

# H O N E Y & T A L L O W B A L M

## Ingredients:

- 1 cup grass-fed beef tallow
- 1/4 cup quality oil (avocado, olive, argan, rose hip)
- 1 teaspoon raw honey
- 48+ drops of essential oils



## Instructions:

1. Melt tallow on low heat until liquid.
2. Remove from heat and add oil, honey, and essential oils. Stir to combine.
3. Allow the mixture to chill in the freezer until just barely solidified, not liquid, and soft enough to stir easily.
4. Stir with a spoon or whisk until fully combined.
5. Transfer to glass jar(s) and store in cool dark location for up to a year.

## Tips:

1. Use good-quality tallow, raw honey, and oils. Source your tallow and honey locally when you can. If you can't, here are some brands we've used and love. [EPIC Beef Tallow](#) | [Nate's Organic Raw Honey](#)
2. Use any skin-friendly essential oils you like. We often use Lavender and/or lemon, Frankincense, Myrrh, Helichrysum, and Tea Tree from [Plant Therapy](#).