

Karen Thurlow's Beeswax Recipes

From 'Products from the Hive' Zoom presentation 12/6/2021

Solid Lotion Bars

5.5oz light colored beeswax

7 oz olive oil

7 oz coconut oil

1 oz shea butter, refined or raw

1 scant Tbsp Vit E

2 Tbsp fragrance, or infused oil if wanted or just use olive oil

Melt the wax, being careful to not overheat it. Add shea butter, olive and coconut oil & infused oil. Stir w/wooden spoon.

Add vitamin E. when taken off the heat. Stir well. Pour into molds or containers.

Cool.

Basic Wood Polishing Cream

1/3 cup beeswax

2/3 cup food-grade mineral oil

Melt the oil and waxes in a double boiler over medium heat. Dab some cream onto a soft cotton rag and rub it into the furniture. Buff and polish until well worked into the wood. Allow the wax polish to sit overnight, and gently buff off any excess in the morning. Can add lemon oil for fragrance.

Honey Lip Balm - makes 15-18 standard lip balm tubes or 3-1 oz. tins

Ingredients

1 oz. (approx. 2 tbsp.) sweet almond oil

1 oz. (approx. 2 tbsp.) shea butter

1/2 oz. (approx. 3 tsp.) beeswax

1/4 oz. (approx. 1 1/2 tsp.) raw, organic honey

2 vitamin E capsules

In a small pot or double boiler use low heat to melt the almond oil, shea butter, and beeswax. Stir until it is all melted and well blended.

Remove the pot from the heat and add raw, organic honey and pinch open the vitamin E capsule and squeeze the contents into the mixture.

Whisk well, this can be done by using a small wire whisk, you need to distribute the honey throughout the oil. This requires a lot of whisking so just keep mixing until you do not see any more honey (or hardly any more honey).

Pour the mixture into lip balm tubes and/or tins.

Let them cool on the counter until hard. A hint about pouring into tubes - fill them $\frac{3}{4}$'s full let the tube cool a bit then fill to top. This prevents having a hole in the center of the lip balm.

Creamed honey directions

The honey can not have any crystals.

Transfer honey into smaller buckets, only fill $\frac{3}{4}$ full leave room to stir.

Now you can add spices or flavor, 1 teaspoon per pound of honey for most spices. Dry spice will float to the top so for the next few days stir the honey every day until the spice is saturated and stops floating.

Add the starter after the spice stops floating to the top.

The rule of thumb is 10 to 1 for the starter, so for 10 pounds of honey I need 1 pound of starter, this is called seeding the honey.

You can heat the starter slightly so it is easier to stir in but just SLIGHTLY, it has to stay crystallized. Honey replicates the crystals that are in it so when my honey sugars it is smooth like the starter.

Transfer into a bucket with a gate, let sit for 24 hours so air bubbles rise.

Then I put it into 1 pound tubs and store it in a cool place for two weeks.

The important parts are your honey can have no crystals, if you're using spices saturate them into the honey, have a container of creamed honey on hand to use as a starter, and store the mixture in a cool place so it will crystallize.

Resources

<https://www.northbaytrading.com/> for Freeze Dried Organic Lemon Powder

<https://mountainroseherbs.com/>