

# Hand Salve

This DIY hand salve can help heal dry, rough skin. Add a few drops of essential oil to make them smell amazing, too!



The example was made with olive oil and 10 drops of wintergreen essential oil.

## Supplies Included:

1. 1 4 oz. tin
2. 1.5 tbsp beeswax pellets
3. 1/2 tbsp shea butter

## Supplies Needed:

1. Double boiler or a metal or glass bowl set on top of a small pot
2. Stove
3. 6 tbsp oil of your choice: olive oil, coconut oil, avocado oil, jojoba oil, and argan oil all work well
4. (optional) essential oil



# Instructions

1. Add water to the bottom part of your double boiler, enough that it touches the bottom of the top bowl, and bring to a boil (Fig. 1).
2. Add the wax pellets, oil, and shea butter into the top part of the double boiler and heat until all of the ingredients are completely melted and combined. Stir occasionally. Do not cover the pot while heating; any condensation can affect the consistency (Fig. 2).
3. Once ingredients are fully melted, remove from heat and add several drops of essential oil, if using.

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2



# Instructions

4. While the mixture is still hot, pour it carefully into your tin (Fig. 3).
5. Allow your salve to cool completely before putting on the lid (Fig. 4).
6. Your salve is ready to use!

3

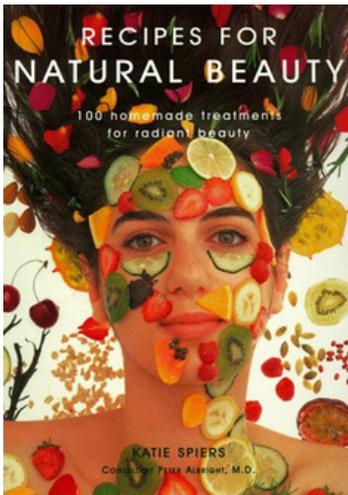


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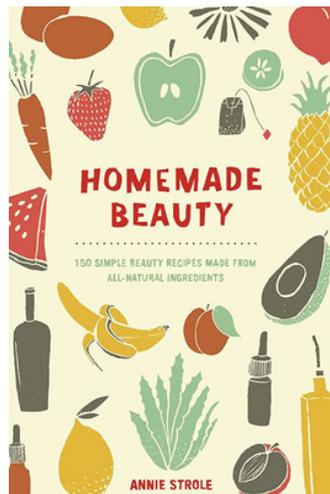


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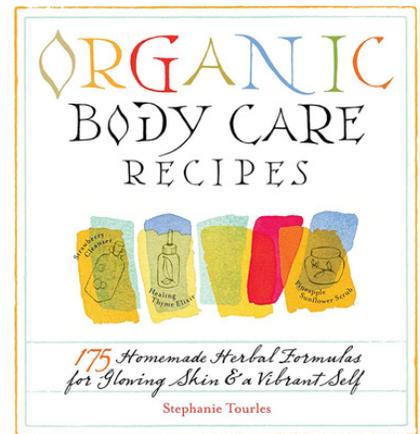
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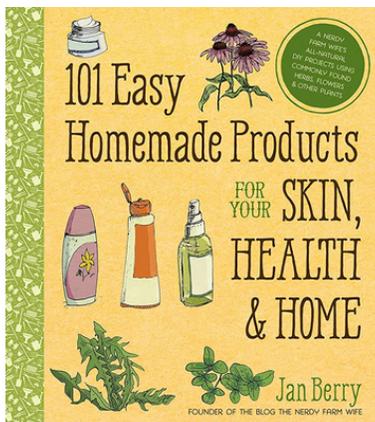
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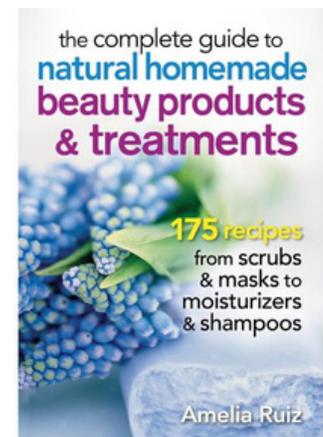
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