

## The VICS Salve Recipe

This recipe yields roughly 525 ml of topical salve; vary ingredients proportionately for a smaller or larger batch.

### Supplies:

400 ml Cannaoil (converted cannabis and olive oil - see our Cannaoil recipe)  
40 grams shaved beeswax  
45 drops lavender oil  
30 drops mint oil  
½ tsp. of honey

### Directions:

1. Combine Cannaoil, honey and beeswax in a small crockpot, or a small double boiler; put on low heat, no higher than 150°F (65°C).
2. Stir occasionally until all the beeswax is melted.
3. Add lavender and mint oil to the Cannaoil/beeswax. Stir to blend oils. Allow to sit for a few minutes.
4. Keeping the crockpot, or double boiler, on very low heat, pour the salve into container(s); stir the mix prior to pouring in order to maintain consistency.
5. Let salve cool completely before putting lid(s) on.

### Benefits:

Fast skin absorption with minimal residual effect.

Eases dry skin conditions.

Provides mild pain relief for muscular and/or joint pain.