



Moisturizing Cream

Ingredients

- 2 parts of tallow
- 1 part of olive oil
- A few drops of essential oil (optional)

Equipment

- Pot to melt tallow (no aluminum please!)
- Spoon to mix
- Jar to store the cream

Did you know that there are more than 12,000 [chemicals](#) that the industry can use to make personal care products? It's crazy!!! And not only that, sadly, most of the scented creams and personal care products commercially sold, contain a lot of [harmful chemicals](#) that are not listed in the ingredients label. The regulations to make these products don't require to list the ingredients used to make "Perfumes" and "Fragrances", so when we use any of these products, we don't really know what our body is getting in contact with. So, my rule of thumb is that if the product contains "Perfume" or "Fragrance", I don't use it.

I believe that mother nature has given us many amazing things that we can use at home to take care of our skin, and seriously, if you can't eat the ingredients of a personal care product you are using, you shouldn't be putting it in your skin or your hair, because the skin absorbs everything that comes in contact with it, and it goes straight into the blood.

This soft cream is a great moisturizer. You can use it in all your skin, including your face and your hands. It makes wonders on irritated or inflamed skin.

This cream is very easy to make. The recipe was created by Dr. Natasha Campbell-McBride MD, (Neurologist, Surgeon and Nutritionist), who created the [GAPS Nutritional Protocol](#). This is how to make it:

1. Melt tallow in a pot with the heat on low. I usually let only half of the tallow melt in the stove top, then turn the burner off and let the rest of the tallow melt with the heat left in the pan. Let the tallow cool down before you continue with the next step.

2. Add the olive oil. Remember that you use 2 parts of tallow with 1 part of olive oil. The cream with only these 2 ingredients might have a little bit of a tallow scent, but it will disappear in about a minute once you put it in your skin, and nobody will notice it. But if you are keen on having your cream with a nicer scent, optionally you can add a few drops of your favorite essential oil. Lavender is a good option.

3. Mix very well and pour into a glass jar.

4. Store the jar inside the fridge overnight to set. The next morning you can take the jar and leave it in your bathroom or bedroom. This cream will last well at room temperature. If you think this cream will last you for a long time, you might want to keep it in the fridge.

You can apply this tallow cream every day to your skin, including your face and your hands. Is a great moisturizer that will help keep your skin radiant!