



DIY MOISTURISER



It's simple and cheap to make your own moisturiser. Many beauty products contain all sorts of chemicals and come in resource-intensive packaging that can rarely be reused, composted or recycled. If you make your own, you can be intentional about every single ingredient that goes in and around your product.

You will need:

- 150 ml rose water
- 30 g grated unbleached beeswax
- 180 ml extra virgin olive oil
- 8 drops rose or rose geranium essential oil
- Small clean jars or tins

You can often purchase natural beeswax from farmers markets or health food stores. Or if you have access to a hive, look online and learn how to refine your own!

You can use your ordinary cheese grater to grate the wax. Just clean your grater by pouring boiling water over it and wipe with a kitchen towel.

Use the cream on your hands, legs and face. As a face cream use at night as it is thick, rich and nourishing.

Method:

1. Gently heat the rose water in a glass bowl in a hot water bath.
2. In a separate bowl or pot combine the beeswax and oil and then gently heat in a double boiler until liquid.



3. Remove both bowls from heat and slowly pour the rose water into the oil and wax blend.
4. Mix with a stick blender until combined.
5. Add the essential oil and stir.
6. Before the liquid cools and sets, pour into clean small jars or tins.

