



Make Your Own Garden Balm

From [HGTV.com](https://www.hgtv.com)

"Gardening and harsh weather can wreak havoc on skin. Traditional garden balms tend to be very oily. What's the key to a lighter balm? Whip it! Whipping the oil adds air, leaving you with soft clouds of the most hydrating balm ever".

Ingredients

- 1/2 cup shea butter
- 1/4 cup coconut oil
- 1/4 cup almond oil
- 5-8 drops of essential oil (I used lavender)

Directions

1. Place shea butter, coconut oil and almond oil in a sauce pan. Gently heat on low until the solids become liquid, stir in the essential oil.
2. Refrigerate the melted oils for an hour or until the mixture just begins to set.
3. Add the balm to the bowl of a stand mixer. Beat until light and fluffy, about 8-10 minutes.
4. Spoon the balm into jars. It will last for about 6 months at room temperature.

(Always check for sensitivity before using something new on your skin)