

Mango Butter Hand Cream

(makes approximately one 7-ounce jar)

8 T. Coconut oil
2 T. Mango butter
4 T. Beeswax - grated or pastilles
10 drops essential oil

Put first 3 ingredients in a glass container and place in a small pan of water. Heat the ingredients over low heat until they are melted. Remove from heat and stir in the essential oil. Keeps for 6 months.

Recipe from: <https://onbeautyus.com/natural-beauty-product-recipe/>

Honey Fruit-Flavored Lip Balm

This balm is rich and soothing for year-round use. For taste that appeals to children, you can flavor this balm with synthetic oils such as apple, apricot, peach, or cherry. Essential oils such as anise, fennel, or vanilla also add flavor. For the shiniest gloss, use castor oil.

Prep time: approximately 30 minutes plus 2 hours for flavor and consistency to synergize and set

Store in: small plastic or glass jars or tins

Yield: approximately 6-7 ¼ ounce containers or 3 heaping tablespoons

7 - 8 teaspoons almond, jojoba, soybean, or castor oil base
2 teaspoons beeswax
1 teaspoon honey
10 drops lemon, orange, lime, or tangerine essential oil
OPTIONAL: ¼ tube or less of your favorite natural synthetic-free colored lipstick

In a small saucepan over low heat or a double boiler, warm oil, beeswax, and honey until the wax is just melted. Use 8 teaspoons of oil for a softer consistency; use 7 teaspoons for a firmer balm.

Remove from heat. Add the essential oil or flavoring and the colored lipstick (if desired), and stir until the lipstick is melted. Set the pan in a shallow ice-water bath. Using a whisk or spoon, stir rapidly for 30-60 seconds until the honey is completely incorporated and the formula is like thick frosting. It will be pale yellow in color unless you added the colored lipstick.

Spoon the mixture into storage containers and cap. Let the mixture set for 2 hours before use. No refrigeration is required, but for maximum freshness and taste, please use within 1 year.

Recipe from: "Organic Body Care Recipes: 175 Homemade Herbal Formulas for Glowing Skin and a Vibrant Self" by Stephanie Tourles, 2007, Storey Publishing

Properties of the ingredients we are using:

- **Mango butter:** Similar in properties to that of cocoa butter and shea butter, mango butter offers a soft, semi-solid, creamy texture and possesses a very mild aroma that will not compete with the aroma or fragrance of your finished product. To produce the butter, mango kernels are collected and typically sun dried prior to careful decortication (de-shelling) and extraction. The butter is refined to produce a luscious, creamy white butter with mild aroma. Absorbs well, hydrating, soothing, protecting.
Source: <http://onbeautyus.com>
- **Beeswax:** Moisturizing and softening with Vitamin A; anti-allergenic and anti-inflammatory, soothes irritated skin; helps heal minor skin cuts, abrasions, scrapes, and wounds.
Source: <http://onbeautyus.com>
- **Coconut oil:** Smoothing and moisturizing. Combine with sea salt or sugar for a body scrub. Can also be used as a carrier oil for essential oils.
- **Rosewater:** Soothing, anti-wrinkle. Can be used for cleansing, toning and moisturizing, treating acne and skin irritations, suitable for all skin types including dry skin, oily skin and aging skin.
Source: Elma and Sana 100% Pure Moroccan Rose Water on Amazon
- **Jjoba oil:** Moisturizing. Oil is derived from the seed of the jjoba shrub.

Essential oils

Essential oils are highly concentrated extracts from plants. They can be used topically, diffused, or taken internally to treat a variety of conditions. These are some good oils to start with:

Essential oil	Uses
lavender	calming
lemon	cleaning, freshening, detoxifying
peppermint	cooling, invigorating
orange	depressing, uplifting, antioxidant

Resources:

Modern Essentials: A Contemporary Guide to the Therapeutic Use of Essential Oils. Pleasant Grove, UT: AromaTools, 2016.
(available through the library)

Natural Grocers (several in Tucson)