

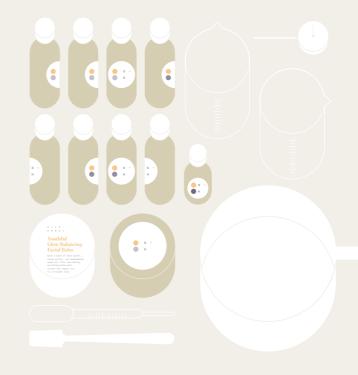
Step-by-Step Face Balm

The balm starts as a liquid before you chill it to balm state. You can enjoy the balm in any form from liquid to solid.

Feel free to keep it in the refrigerator during the hottest months for an extra cool and soothing treat.

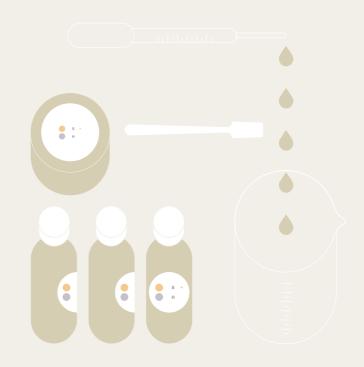
YOU WILL NEED

- 1 Silk + Honey Kit
- 1 Saucepan
- 1 Cooking Thermometer
- 2 Beakers
- 1 Stirring Utensil



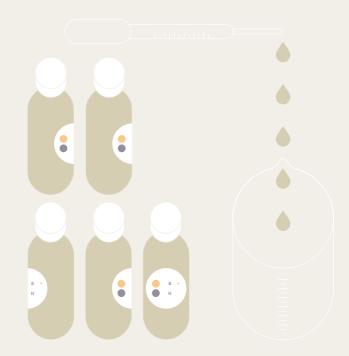
STEP ONE

Add the ingredients listed for PHASE A to one of the beakers.



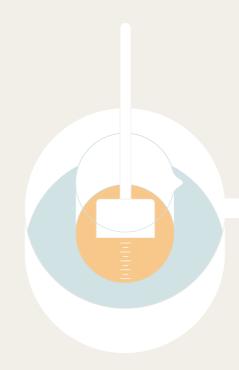
STEP TWO

Add the ingredients listed for PHASE B to the other beaker.



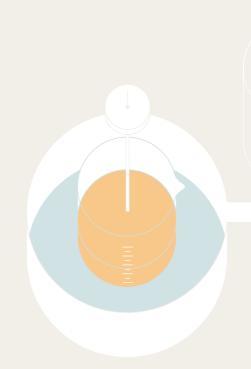
STEP THREE

Place the PHASE A beaker in a saucepan and add enough water to come about 2.5cm/linch up the sides of the beaker. Put the pan over a gentle heat until the contents of the beaker have fully melted, stirring occasionally.



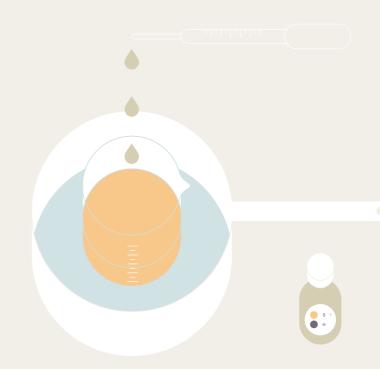
STEP FOUR

When the ingredients have melted, check the temperature with a cooking thermometer. When it is below 43°C/100°F, add the PHASE B ingredients to the PHASE A beaker. Stir the mixture well to bring the ingredients together.



STEP FIVE

Add the PHASE C ingredient and stir well.



While the balm mixture is still warm, pour into the jar. Uncovered, place the balm in the refrigerator overnight. Once set, put the lid on the jar.

The balm can melt or change texture when exposed to temperatures at or surpassing body temperature. Should you wish to restore its smooth, solid surface — screw the lid on nice and tight, then place the jar in a bowl of very hot water. When the balm has fully melted, place the warm jar gently into your refrigerator and leave it overnight.

