



# BOO-BOO BALM

*Herbal wound healing balm for minor cuts, scrapes, stings, and burns.*

## Instructions

1. Weigh out 1 ounce of beeswax
2. Melt beeswax in a double boiler on stove
3. Add in 1 cup of Infused Oil
4. Continue to heat until both beeswax and infused oils are melted together
5. Add in ½ tsp Vitamin E Oil
6. Add in 20-30 drops of Essential Oil
7. Take off heat and begin to pour into containers
8. Let balm sit 24 hours to completely harden and keep lid off so there is no risk of moisture build up while balm is hardening
9. After 24 hours, put lids on balm and it is ready to use!

### Notes:

- This should make around 5 of the 1 ounce tins which you can purchase from Amazon.
- To see how to infuse your own oils, and to see the entire process of making the balm, please check out my YouTube Video - DIY Herbal Wound Healing Balm from Start to Finish.



## Ingredients

- ½ Cup Infused Lavender Oil
- ½ Cup Infused Plantain Oil
- 20-30 Drops of Lavender Essential Oil
- ½ Teaspoon Vitamin E Oil
- 1 Ounce of Beeswax
- Containers To Hold Balm

