



Tallow Balm

Personal
Care

Ingredients

- 1 cup organic grass-fed tallow
- 1/4 cup extra virgin olive oil
- 48 (or as desired) drops of essential oils of choice

Directions

1. Melt tallow over gentle heat until it is liquid.
2. Remove tallow from heat. Add olive oil and stir to combine.
3. Add essential oils and stir again.
4. For solid tallow balm, pour balm into glass jar. Allow to harden in the refrigerator. When solid, let balm come to room temperature before using.
5. For whipped tallow balm, pour liquid balm mixture into a large mixing bowl. Allow to solidify at room temperature. When solid, whip with a hand or stand mixer until light and fluffy. Store in glass jar.
6. Store both forms of tallow balm at room temperature



Notes

Tips for Success

- Source Smart: Use grass-fed, organic tallow to avoid hormones or additives—quality matters, as noted in the Wise & Wild Way.
- Patch Test: Try a small amount first—rich tallow suits most but may feel heavy on sensitive skin.
- Curl Bonus: Post-no-poo rinse, massage into your scalp and locks to hydrate coarse curls without buildup—a trick from my curl care arsenal. Use just a little!

Enhance It:

- Pair with bone broth or fermented veggies from my Wise & Wild Wellness Program to boost skin health from within.
- Rub it in, feel the glow—your skin will thrive with this pure, natural balm!