

Eczema Healing Cream

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

Ingredients:

- 1/2 cup coconut oil
- 1 tsp dried calendula flowers
- 1 tsp dried chamomile flowers
- 1/2 tsp dried comfrey
- 1/2 tsp dried plantain leaf
- 1/2 tsp St. John's Wort
- 1 tsp melted beeswax (organic or cosmetic grade)
- 1 tbsp fair trade shea butter
- 2 tbsp rosehip oil
- 1 tsp vitamin E (non-GMO)
- Optional: 1-2 tsp zinc oxide powder*

Instructions:

1. Add healing herbal blend and coconut oil to a double boiler and allow herbs to infuse over a low simmer for 3-4 hours.
2. Allow oil to cool enough to handle, then strain out herbs (a fine sieve, nut milk bag or several layers of cheesecloth work well).
3. Melt your beeswax in a double boiler. Measure out 1 tsp melted beeswax and add to infused coconut oil and shea butter and melt together. Add rosehip oil and vitamin E and stir to combine.
4. Remove from heat. If using zinc, stir zinc into balm and then pour into glass containers and seal tightly. If adding zinc, place in fridge or freeze to set faster so zinc remains suspended throughout (you can also stir your balm as it's setting).
5. Once set, unopened balm will keep for up to a year when stored in a cool place out of direct light.
6. To apply, warm a small amount of balm between fingers and spread onto irritated skin to help soothe and heal. Can also be used regularly to prevent flareups.

Notes:

*Adds a barrier to seal in hydration and helps with skin cell regeneration.