



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
Easy

PREP TIME
1 hour

SERVINGS
3

Ingredients

- 2 tbs Capilano Active 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 capilanothoney.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



FLORAL MANUKA HONEY

Distinctly herbaceous, caramel and smooth, Capilano Floral Manuka Honey is made by Aussie bees that have foraged the native *Leptospermum* (Manuka) flowers. It is as delightful at breakfast as it is squeezed into coffee, baking, marinades and dressings.

Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

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