

Vaseline Replacement Salve

Recipe by Kathrin Brunner from Joyous Health

JOYOUS HEALTH

Ingredients:

- 45 ml organic beeswax, melted
- 15 ml shea butter (look for fair trade)
- 250 ml sunflower oil* (you can use any liquid oil you like here, but sunflower has been found to be especially therapeutic for healing rashes and eczema)

Instructions:

1. Melt your beeswax in a double boiler, measure out 45 ml to use for your salve. (Tip: Using a heat-proof glass measuring container with measurements indicated on the side make this super easy!)
2. Then add shea butter and melt.
3. Add oil and once everything has melted together, remove from heat.
4. Pour into glass containers and allow to cool.
5. Store salve in a cool place where it will happily keep for several months.

Notes:

*Suggest buying certified organic sunflower oil in a dark glass bottle. Avoid clear plastic bottles of sunflower oil because it's likely already rancid.