Manuka Honey Body Balm

Hydrating, antioxidant packed and so easy to make, adding Active Manuka Honey to your skincare routine is a great way to DIY your skincare. This moisturising body balm is ideal for chapped elbows, tired feet, or just an overall moisturiser.



SKILL LEVEL	PREP TIME	SERVINGS
Easy	1 hour	3

Ingredients

- 2 tbs of Capilano Active Manuka Honey
- 1/4 cup coconut butter
- 1/4 cup coconut oil
- 1/4 cup shea butter

Method

1. Heat shea butter, coconut oil and coconut butter in a small sauce pan until completely melted
2. Remove mixture from the heat and allow to cool until the colour is opaque (around 30 minutes)

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilanohoney on Instagram or Facebook and you could be featured on our page!

- 3-4 drops of your favourite essential oil

Used in this recipe



Active Manuka Honey

Nature's Sweet Superfood
Made by some of the world's healthiest bees*, Capilano Active Manuka honey is naturally rich in Methylglyoxal (MGO). The higher the MGO, the more potent the honey's activity.

Delicious Taste
Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine
Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

*Vella, G. 2016. Issue 215. CSIRO.

Method

3. Break apart mixture and whip using a hand mixer on its lowest setting, while mixing, add essential oil and Manuka Honey

4. Store in a sanitised air-tight metal container

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