

Natural Remedy Skin Cream



If you're looking for an ultra-rich, natural skin cream, this is a great recipe to try. A recent study showed this mixture to be helpful in managing atopic dermatitis and psoriasis. This mixture can also be used as an ultra-rich cream for dry heels and hands.

You'll need just three ingredients: beeswax, olive oil and honey. If you don't have access locally to beeswax, it can be also purchased online from beekeepers and cosmetic supply companies. I recommend buying it in the smallest possible package size. Beeswax is quite hard, and doesn't cut well. However, if only the large one-pound bricks are available, I'd recommend melting the entire brick and pouring into foil muffin cups. Let cool, and use the smaller sizes for each batch.

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You'll need equal parts of:

Raw honey

Beeswax

Organic, cold-pressed olive oil

(If this is your first batch, start with 3 tablespoons each. This will yield about 1/3 cup of the final product.)

Melt the beeswax in a saucepan over medium-low heat. When it is melted, whisk in the honey until thoroughly blended. Whisk in olive oil next. Let cool and scoop into a clean container. To apply, use a spoon to remove about a teaspoon. Rub gently onto desired area of skin.

Store in the refrigerator for up to three months.