

## Tiger Balm: Natural Homemade Recipe

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### *Homemade Natural Tiger Balm Recipe*

*Made with beeswax & coconut oil, rather than petroleum jelly & paraffin!*



You may have seen Tiger Balm lining the shelves of your neighbourhood market or touted in online advertisements, but what exactly is Tiger Balm? Moreover, can you make this product at home with all-nature products?

### What Is Tiger Balm

This pain-relieving topical ointment has been used by Chinese elite for hundreds of years, and in our modern society it's synonymous with joint pain relief. With over 20 million jars of Tiger Balm sold each year, there's something to be said about its effectiveness. While the effectiveness of

Tiger Balm may be disputed among healthcare professionals, holistic and natural remedy proponents suggest this product as a natural way to calm pain and relieve congestion from chest colds. Whilst being touted as a natural cure, Tiger Balm does in fact contain petroleum jelly and paraffin. Below is a recipe to make your own version using beeswax and coconut oil.

## Step-by-Step Guide to Homemade Tiger Balm

- **Step 1** - Add 1/2 ounce of beeswax and 2 ounces of coconut oil into a small saucepan. You may also use extra virgin olive oil instead of coconut oil.
- **Step 2** - In a larger saucepan, add 2 to 4 cups of water. Place the smaller saucepan into the larger one, which creates a double boiler.
- **Step 3** - Increase the stove heat to medium.
- **Step 4** - Continually stir the ingredients until they melt. Make sure to constantly stir the ingredients to prevent them from burning.
- **Step 5** - Remove the saucepan from heat once the ingredients are melted.
- **Step 6** - Add 10 drops of eucalyptus oil, 10 drops of peppermint oil and 5 drops of clove oil into the melted wax and oil.
- **Step 7** - Vigorously mix the ingredients together until they're thoroughly mixed.
- **Step 8** - Allow the mixture to cool for several minutes.
- **Step 9** - In a separate saucepan, bring 1 pint of water to a boil and add 1 tablespoon of crushed garden sage, wintergreen, willow or black haw. Allow the water to boil until the liquid reduces by half.
- **Step 10** - Strain the herb out of the water and add 1 to 2 tablespoons of water into the wax mixture.
- **Step 11** - Heat the wax and water mixture in the double boiler, and stir for several minutes.
- **Step 12** - Pour the warm mixture into a metal or glass container. Place in a dry, cool area for several hours, or until completely cooled.