



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 of [Capilano Active 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 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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- 3-4 drops of your favourite essential oil

Used in this recipe

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

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