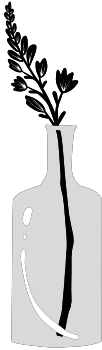


# Hand and Body Salve



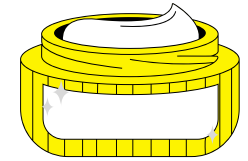
- 12g Shea butter (2.5 tsp)
- 4g Soy Wax or Beeswax (2 tsp)
- 12g Coconut Oil (2.5 tsp)
- Few drops of essential oils of your choice (optional)
- 1 large tin\*

## Tools:

- A heatproof bowl
- A small pot that the bowl will sit on, to create a bain marie
- Stove
- Spoon for mixing

\*Reuse the tins that are supplied in your kit! For the hand and body salve, we recommend using the larger tin. For the lip balm, use the smaller tin. Empty the ingredients inside the tins into small bowls or reuse small glass jars, ready to use in your recipes.

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## Method:

Add the shea butter and wax to the heatproof bowl. Sit the bowl over a pan of barely simmering water (a bain marie) and allow the wax and butter to melt, stirring occasionally. Warm at a low temperature to avoid burning the ingredients

Add the coconut oil to the mixture and let it melt, stirring through.

Add a couple of drops of essential oil if using and stir.

Pour the mixture into the tin and leave for a few hours to cool down and set.

Your hand and body salve is ready to use! Lovely for dry skin and patches that need extra loving care.

Use within 6 months of making



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