

How to make Daisy Balm

You will need:

Daisies, empty jar, vegetable or sunflower oil, sieve, measuring jug, beeswax (available online), saucepan, bowl for waterbath to melt the wax and a small jar, tin or ice cube tray.



Step 1.

Fill a clean jar with daisies and top it up with oil – approx. 100ml of either vegetable or sunflower. Don't press them down too tightly but make sure the jar is filled. Place the jar in a warm place, a sunny windowsill (a greenhouse would be perfect) and leave to infuse for 3 weeks.

Step 2.

Strain the oil through the sieve into a measuring jug. You need 4 times as much oil as beeswax, so weigh the wax so that you can get the proportions correct.



Step 3.

Melt the wax using a bowl in a saucepan about half full of boiling water. Add the oil and stir. Test for set on a cold saucer – if it is too hard, add a little more oil, if too liquid add a bit more wax. You want a consistency that you can rub into your skin.

Step 4.

Pour into your chosen container and leave to set. The balm works well as a moisturiser, but the old name for daisy is 'bruisewort' which refer to its properties for treating bruises (similar to arnica). If stored in an ice cube tray you also get the cooling effect of icing a bruise (just make sure you label it).