**Jeanne’s Hand Cream (From ABC, XYZ of Bee Culture)**

**2 cups (475 ml) olive oil (the base oil)**

**½ cup (60 ml) palm oil**

**¾ cup (175 ml) coconut oil**

**6 ounces (170 g) beeswax**

**40-50 drops of essential oils (optional)**

Combine the oils in a 2-quart stainless steel sauce pan, and stir over medium heat until the oils

(Butters, if using) are melted. (Since I did not have palm oil, I used a cup of coconut oil instead.) Add the beeswax to the pan, and stir until melted. (I melted beeswax separately) and added. Then test the mix by dropping five or six drops onto a sheet of waxed paper, let cool, and test the hardness. If it is too hard, it will be difficult to rub onto your skin and your mix will need a bit more base oil added to soften it. If it is too greasy, add a bit more beeswax to stiffen it.

When the hand cream has the exact thickness you want, remove the pan from the burner and allow it to cool until the cream begins to harden on the sides of the pan. Then stir in two vitamin E tablets or six drops of vitamin E oil to enhance the healing properties of the hand cream.

For a fragrant hand cream, add any combination of essential oils after removing the pan from the heat, or simply rely on the subtle fragrance of beeswax and the oils in the basic recipe. A popular blend that offers a whiff of fragrance without being overpowering contains 15 drops of lavender oil 15 drops of rosemary oil, and 15 drops of geranium oil. You can use other oils, or vary the proportions of these to suit your taste. ( I used only lavender oil, increasing the numbers of drops to 30 I believe)

When well mixed, pour the cooling cream into individual 2-0unce (55 g) containers and allow it to cool, uncovered overnight. Then cover the containers, label them, and store at room temperature, out of direct sunlight.

Helen Ackermann