

Beautiful Beneficial Beeswax For Body & Home ABF ~ 2020

Saponification: The chemical reaction changing fat, water and a caustic (lye) into soap.

Equipment:

Pot -stainless steel, enamel, glass	Rubber spatula
Scale (get a good one)	Mold(s)
Measuring spoons	knife
Stirring spoon	large towel
Pitcher	Plastic wrap
Whisk or Stick blender	
Thermometer	

Safety: Sponge, vinegar, rubber gloves, goggles, newspapers, location choices

Golden Apple--cold processed soap (CP)

9 oz. Avocado oil	
7.5 oz. coconut oil	Fat temperature: 120-130
3 oz. olive oil	Lye-water temperature: 130
4 oz. palm oil	tracing time: 20 minutes
1 oz. beeswax	time in molds: 24 hours
	Cure time: 3-4 weeks
3.4 oz. lye	
9 oz. cold water	

1 TBSP Honey

1 TBSP fragrance oil/essential oil (FO/EO)

(Oatmeal, poppy seeds, flower petals can be added with the FO)

Assemble desired mold(s). (This recipe will make approximately 24 oz. of soap or 6-4oz. bars.) Prepare safety measures (goggles, rubber gloves, vinegar, etc.)

Measure all ingredients by weight. Place all fats and base oils in a stainless steel, glass or enamel pot over a low heat. Pour the water into a heavy glass or plastic bowl or pitcher. Carefully add the lye to the water and stir to dissolve. When the oils have melted, remove from heat.

Using a candy thermometer, monitor the temperature of each container. When both solutions have reached the desired temperature, slowly pour the lye into the oil. Stir until the mixture reaches the trace. (The mixture has thickened to the point where you can trickle some soap off the back of a spoon and it will leave a trace line on the surface of the mixture.) This should take about 20 minutes but in some recipes can take hours.

Add the secondary ingredients and stir well to distribute evenly throughout the soap. Pour into desired molds. Cover with a towel or blanket to insulate the soap during the initial cooling. After 24 hours the soap should reach a solid consistency. Place the soap --still in the mold-- in the freezer for 1-2 hours before unmolding--let stand 15-20 minutes at room temp. Wearing rubber gloves, remove the soap from the molds and cut into slices or desired shapes. Place soap pieces on a covered surface (paper towels or butcher paper). The soap should be allowed to cure for 3-6 weeks before using. Soap will retain its fragrance longer if stored in an air-tight container.

Hive Robber—Cold Processed Soap (Elaine C. White) *Grandma's Lye Soap - Improved!*

15 oz. lard
½ oz. beeswax
2.2 oz. lye
6 oz. cold water.

Fat temperature 150-160
Lye temperature 150-160
Time to trace 12 minutes

Time in mold—24 hours—if using a block mold, slice immediately. This is a hard soap.

Melt lard and beeswax. Combine lye and cold water (dissolve). Cool both to 150-160 degrees. Combine, stir to trace. Add FO/EO (about 2 tsp.) or other additives. (I add about 1 TBSP. honey with fragrance oils.) Pour into molds.

Instant Gratification—Hot Processed Soap (The Soaper's Cook Book) (HP)

This is a variation of *Grandma's big kettle over an open fire* method—easier and simpler. This recipe makes a soap that's ready to use in just a few days instead of a few weeks.

10 oz. Coconut oil
10 oz. Palm kernel oil
15 oz. soybean oil
9 oz. olive oil
2 oz. castor oil
2 oz. shea butter
1 oz. beeswax (my addition)

6.9 oz. lye
14.4 oz. water
1 tsp. borax (water softener—optional)
2.1 oz. essential oil or 1.5 oz. fragrance oil (as desired)
Color or herbal enhancements (optional)

As for CP soap, combine base oils and melt together and place in a slow cooker (crock pot). Combine water and lye using safety precautions. Stir in borax. With both lye and fat at about 150-160 degrees, combine. (A stick blender is recommended for easier blending.) When soap reaches the "trace" return the crock to the pot (base) and begin to "cook" on high. **WATCH CAREFULLY AND STIR FREQUENTLY.** Soap will begin to take on a "Vaseline" look. Stir occasionally until soap has a fairly uniform, clear-ish appearance. Remove from heat and allow cooling to approximately 150 degrees. Add fragrance/essential oils and any desired herbs. Spoon soap into desired molds. Cover and allow to cool and set up (approximately 12-24 hours). Remove soap from mold, slice. Allow soap to dry 2-5 days as needed.

