



Handmade Lavender Salve Recipe

- 3 ½ ounces (100 grams) olive oil
- ½ ounce (15 grams) beeswax (OR ¼ ounce candelilla wax)
- 20 to 40 drops lavender essential oil (this will vary depending on the quality of your oil and how strong you want it to smell)

Combine the oil and wax in a heat proof container. Set it into a pot of water and bring to barely under a simmer. Let heat until wax is melted. Remove from heat and add lavender essential oil. Immediately pour into tins. Let harden, cap and label. Enjoy for yourself or give as a lovely gift.

Lavender is helpful for soothing minor skin irritations and mild burns. The scent is well known for its relaxing properties. Rub some on before bedtime for a natural way to encourage calm restfulness. (Especially helpful for fidgety children.)

Lavender has been used since the times of the Greeks and Romans and is generally considered safe for almost everyone. If in doubt though, consult your doctor or medical professional.