HOMEMADE LOTION
Specially prepared by

Ingredients:
3/4 cup of oil of choice (olive, avocado, safflower, grape seed, emu, etc.)
Pure vitamin E oil
1 cup distilled water (to make tea)
1/2 oz. beeswax (shaved)
4 green tea bags or herb of choice (chamomile, jasmine etc.)
20 to 40 drops of essential oil of choice (lavender, orange, etc.)

Directions:
1. Make tea using distilled or purified water
2. Place the tea in blender and allow to cool to room temperature
3. In a glass Pyrex measuring cup, add ½. oz shaved beeswax to 3/4 cup of fixed oil
4. Place cup of oil and wax above a pot of water, using the double-boiler method
5. Simmer on low heat, allowing wax to melt
6. Remove from heat and add 30 drops of vitamin E oil
7. Let mixture cool until you see a faint white rim of hardening wax at the top
8. Add 20 to 40 drops of essential oil
9. Turn blender on high speed with the center hole removed from the lid
10. Pour oil/wax slowly into tea - it will begin to harden
11. As it gets thicker, use a chopstick to stir lotion away from edges to ensure it fully blends
12. Blend completely, but do not over-blend and liquefy
13. Pour out any residual water
14. Using a spatula, pour lotion into container

These are basic recipes for general use and not designed for specific conditions. Information is for educational purposes and not intended to replace professional medical care.

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