



DIY Series: The Perfect Salve

FEATURING CANDELILLA WAX AND BEESWAX

What is a Salve?

Combination
of **fixed oils***
and a
hardener,
such as
bees**wax**

- A **hardener** gives substance or “body” to the mixture, making the fixed oils less “wet.”
- Adding more fixed oil makes a thinner salve; more beeswax, makes a thicker (& harder) salve.

**Incorporate Herbal Infused Oils!*

What's the Difference?

Salve

- Beeswax or vegan option such as Candelilla or Carnauba waxes
- Herbal infused oils (though straight, fixed oils may be added)

Body Balm

- Beeswax or vegan option
- Butters
- Veg/nut/seed oils/herbal oils

Body butter

- Butters (e.g., mango, shea, cocoa)
- Herbal and/or veg/nut/seed oils
- Can be whipped or non-whipped

No water = No preservative

But Consider Antioxidants

What is a Wax?

Lipids (Lipid based)

- Long Chain Fatty Acids, non-polar
- Get along with fixed oils & volatile oils

Protection

- As waterproofing & against water loss

Popular Waxes

- Beeswax, from the honeycomb, MP = ~145
- Candelilla (*Euphorbia cerifera*), from Mexico & SW USA, MP = ~155



Salves: Benefits

Longevity & Stability:

- Shelf-stable as they don't contain water, which encourages bacterial growth/mold.
- Long lasting on the skin, holding essential oils (EOs) and other beneficial chemicals to penetrate the skin to deep tissues.

Efficacy:

- Deliver therapeutic qualities of EOs, fixed oils and herbal infused oils to the body
- They are thick and hold the volatile oils.

Versatile in:

- Action: muscle aches, scar reducing, chest salves for respiratory/allergy issues, anti-inflammatory (e.g., bug bites, scrapes and bruises)...the list goes on!
- Delivery: targeted spots—lip balm, hand perfume, joint/muscle/scar tissue...

Efficient:

- Incredibly easy to make!

Herbal Infused Oils



Salve Making Guidelines

Work in Ratios/Percentages

- Higher % of wax gives a “harder” salve
- Easily scale
- Work in parts (ratios)
- Keep your Keep your measurements consistent (Gram, ml, ounce, fl ounce)

Do the Math

- 1:4 ratio = 20% wax (gram) | 80% fixed oils (ml)
- 1:5 ratio* = 17% wax (gram) | 83% fixed oils (ml)
- 1:6 ratio = 14% wax (gram) | 86% fixed oils (ml)
- 1:7 ratio**= 13% wax (gram) | 88% fixed oils (ml)

Work towards your end goal

- Do you want 8 total ozs? 20 total ozs?

****This is my preferred consistency for salves made with beeswax***

*****This is my preferred consistency for salves made with candelilla wax***

Examples

Beeswax

- 1:5 (17%/83%)
- Want: 4 oz total
 - Wax = $(4 * 17\%) = .68 \text{ oz}$
 - Oil = $(4 * 83\%) = 3.32 \text{ fl oz}$

Candelilla

- 1:7 (13%/88%)
- Want: 8 oz total
 - Wax = $(8 * 13\%) = 1.0 \text{ oz}$
 - Oil = $(8 * 88\%) = 7.0 \text{ fl oz}$

Adding Essential Oils to the Mix

Think small

- Work in 1 – 2 oz (4 oz MAX)
- e.g., 30 total oz = a LOT of EOs at 3% dilution (POTENT & \$\$\$\$)

Use a dilution rate of 3-5%

- Why? The waxes “hold” the essential oils longer
- 3% (20 drops per ounce) for “all purpose salves”
- 5%-7% (30-40 total drops per ounce) for targeted issues like scar repair, respiratory salve, pain relief
- *Note: 2-3% **max** when working with younger children (3 to 7 years)

Blend the essential oils together, separate from the salve base

- Blend first then set aside
- Add EOs at the very end, right before dispensing into jars.

