



## Basic beeswax ointment

Beeswax ointment heals and protects the skin. It's particularly good for dry skin; dry patches; chaps and calluses; and can also help heal eczema. Ointments are good for winter outdoor activities, as they protect the facial skin from dehydration. The ointment can be made more therapeutic by adding various essential oils and tinctures.

360 ml of Basic Ointment

67 g beeswax  
300 ml vegetable oil, e.g. rapeseed oil or olive oil  
1 tbsp honey (optional)

1. Crumble the beeswax into penny-size pieces and put them in a stainless steel bowl.
2. Place the bowl in a double boiler (stainless steel bowl or saucepan inside a larger saucepan of boiling water) on the hob until the beeswax has melted completely.
3. Add the vegetable oil.
4. Allow the oil and beeswax to melt completely again.
5. Remove the bowl from the double boiler and stir with a whisk until the ointment begins to solidify.
6. This can take a while, but the stirring is part of the process so be patient. If the ointment is stirred well it gets a lovely smooth texture. If you rush this part the ointment will become too solid. Don't try to cool it in cold water, just let it cool naturally. An electric mixer isn't recommended either, as you'll get small air bubbles in the ointment, and decrease its shelf life.
7. Pour the ointment into jars. A plastic icing bag may be helpful to avoid making a mess. Use a spatula to get all the ointment out of the bowl.

### **Washing up:**

1. Wipe the bowl, whisk and spatula clean with kitchen paper.
2. Rub the utensils with washing-up liquid.
3. Wipe everything clean with kitchen paper again.
4. Wash up all utensils and the bowl in hot water.

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## Essential oils for ointments

Essential oils are potent extracts from medicinal plants. By adding essential oil to your ointment it becomes more therapeutic and can be tailored to fit your specific demands. Here are some good options:

### **CALENDULA OINTMENT**

Good for general skin care, wounds, eczema, rashes, baby care, foot care, chaps and dry skin.

½ ml of calendula extract  
24 drops of lavender essential oil

### **HEALING OINTMENT**

Good for wounds, eczema and difficult skin problems. Possible relief from psoriasis.

12 drops blue chamomile essential oil (*Matricaria recutita*/Chamomilla recutita)  
60 drops bergamot essential oil

### **WARMING OINTMENT**

Warming, stimulates circulation, good for aches and tense muscles, foot care, gardener's hands and mechanic's hands.

To increase the effect, replace 15 g of beeswax with shea butter. Herb oil made from pine, fir and juniper needles can be used instead of regular oil.

25 drops juniper berry essential oil  
25 drops pine essential oil  
25 drops rosemary essential oil

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## Tinctures in ointments

Tinctures (extracts made with vodka or glycerine) are highly concentrated herbal extracts with a very long shelf life. By adding tincture to an ointment, active substances that aren't really fat-soluble can be included in the formula. Tinctures can be added just before the ointment is poured into glass jars.

Dose 1 tbsp (15 ml) tincture for one batch of ointment.

### **PROPOLIS TINCTURE**

Propolis ointment is good for general skin care, chaps, calluses, herpes and healing wounds. Add 1 tbsp of honey to the ointment if you wish.

For fragrance, 12 drops of lavender essential oil or rosewood essential oil complements propolis.

### **ARNICA TINCTURE**

Arnica ointment is good for muscle aches, sprains, dislocations, bruises, bumps, swellings and varicose veins.

For fragrance, add 24 drops of lavender essential oil.

### **TORMENTIL ROOT TINCTURE**

This tincture can be poured into a batch of basic ointment to make a wound-healing ointment.

For fragrance, add 30 drops of lemon essential oil, 24 drops of lavender essential oil or 24 drops of cypress essential oil.

### **COMFREY TINCTURE**

Good for scarred and rough skin, wounds, bone and tissue damage, post-operative wounds and sores which do not heal.

For fragrance, add 12 drops of neroli essential oil, lavender or rosewood.

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