



# Herby Lab

## Bump Buddies





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## Ingredients

- Shea Butter
- Almond oil infused with arnica, yarrow, calendula
- Cocoa butter
- Beeswax or alternative
- Choice of essential oils (peppermint, witch hazel or lavender are good for bumps)
- **\*The total oils must weigh 3 TIMES the weight of wax\***
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## Method

- Weigh out wax and oils into the glass jar or bowl according to the recipe
- Heat the pan with water in it gently and place the bowl or jar with the ingredients in it in the pan of water
- Stir gently until all the solids are dissolved
- Take the jar or bowl off the heat and add essential oils
- Pour the mixture into the mould and wait for 1 hour
- Carefully pop the bars out of the moulds and use!

## Equipment

A big pan with a glass jar or bowl on top

Water

A wooden spoon

Silicone moulds

Weighing scales

A wooden skewer





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## How does it help?

These bump buddies can help if you get a bump, graze or bruise. The arnica helps with bruises, the yarrow helps heal cuts and wounds and calendula helps your skin to heal. You can also use them for bites, stings and sunburn

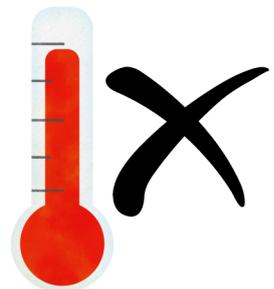


## How do I take it?

You can use the bump buddies whenever you get a bump or a graze or even a bruise. Just rub them on your skin. The heat of your body will melt the bar and the oils will moisturise and soothe your skin while the medicine in the plants will heal your bump, graze, bite or sunburn

## How do I store it?

You can keep your body lotion bars in a cool, dark place. Avoid putting them somewhere warm because they will melt. You can keep them in the fridge for extra cool bump buddies to use for sunburn. Use them within 3 months



Our bodies are amazing. They can heal and fight off infections and illness and the best way to keep them healthy is by eating good food and getting rest and exercise. Sometimes they need a little help from nature and these bump buddies can help us heal more quickly