Blend Ideas

All Purpose

- 1 oz @ 3% = 20 drops EO
- Herbal oils of Calendula / Yarrow / Plantain
- Fixed oils:
Sunflower/Jojoba/
Meadowfoam
- EOs:
 - 10 Copaiba
 - 8 Lavender or Lavandin
 - 2 Roman chamomile
 - Optional: 3-5 Geranium

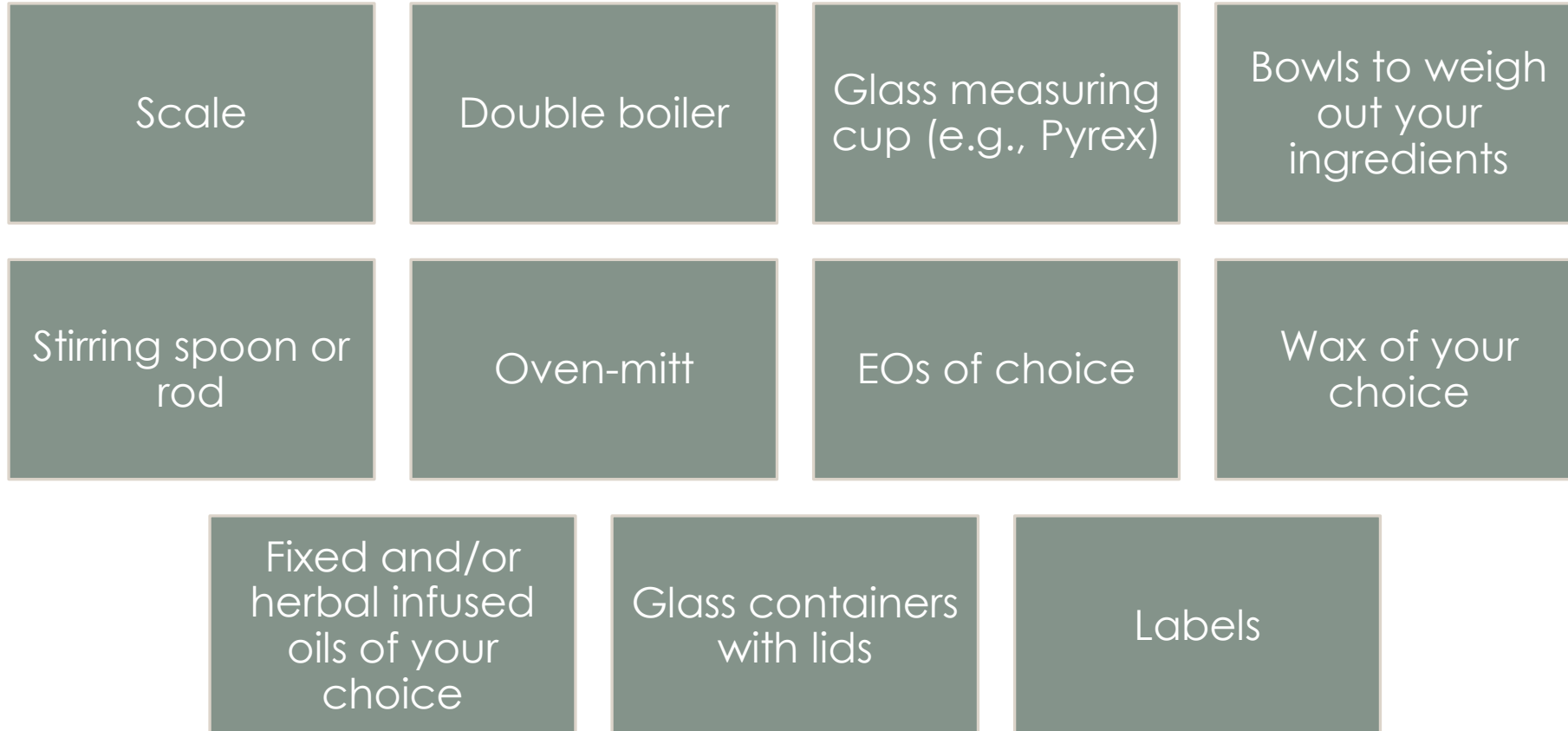
Respiratory

- 2 oz % 5-7%
- Base oils of sunflower, jojoba, etc.
- EOs: (5%) = 60 drops EO
 - 20 Scots Pine
 - 10 drops Frankincense
 - 10 drops Rosalina
 - 10 Eucalyptus radiata

