



# Beeswax and Honey Hand Cream

Recipe by Dr Sara Robb

## Stage 1 Ingredients

15 grams Beeswax

15 grams Shea Butter

40 grams EW (Cetearyl Alcohol, PEG 20 Stearate)

80 grams Rapeseed Oil

375 grams Water

## Stage 2 Ingredients

4 grams Preservative (Phenoxyethanol)

1 drop Honey

Fragrance or Essential Oil (optional)

## Method

Weigh Stage 1 ingredients into jug

Heat until solids melt

Mix with hand blender until thick

Add Stage 2 Ingredients and blend

Transfer to jars or other containers

Sara's books may be found on Northern Bee Books website

<https://www.northernbeebooks.co.uk/?s=sara+robb>