

Herby Lab  
Wisdom Quest  
Easy Breathe Balm





# Herby Lab Wisdom Quest

## Easy Breathe Balm

### Ingredients



- Beeswax
- Solid oil such as coconut oil or cocoa butter
- Eucalyptus essential oil
- tea tree essential oil
- calendula infused almond oil



### Equipment

- A big pan.
- a wooden spoon.
- a glass jar or jug (heatproof)
- a jar or tin to pour the balm into

**OILS TO WAX RATIO = 5:1**

You need 5 times the weight of oils than you do of wax. So, if you use 100g of oils, you would use 20g of wax

### Method

- Weight out the wax, solid oils and infused oil so that you have a ratio of 5:1 oils to wax
- Add the wax and oils to a glass jar or jug and put them in the pan of water on a stove or the camp fire
- Stir gently until the solid oils and wax have completely melted
- Take off the heat and carefully take the jug or jar out of the pan of water
- Add 30-50 drops of a mix of eucalyptus, tea tree, lavender or any other oils you prefer that help with decongestion
- Pour into tin or jar and leave to set
- Label and use for congestion on the chest and stuffy noses.
- Also can be used on the soles of the feet for colds, coughs and congestion