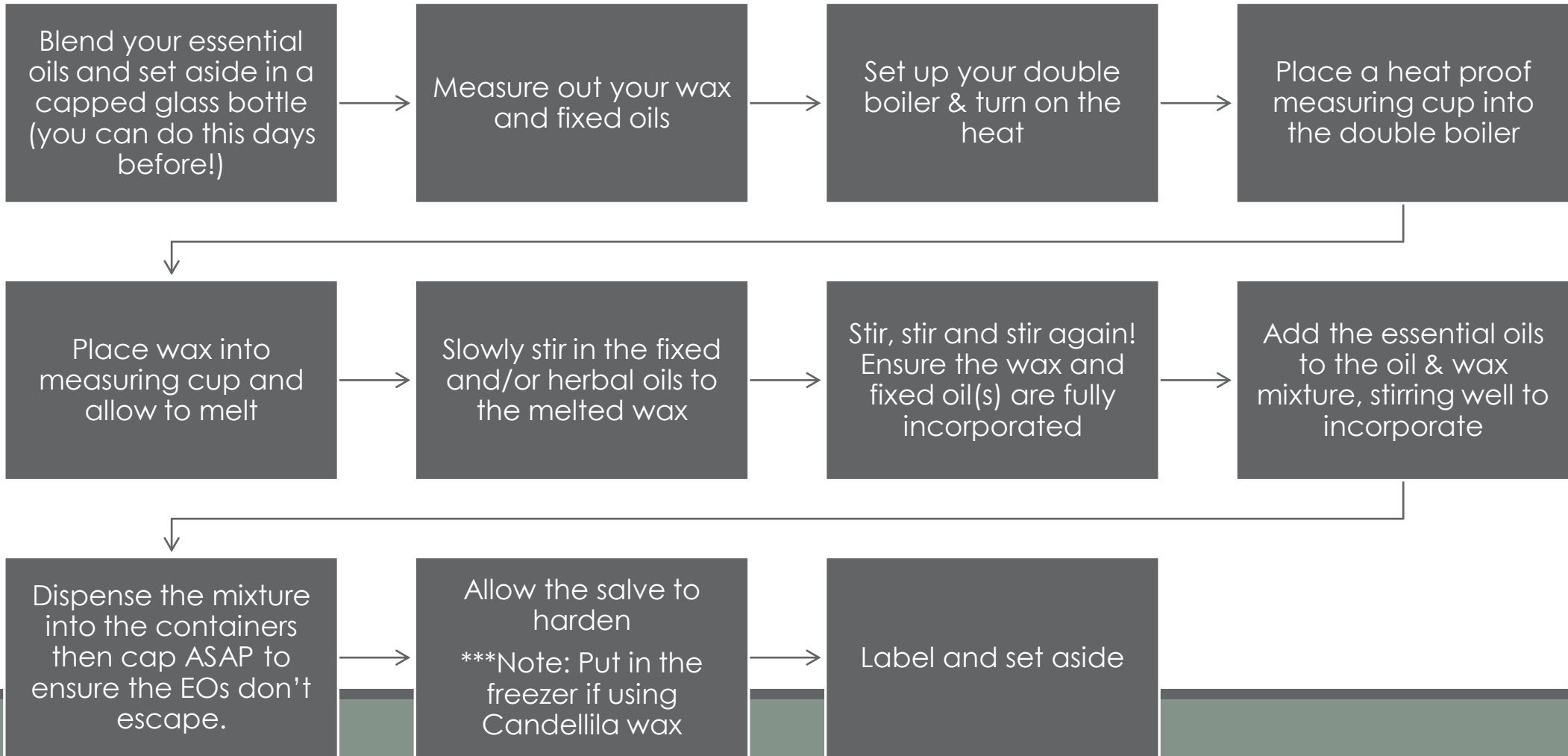
Scar Repair

- 2 ounce @ 5% = 60 drops
- Wax
- Herbal oils of Calendula / Yarrow,
- Fixed oils: Rosehip seed, Tamanu
- EOS:
 - 15 drops Frankincense
 - 15 Carrot seed
 - 10 drops Helichrysum
 - 10 drops Yarrow
 - 10 drops German chamomile

Ingredients & Equipment for Salves



Making a Salve



Tips & Tricks

Sometimes the center of a salve may “collapse”

- This is due to the sides cooling more quickly than the center, common in candle making.
- Remedy #1: Oven
 - GLASS JARS ONLY
 - Turn on your oven to the temperature of the melting point of your wax
 - Take lids off all of the jars and place the jars on a cookie sheet
 - Put the jars in the oven long enough for the tops to even out
 - Remove from oven and let cool
- Remedy #2
 - Use a heat gun or hairdryer to melt the tops of the salves until they even out.

You may find you don't like the consistency of a salve—don't fret & REMEMBER THE RATIO!

- Take a tsp of the hot salve from the double boiler and place it in the fridge, allowing it to harden.
- Test the consistency. If you want a thicker salve, add more beeswax; a thinner salve, add more fixed oil
- Be sure to take notes so you know what's in your recipe!