Manuka Honey Body Balm

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



SKILL LEVEL	PREP TIME	SERVINGS
Easy	1 hour	3

Ingredients

- 2 tbs of Capilano 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 color 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 favorite essential oil

Used in this recipe



Authentic Manuka Honey

Nature's Sweet Superfood
Made by some of the world's healthiest bees*, Capilano 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, Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine
Squeeze the goodness of Capilano Raw and Unpasteurized Manuka honey into your daily cup of tea, coffee, smoothies, yogurt 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 sanitized air-tight metal container

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