

**Time Codes: Video Lesson 8 - Making Herbal Salves, Balms, Butters and Lotions, Parts 1 & 2**

**Video Lesson 8: Making Herbal Salves, Balms, Butters and Lotions, Part 1**

**(part 1 of 2)**

00:00

Part I: Making Herbal Salves

0:44

Beeswax

1:40

Using Beeswax to Transform Liquid Oils into Salves

3:10

Medicinal Properties of Beeswax, Benefits of Using Beeswax in Skin Care Creations

5:25

Making and Using a Double Boiler

7:00

Jars for Salves and Lotions

8:20

Making Salve

8:28

Salve Ratios: 1 - 2 ounces herbal infused oil/ 1 tablespoon beeswax

10:00

Salve Making Steps:

Melt Beeswax in Double Boiler

11:45

Add Herbal Infused Oil to Melted Beeswax to Make a Salve

13:45

Testing the Texture of your Salve

15:55

Bottling the Salve

16:35  
Additives to Salves: Vitamin E Essential Oils

16:45  
About Using Essential Oils

17:50  
Wintergreen Essential Oil

19:30  
2 - 5 drops of Essential Oil/ 1 Ounce Carrier Oil or Salve

21:00  
Labeling

21:35  
Salve Uses and Applications

22:48  
Storage and Shelf Life

24:03  
Ambient Temperature and Salve Texture

25:50  
Part II: Making Herbal Butters and Balms

25:58  
Ingredients for Butters and Balms

26:20  
Coconut Oil Uses and Applications

28:28  
Coco Butter Uses and Applications

29:48  
Shea Butter Uses and Applications (including on scars)

31:40  
Preparing a Butter or Balm

32:40  
Butters and Balms: 1 - 2 Tablespoons Oils Solid at Room Temperature, 2 Ounces of Herbal Infused Oil and 1 Tablespoon Beeswax

33:40

Melt Solid Oils and Beeswax in Double Boiler First

35:00

Add Herbal Infused Oils to Double Boiler Second

36:20

Use Recipes/Ratios as Guidelines and Experiment from there!

37:10

Bottle & Label

39:10

Making Lip Balm

43:30

Alkanet Root, *Alkanna tinctoria*

## **Video Lesson 8: Making Herbal Salves, Balms, Butters and Lotions, Part 2 (part 2 of 2)**

0:00

Part III: Making Lotion - Introduction to Ingredients

0:50

Why Make Your Own Lotion?

2:05

Ingredients for Lotion: Oil-based Ingredients and Water-based Ingredients - Lotion Making as an Emulsification Process

3:35

Water-based Ingredients for Lotion Making: Teas

4:40

Shelf Life

5:15

Water-based Ingredients for Lotion Making: Teas and Infusions

6:00

Water-based Ingredients for Lotion Making: Tinctures

7:06

Water-based Ingredients for Lotion Making: Flower Waters or Hydrosols

8:35

What is a Hydrosol or Flower Water?

9:00

Making your own Hydrosols or Flower Waters at Home

11:28

Aloe Vera Gel

12:42

Witch Hazel Extract

14:00

Vegetable Glycerin

16:30

Oil-based Ingredients: Liquid Oils (any type of oil that is liquid at room temperature, can be an herbal infused oil)

18:15

Oil-based Ingredients: Solid Oils (oils that are solid at room temperature)

Coco Butter

Coconut Oil

Shea Butter

18:45

Bees Wax to Thicken

19:00

Other Ingredients

19:18

Vitamin C

20:10

Vitamin E oil

21:18

Lanolin

22:10

Essential oils

23:38

Borax

25:20

Part IV: Making the Lotion (Step 1)

25:28

Preparing the Oil Based Ingredients for the Lotion

26:00

Ratio Basics

9 ounces of water-based ingredients: tea, infusion, tincture, hydrosol/flower water, witch hazel, aloe vera gel

6 ounces of liquid oils (oils that are liquid at room temperature)

3 ounces, by volume, of solid oils (oils that are solid at room temperature)

2 tablespoons beeswax

27:30

Combine Solid Oils with Beeswax in Double-Boiler

29:30

Mixing Water-based Ingredients

31:35

Add Liquid Oils to Melted Solid Oils and Beeswax in Double-Boiler

32:43

Part V: Making the Lotion (Step 2 - Emulsification)

32:52

Recipe Ratio Review

We will also add 1/2 - 1 teaspoon lanolin and 10 drops lavender essential oil

34:00

Explanation of the Steps:

~Add salve mixture (while still hot and liquid) to blender

~Put lid on blender and turn on blender

~Remove lid, add other ingredients (in this case lanolin and essential oil)

~Then, slowly add water-based ingredients

~Turn off to stir and incorporate hardened salve on sides and water, turn on again - repeat this last step until all is combined and completely creamy!

36:00

Lotion Making Demonstration

39:20

Part VI: Bottling

39:30

Bottling

40:50

Part VII: Shelf Life, Storage, Usage and Other Notes

41:00

Labeling

41:20

Using a Whisk Instead of a Blender

42:12

What to do About Separation

43:00

Shelf Life of Lotions

43:40

Can Store in Refrigerator

45:00

Avoid Temperature Shifts in Storage

47:15

Adapting with the Texture

48:30

Use and Versatility

49:33

Part VIII: Clean-up Tips!

49:45

Cleaning the Cheese Grater

50:45

Wipe Out the Blender, Measuring Implements, etc. Before Washing