Soap making challenges:

Liquid foaming soap: Made with **Potassium Hydroxide** instead of Sodium Hydroxide. Does not use beeswax but HONEY may be added to the final stage along with fragrance oils and dyes if desired. See

[Making Natural Liquid Soaps: Herbal Shower Gels / Conditioning Shampoos / Moisturizing Hand Soaps](#) by Catherine Failor

Cream soap uses a combination of KOH and NaOH to bind fats into a creamy soap that's great for soft shaving soaps or special applications. See:

[Making Cream Soap](#) by Catherine Failor, published by Milky Way Molds, Inc.

Transparent Soaps are extremely gentle for your skin partly because they rinse off so easily. The bars are not as long lasting but are beautiful. A solvent must be added to the fat/lye to create the long crystals that allow light

to pass through the mass—creating a “clear” soap. This soap uses NaOH as a caustic and solvents including glycerin, grain alcohol, and sugar to create the clear effect. See:

Transparent Soap Making by Catherine Failor

Part 2—Lotions & Potions

Lotions, balms, butters & salves ~ Natural Skin Care

Honey is a humectant—it holds water and hygroscopic—absorbs moisture from the air. Beeswax is both a moisturizer (fat) and a skin protector. Natural skin care = no petroleum, no alcohol, no preservatives, no artificial colors, fragrance oil (FO) and or essential oil (EO). Be ready to defend your choices.

Shelf life is significantly different than most commercial products. Warn your buyers.

Avoid excessive heat in all of the following recipes. Quick cooling helps establish a smooth product (refrigerate). Do not cap products while still warm. Trapped moisture can spoil products.

Working Woman's Moisturizing Hand Lotion

Oil-Base Ingredients

3/4 C. apricot oil or sweet almond oil

1/2 C. coconut oil (I prefer a mix of 76° and fractionated)

1 tsp. anhydrous lanolin

1/2 oz. grated beeswax

Water, essential Oils, and Vitamins

1/2 C. distilled water or infused water

1/2 C. aloe vera gel (Georges)

A few drops of the essential oil of your choice
Vitamins A and E (optional)

To Make:

1. Heat the oil-base ingredients over low heat in a double boiler until all are melted. Stir gently to mix well.
2. Pour the oil mixture into a glass measuring cup and cool to room temp. (Make ahead and store.)
3. Place the water, aloe, essential oil, and vits. in a blender. Turn to the highest speed. In a slow, thin drizzle, pour the oil-base mixture into the center hole of the blender.
4. When most of the oil-base mixture has been added and the cream resembles a butter-cream frosting, turn off the blender (you may not need all the oil base mixture). Do not over-beat. The cream should be rich and thick and continue to thicken as it sets up.
5. Pour into cream jars/bottles, label, date and store in a cool place. Refrigerate for extended storage.

Worker Bee Hand Cream

Sanitize all equipment and bottles.

BASE OIL:

1 oz. beeswax

1 oz. Steric Acid

1.5 oz. emulsifying wax

4 oz. Avocado Oil

4 oz. Apricot oil

2.75 oz. 76° coconut oil

2.75 oz. shea butter

1 c. purified water

1 c. aloe concentrate (Georges)

Heat both to 150 degrees.

8 Vit. A Capsules
1/4 tsp. Vit. E.
1/8 tsp. Orange EO

1/2 tsp. Thieves oil blend (below) (or other fragrance
of your choice)
.2 oz. optiphene (preservative)

Melt BW, steric acid, e-wax in double boiler. Add Avocado oil, apricot oil, and coconut oil—melt. Remove from heat add shea—stir until melted. Cool (or warm) to 150-160.

