



# Cocoa Rose Hip Belly Balm

The Ultimate Belly Balm for Mamas

## Ingredients

30 grams Organic Beeswax  
10 grams Jojoba Esters, MP70  
20 grams Organic Nilotica Shea Butter\*  
15 grams Organic Cocoa Butter  
1 teaspoon Cornstarch, Arrowroot, or Dry-Flo  
25 grams Organic Rose Hip Seed Oil  
25 grams Organic Virgin Argan Oil  
20 grams Organic Emu Oil, Ultra  
10 grams Vitamin E Oil, 400

This recipe makes about five ounces of balm.

\*Note: Nilotica Shea Butter is considerably softer than conventional Shea Butter. If you use conventional Shea for this recipe, I'd recommend adding an extra 5 - 10 grams of Carrier Oil to compensate for the difference in texture.

## Directions

1. Melt the Beeswax and Jojoba Esters together in a double boiler over medium to high heat.
2. When the waxes have fully melted, add the Shea Butter and Cocoa Butter. Heat with the wax for about twenty minutes, long enough to fully melt any micro-crystals that may be present in the butters.
3. Remove the double boiler from the heat, and allow it to cool for a minute or two.
4. Mix the Cornstarch (or Arrowroot/Dry-Flo) with the Rosehip Oil to form a slurry. When it has fully mixed together, add the Camellia, Emu, and Vitamin E Oil as well.
5. Add the oil mixture to the double boiler. Stir well to combine the ingredients, making sure that everything is fully melted and blended together.
6. Pour the mixture into two stick tube (deodorant) containers. The mixture should fill them each about 3/4 of the way.

## Usage & Packaging

This balm is excellent for use in stick tube containers. It is a little too greasy to handle directly, and a bit too firm for a jar. Glide the stick of balm gently over your belly, then softly smooth the balm into your skin in a circular motion. Repeat daily, or as needed.

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