

JUNIPER YARROW AFTERSHAVE BALM

This aftershave balm features witch hazel infused with yarrow, to help soothe and heal small nicks, along with astringent juniper berries and pine needles to help tone and clear skin, plus orange peel and cloves for a hint of spicy scent. (The infused witch hazel also makes a great toner on its own!) Apply after shaving, or any time you need a light non-greasy moisturizer.

Oil Phase

- 20 g (0.71 oz) jojoba oil (10%)
- 11 g (0.39 oz) Olivem 1000 (5.5%)

Water Phase

- 85 g (3 oz) distilled water (42.5%)
- 80 g (2.82 oz) herbal infused witch hazel (40%)

Cool Down Phase

- 4 g (abt 1 1/4 tsp) PhytoCide Aspen Bark (2%)
- essential oils: 10 drops juniper
8 drops cedarwood atlas

How to make the aftershave balm:

Combine jojoba oil and Olivem 1000 in one jar. Combine water and infused witch hazel in a second jar, and cover lightly with a lid. Place both jars in a saucepan with a few inches of water. Heat on medium low to 158 to 176° F (70 to 80° C), or until the wax is melted, about 20 minutes. Pour the oil phase into the water phase. (You may need to transfer the mixture back and forth between the two jars a few times to get all of the oil/wax from its jar.) Mix with a stick blender for several minutes. Add the aspen bark powder while the mixture is still watery and blend well. Add the essential oils. (Amounts listed are for a very light scent; you may want to add more.) Stir frequently with a fork as it cools. Pour into bottles while still thin enough to do so, or continue stirring until thick enough to spoon into jars.

How to make the herbal infused witch hazel:

Combine about 2 teaspoons each of juniper berries, pine needles, and yarrow, plus a pinch of orange peel and a few whole cloves in a small half pint jar. Pour witch hazel in the jar to fill. Cap and steep for several days before straining and using in the recipe.

Yield & pH

This recipe makes about 7 ounces of lotion. The pH (before preservatives) is 5.5.



Other Possible Preservative Options

- Leucidal SF Complete (4%): use 8 g total; decrease water amount to 81 g
- Optiphen Plus (1%): use 2 g total; increase water to 87 g