With a stick blender, combine oil mixture and water mixture. Cream will be very thin. Stir and cool until about 125 degrees. Add extra ingredients. (scent, vitamins, preservative)

Pour into containers. Cool. Cream will set up within a couple of hours. Do not lid jars until completely cooled—cover loosely with waxed paper to towel. (avoid condensation)

My Thieves Oil Blend recipe (you can purchase a thieves' oil blend from many companies)

2 tsp. clove bud oil
1 ½ tsp. lemon oil
1 tsp. cinnamon bark oil
¾ tsp. eucalyptus oil
½ tsp. rosemary oil

Lotion Bars--lotion in bar form

3 oz. each beeswax
 cocoa butter or shea butter
 almond oil

May add: scent --essential oil
 Aloe oil, vitamin A or E, tea tree oil (any/all optional)

To Make: Melt together. Pour into 6 -1.5 oz. molds or small tins. Cool 2 hrs. For easy unmolding, place in the freezer for 20-30 minutes. Store bars in sealed container.

To Use: Rub bar between hands to warm and soften or rub directly on desired area.

For insect repellent use:

1 oz. Citronella EO	2/10 oz. Bergamot EO
½ oz. Eucalyptus EO	2/10 oz. Lemongrass EO
½ oz. Lavender EO	2/10 oz. Rose Geranium (optional)
½ oz. peppermint EO	

Lotion bar base works well with a variety of essential oils for a medicinal "rub". Sore muscle rub, cooling peppermint foot rub, Exotic oil rub (add mango butter, etc.).

Hand & Nail Butter - cuticle cream ~ Beeswax Butter

2 oz. beeswax
2 oz. cocoa butter or shea butter
4 oz. jojoba oil
1 oz. lanolin or shea butter
 $\frac{1}{2}$ oz. honey
essential oil(s) optional

In a small saucepan or double boiler, warm all ingredients except essential oils until melted. Remove from heat and stir occasionally until almost cool. Add essential oil and continue to stir until the consistency of frosting. Pour into small jars and seal. No refrigeration required—keeps well 3-4 months.

Wrinkle Fighter ~ Wrinkle Bee Gone

4 oz. almond oil
4 oz. jojoba oil
2 oz. lanolin
2 oz. beeswax
2 tsp. vitamin E oil
Essential or fragrance oil (optional)

Melt all ingredients in a small pan or double boiler. Mix well. Pour while warm into small containers or tins (1-2 oz. each).

Beard Balm ~ Bee Wrangler Beard Balm

1 oz. Beeswax
1 oz. shea butter
 $\frac{1}{2}$ oz. cocoa butter
1 oz. almond oil
 $\frac{1}{2}$ oz. jojoba oil
 $\frac{1}{4}$ oz. Argon oil
1/4 tsp. Fragrance oil (your choice)
1/4 vit. E

Prepare as for all salves. Pour into 1 or 2 oz. tins.

Natural Herbal Vapor Balm ~ Bee Well

8 oz. Extra Virgin olive oil
1 oz. beeswax
1 1/2 tsp menthol crystals
.2 oz. eucalyptus EO (about 25 drops)
15 drops peppermint EO
15 drops rosemary EO
3-5 drops tea tree EO
3-5 drops thyme oil EO

Melt together EVOO and beeswax. Stir in Menthol and EO until dissolved. Pour into 1oz. jars. Seal. Great for kids—gentle scent, no petroleum!

Lip Balm for Chapped Lips (Becky's Favorite)

2 TBSP (or 1 oz.) each:

Almond oil

2 tsp. honey

Castor oil

10-20 drops mint essential oil

Jojoba oil

10-20 drops tea tree essential oil

1 TBSP beeswax (1/2 oz.) chopped

Propolis tincture—optional—see below

To make: melt together oils, wax and honey in a double boiler. Add mint and tea tree. Stir until cool and begins to change color (the honey will sink to bottom if not stirred to incorporate into the mixture).

