

Herbal Baby Balm



Ingredients:

calendula

chamomile

lavender

rose petals

coconut oil

beeswax

Gentle Baby Essential oil blend or lavender & chamomile

Make an Herbal Infusion:

Mix equal parts of the herbs and fill a quart jar half way. Melt about two cups of coconut oil over very low heat and then pour over the herbs. You want to have the oil about an inch above the herbs so if you need to add more, do so. Place a towel in the bottom of a crockpot or pan and place the jar of herbs on top, fill water to the oil mark on the jar. Heat over low for 5 hours up to 3 days (I always do the three days for maximum potency). Strain the oil and discard the herbs.

Instructions:

Measure your herbal oil and for every cup use 1 oz. of beeswax. Melt the beeswax and remove from heat. For every cup add ½ teaspoon of essential oil blend or essential oil of choice. Stir well and pour into container(s).

To Use:

Use for any type of skin condition such as diaper rash, cradle cap, eczema, flaky skin, dry patches, rashes, skin infections, etc. This balm can also be used for infant massage or to calm an upset baby. Apply to the bottoms of the feet and massage over tummy for colic and upset.