

Tracy's Pain Relieving Cannabis Topical

Ingredients

- 1/4 cup cannabis infused coconut oil
- 1/4 cup beeswax
- 1/2 cup shea butter or cocoa butter
- 2 tablespoons grapeseed or jojoba oil
- 1/2 teaspoon essential oil of your choice
- 1/4 cup tapioca or corn starch (optional)

Instructions

- In a medium pot on the stove, over low-medium heat, melt the shea butter and beeswax first, then add in the infused coconut oil.
- In a small bowl, mix the jojoba oil and the essential oils together.
- Add the jojoba/essential oil mixture to the pot and continue to melt and mix everything for a few minutes.
- Add the tapioca starch. Once the mixture settles, give it a good stir.
- Pour the hot liquid into tins or jars.
- Let it set a room temperature.

Hands on Time: 15 minutes

Essential oils to consider: eucalyptus, peppermint, citrus, ylang ylang, cedar wood.
Follow your nose.

Notes