Pour into small tubs or jars (this product won't work in a tube—too soft). To add Propolis tincture—melt base oils.

Add tincture. Set in simmering water until mixture reaches 150-160° to eliminate alcohol. Stir in remaining ingredients. Pour into small jars and seal.

Propolis tincture: Collect the cleanest propolis from your hives. Put propolis and a mini food chopper in the freezer. When well chilled, remove and chop propolis to a very fine powder. Place in a jar with a tight lid (canning jars work well) and cover with grain alcohol (like Everclear). Steep for 3 weeks. Strain propolis tincture through several layers of cheese-cloth. Discard the strained particles. Add the tincture to desired skin care product. Protective gloves are recommended when handling the propolis. No scientifically proven efficacy standards are known but literature suggests that 1-5% propolis may be added to skin care products. Propolis is generally known to act as a disinfectant, soothe skin and membranes, stimulate growth and have antioxidant properties. For additional info on using propolis see: [Beeswax & Propolis for Pleasure and Profit](#) edited by Pamela Mumm

Lip Balm for Tubes or Tubs

4.5 oz. BW

3 oz. EVOO

1.5 oz. cocoa butter

1.5 oz. shea butter

1.5 oz. hemp seed oil

1 ½ oz. jojoba oil

Melt using a double boiler.

Divide into 3 jars approx. 4 oz. each = approx. 25 tubes

Add: (All additives are optional)

5 drops orange oil

½ tsp. E oil

1 tsp. Flavor oil or EO

1/8 tsp mica (gives shine)

Green Bee Kitchen Salve—all-purpose salve

4 oz. Hempseed oil

1 oz. Beeswax

1 oz. Almond oil - infused with Calendula

1 oz. Avocado oil

1 oz. Jojoba oil

1 oz. Apricot kernel oil

½ oz. Tea tree Essential oil

½ tsp. Vit. E

¼ tsp. Rosemary EO

¼ tsp. Eucalyptus EO

¼ tsp. Lavender EO

Gently melt base oils and beeswax together in a double boiler. Stir in EO's. Pour into appropriate jars or tins.

Natural Deodorant ~ Don't Bee Stinky

1 oz. Beeswax
1 oz. sunflower seed oil
1 oz. jojoba oil Melt together in double boiler

Add: 10 shea butter (melt)

Mix dry ingredients together

10 oz. Arrowroot powder
1 ½ TBSP baking soda (aluminum free)
1 ½ TBSP green clay
Stir in gradually to avoid lumps

1 ½ TBSP Raspberry seed oil
2 ½ TBSP Glycerin
1 ½ TBSP Vit. E oil
½ TBSP peppermint EO
½ tsp. tea tree EO
½ tsp. lavender EO
¼ tsp bergamot EO
few drops orange EO

Stir until well combined. Use a portion scoop to ladle into jars. Does not work well in a twist up tube. Refrigerate to set.

Other Ideas:

Paw Wax for fur babies

1.5 oz. Coconut oil
1.5 oz. Beeswax
1.5 oz. Almond oil (Infused with calendula)
1.5 oz. Avocado Oil.
1 TBSP dry calendula petals, fragrance optional
Melt in double boiler, stir in petals. Pour into jar or tin. Rub dog's paw over the salve.

Beeswax Polish (adapted from Elaine C. White's Super Formulas) (intended for sealed wood)

4 oz. Beeswax
2 TBSP carnauba wax
1 ½ c. mineral spirits (paste wax) OR 2 ½ cups mineral spirits (liquid polish)
Other essential oils as preferred (orange oil, lemon oil, pine oil—just a few drops)

Melt beeswax, carnauba wax and mineral spirits in a double boiler. (Fire risk—use extreme caution)
Liquid polish—pour into a squeeze top bottle. Works well on furniture and cabinets (even stainless steel).
Paste polish—work quickly—pour into wide mouth tins. Provides greater protection but requires more buffing.

