves (it is not banana), 300ml olive oil, 30g beeswax, 25 drops frankincense essential oil.

Preparation:

- 1) Infuse oil in the oven with dried plantain and olive oil.
- 2) On steam, over medium heat (4) dissolve beeswax. Add olive oil and stir to combine. Allow to cool slightly.
- 3) Add frankincense essential oil and stir.
- 4) Pour into jars and leave them to harden.
- 5) Close and label with used ingredients.

# Balms and Butters

## 10) Eczema cream

Ingredients: 250g tallow, 65ml olive oil, 48 drops essential oils (no more than three)

Preparation:

- 1) On steam, over medium heat (4) dissolve tallow. Add olive oil and stir to combine. Allow to cool slightly.
- 2) Add essential oils and stir.
- 3) Pour into glass jars and allow to harden at room temperature.
- 4) Store in a cool and dark place

# Balms and Butters

## Bonus 1 - Oak bark cellulite oil

Ingredients: 200ml of olive oil, 200g of dry oak bark, 100g of ivy leaves.

Preparation:

- 1) Chop the ivy leaves. Heat the olive oil over steam, over medium heat (4).
- 2) Put the oak bark in a bowl and chop in the mortar and pestle.
- 3) Add powdered oak bark to hot olive oil. Stir and allow to cool.
- 4) Add ivy leaves and mix.
- 5) Pour into a glass jar, close. Store in a dark and dry place for two weeks. Shake well every day.

# Balms and Butters

## Bonus 1 - Oak bark cellulite oil

- 6) Strain through gauze. Twist the gauze and squeeze the oil.
- 7) Store in a dark bottle. Gently massage into cellulite-affected skin every morning and evening.

# Balms and Butters

## Bonus 2 - Moisturizing hand cream

Ingredients: 90g shea butter, 15ml sunflower oil, 12 drops of tea tree essential oil, 6 drops of eucalyptus essential oil.

Preparation:

- 1) On steam, at medium temperature (4) melt shea butter. Add sunflower oil and stir.
- 2) Allow to cool slightly.
- 3) Add essential oils and stir.
- 4) Put in the fridge to firm a little (it should not harden) for about 20 minutes.

# Balms and Butters

## Bonus 2 - Moisturizing hand cream

- 5) Stir with a hand mixer for about 30 seconds.
- 6) Pour into a clean jar and close.
- 7) Label the essential oils you have used.

# Balms and Butters

## Essential oils for headaches

For tension headaches - 10 drops of peppermint essential oil, 30ml of jojoba oil or 30ml of sweet almond oil. Massage on forehead, temples, neck and shoulders.

For stress headaches - 2 drops of frankincense essential oil or 2 drops of lavender essential oil or 2 drops of neroli essential oil or 2 drops of orange essential oil or 2 drops of lemon essential oil or 2 drops of grapefruit essential oil or 2 drops of lime essential oil. Put the essential oil on a cotton tissue and inhale.

For migraine - 6 drops of lavender essential oil, 30g of odorless cream. Mix cream and lavender essential oil and massage on forehead, temples and jaw.



# Balms and Butters

## Essential oils for headaches

For hormonal or PMS headache - 6 drops of geranium essential oil, 30ml of jojoba oil or 30ml of sweet almond oil. Stir and apply on the stomach.

30 to 48 drops of geranium essential oil, 100ml of jojoba oil or 100ml of sweet almond oil or olive oil. Stir pour into a bottle. Fill the tub with warm water and add 2 tablespoons of the mixture. Lie down for 20 minutes.

For dehydration headaches - 2 drops of peppermint essential oil or 2 drops of orange essential oil or 2 drops of mandarin essential oil. Pour cold water into a small bowl and add the essential oil of your choice. Soak a cotton cloth and drain. Put on your forehead and rest.

# Balms and Butters

## Essential oils for headaches

For headaches - 3 drops of rosemary essential oil, 3 drops of peppermint essential oil, 3 drops of lavender essential oil, 30 ml of jojoba oil or 30 ml of sweet almond oil. Mix oil and essential oils. Massage the forehead and temples.

# Balms and Butters

## Essential oils for body cream

For soothing muscles - 76 drops (3.8ml) wintergreen essential oil, 46 drops (2.3ml) peppermint or ylang ylang essential oil, 22 drops (1.1ml) helichrysum essential oil.

To feel better - 68 drops (3.4ml) clove essential oil, 50 drops (2.5ml) frankincense or eucalyptus essential oil, 26 drops (1.3ml) cinnamon essential oil.

For better sleep - 76 drops (3.8ml) lavender essential oil, 46 drops (2.3ml) spruce (juniper) essential oil, 22 drops (1.1ml) sandalwood or rose essential oil.

# Balms and Butters

## Essential oils for body cream

You can choose from mild to medium to strong smell and strength of essential oils. In the next mixtures is strong. To get mild strength divide each amount of drops with 3. To get medium strength divide each amount of drops with 2.

To relax - 76 drops (3.8ml) lavender essential oil, 34 drops (1.7ml) frankincense essential oil, 34 drops (1.7ml) bergamot essential oil.

To energize - 76 drops (3.8ml) orange essential oil, 46 drops (2.3ml) lemon or lime essential oil, 22 drops (1.1ml) mandarin essential oil.

# Balms and Butters

## Essential oils for body cream

**Note:** if you put citrus essential oils (orange, grapefruit, lemon, lime, mandarin) do not expose yourself to direct sunlight, ie the sun.