



MAKING OF BEESWAX AND HONEY BODY CREAM

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Introduction

Body cream is a blend of wax, oil and water that moisturize the skin. Beeswax and honey are natural ingredients that have the following benefits when used on the human skin:

- Beeswax is a great moisturizer as it helps lock moisture in skin pores.
- It also provides a protective layer from abrasions and solar radiation.
- Honey has healing (antibiotic) properties thereby helping deal with cuts and bruises.
- It also helps reduce skin allergies.

Requirements for making the body cream

The following are indicative quantities of the materials required. Depending on the amount of cream required, these amounts can be multiplied with the desired numbers. It is important to have an accurate weighing scale calibrated in grammes and a measuring jug.

The beeswax cream is made using the following ingredients, but some can be replaced with others for example vegetable oils can replace liquid paraffin. It is important to note that diverse amounts of different oils are used.

- * Beeswax 500g
- * Liquid paraffin (white oil) 1.5L
- * Distilled water 1.2L
- * Borax (Sodium borate) 25g

- * Honey 5g
- * Perfume/ fragrance (type and amount to personal preference).

Procedure

- * Measure the required quantity of beeswax into liquid paraffin and heat until wax dissolves. This will form your oil stock.
- * Measure the required quantity of borax into distilled water (water stock) and heat until borax dissolves. Add the honey and stir to dissolve.
- * Allow both stocks to cool to 70°C. Pour the water stock to the oil stock as you stir gently.
- * Remove from the heat and add any colouring, perfume or medicinal extracts that have been planned into the mixture.
- * Stir thoroughly again and quickly pour the mixture into packaging jars before it solidifies.
- * Allow at least 12 hours to cool before capping the jars.
- * The cream is now ready for use.

NB: For softer cream add more oil; for harder cream use less oil. The addition of a few drops of



Beeswax and honey body cream picture courtesy of National Beekeeping Institute