Beeswax Food Wraps

Materials: closely woven fabric—cotton or hemp (organic)

Beeswax

Pine gum rosin

Jojoba oil

Cut fabric with pinking shears—8x8 for small, 10x10 for fruit/cheese, 12x12 for sandwich (use a large bowl for pattern size). Using pine rosin makes a stickier fabric. Using all beeswax works well for most applications.

All beeswax: Place fabric on butcher or parchment paper. Sprinkle with beeswax beads or grated beeswax, top with another parchment. Press with a medium hot iron. Add more beeswax and repeat as needed.

Adding Rosin: Melt approx. 1 lb. beeswax, 3 oz. rosin, $\frac{1}{2}$ oz. (2 TBSP) jojoba oil, in a shallow pan (electric skillet). Dip fabric in melted wax. Place on brown paper or parchment and wipe to remove excess wax. Work in a warm room. May use the iron technique to better distribute the wax.

Notes:

Resources:

Bramble Berry

<https://www.brambleberry.com/>

FO, EO

Bulk Apothecary

<http://www.bulkapothecary.com/>

herbs, FO, EO

Columbus Vegetable Oils

<https://www.soaperschoice.com/>

base oils

Elements Bath & Body

www.elementsbathandbody.com

Twist up tubes & containers

Frontier Cooperative Herbs

<https://www.frontiercoop.com>

herbs and spices

Glorybee Foods Inc.

www.glorybeefoods.com

Majestic Mountain Sage

www.thesage.com

FO/EO, lip balm tubes

Natural Sourcing, LLC

www.fromnaturewithlove.com

FO/EO

On line Labels

www.onlinelabels.com

maestro label maker,

labels by sheet

Papermart

<http://www.papermart.com/HOME>

tins, ribbon, bags, boxes

Planet Label

www.planetlabel.com/

labels by the sheet

Rainbow Meadow

www.rainbowmeadow.com

[FO/EO](#)

Soap Equipment

<http://soapequipment.com/>

soap cutter

SKS Bottle

www.sks-bottle.com

tins, bottles, jars, tubes, pumps

Sweetcakes

www.sweetcakes.com/

FO/EO

Where I buy it--

Olive oil—Sam's

Coconut oil—Restaurant Depot

Arrowroot powder—Natural Grocers

George's Aloe juice—Natural Grocers

Handcrafted Soap Maker's Guild - info on soap making as a cottage industry
www.soapguild.org

www.Honey.com

National Honey Board—recipes using honey and beeswax.

Books:

Beeswax Alchemy: How to Make Your Own Soap.... By Petra Ahnert

Beehive Alchemy: Projects and recipes using honey, beeswax, propolis..... by Petra Ahnert

Making Natural Liquid Soaps: Herbal Shower Gels, Conditions Shampoos.... by Catherine Failor

Making Transparent Soap: The Art of Crafting, Molding, Scenting.....by Catherine Failor

Handmade Soap: Recipes for Crafting Soap at Home (Country Living) by Mike Hulbert

Soap Crafting by Anne-Marie Faiola ISBN 978-1-61212-089-8 Storey Publishing (NEW)

Soap Recipes by Elaine C. White, ISBN 0-9637539-5-9 Valley Hills Press

Super Formulas Arts and Crafts by Elaine C. White

The Soapmaker's Companion by Susan Miller Cavitch, ISBN 0-88266-965-6
Storey Publishing

The Complete Soapmaker by Norma Coney, ISBN 0-8069-5869-8
Sterling Publishing Co., Inc.

The Handmade Soap Book by Melinda Coss, ISBN1-58017-084-6
Storey Publishing

The Soaper's Cook Book by Coleen French and TJ Currey, French Garden Creations, 9783 Butler, Portland, MI
48875 (HOT PROCESSED SOAP)

"Making Herbal Hand Creams and Salves" by Norma Pasekoff Weinberg, A Storey Country Wisdom Bulletin

The Herbal Body Book by Stephanie Tourles

Rhodale's Illustrated Encyclopedia of Herbs published Rhodale Press

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