



# Manuka Honey Body Balm

Hydrating, antioxidant packed and so easy to make, adding 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  
Easy

PREP TIME  
1 hour

SERVINGS  
3

## Ingredients

- 2 tbs of [Capilano Manuka Honey](#)
- 1/4 cup coconut butter
- 1/4 cup coconut oil

## 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 [capilano.com.au](https://www.capilano.com.au) to learn how to swap honey for sugar in your recipes.

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- 1/4 cup shea butter
- 3-4 drops of your favourite essential oil

### *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

## Used in this recipe



### AUSTRALIAN MANUKA HONEY Nature's Sweet Superfood

Capilano Raw & Unpasteurised Manuka Honey is independently tested and certified to contain a minimum 30 mg/kg of Methylglyoxal (MGO).  
The higher the MGO, the more potent the honey.

#### 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 Australian Manuka honey has a rich, smooth, caramel taste.

#### Boost your Daily Health Routine

Australia produces some of the most potent, best tasting Manuka in the world. With a rich, smooth, caramel taste, enjoy it in your daily cup of tea, smoothies, cereal, or simply by the spoonful.

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