

Preparation Time

Gathering Ingredients: 10mins
Equipment Setup: 5mins

Cooking Time

Melting Beeswax and Oil: 15mins
Mixing and Cooling: 30mins

Total Time

Around 60 minutes

Equipment

- Double Boiler
- Mixing Bowl
- Whisk or Mixer
- Measuring Cups and Spoons
- Sterilized Jar for Storage

Ingredients

1. Wild Yam Extract
2. Carrier Oil (coconut, jojoba or almond oil)
3. Beeswax
4. Essential Oils (Lavender or chamomile oil)
5. Vitamin E Oil
6. Distilled Water or Rose Water



HOW TO MAKE WILD YAM CREAM

Instructions

1. Prepare the Base:
 - Measure 1/2 cup of your chosen carrier oil and 2 tablespoons of beeswax.
 - Place them in the double boiler over low heat until the beeswax melts completely, stirring occasionally.
2. Incorporate Wild Yam Extract:
 - Once the beeswax and oil are blended, remove from heat.
 - Add 2 tablespoons of wild yam extract. Stir well to ensure it's fully incorporated.
3. Add Hydration:
 - Slowly add about 1/4 cup of distilled water or rose water to the mixture. It's important to do this gradually while continuously stirring to create an emulsion.
4. Cooling Down:
 - Allow the mixture to cool slightly. When it's warm but not hot, add a few drops of Vitamin E oil and, if desired, 5-10 drops of your chosen essential oil.
5. Whisking:
 - Use a whisk or an electric mixer to whip the cream until it reaches a smooth, creamy consistency.
6. Storage:
 - Transfer the cream into a sterilized jar. Store it in a cool, dry place or in the refrigerator for longer shelf life.
7. Usage:
 - Apply the cream to clean skin. It's often used for areas like the abdomen, thighs, or arms. Remember, a little goes a long way!