



# 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](https://capilanothoney.com.au) to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag [#honeylovers](#) & [@capilanothoney](#) on Instagram or Facebook and you could be featured on our page!



- 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

Visit [capilanothoney.com.au](https://capilanothoney.com.au) to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag [#honeylovers](#) & [@capilanothoney](#) on Instagram or Facebook and you could be featured on our page!