

# MENTHOLATED COLD CARE CHEST RUB

This creamy rub is a non-greasy and more natural take on the classic petroleum-based chest rub many turn to when colds and coughs strike. My version is fairly mild, since I tend to be conservative with essential oils, so if you'd like it to have a stronger scent, try increasing the menthol crystals to 4 grams (2% of the recipe). Please note that this cream was not designed for children, and take care not to rub it in your eyes.

## Oil Phase

- 32 g (1.13 oz) sunflower (or other) oil (16%)
- 20 g (0.71 oz) mango (or shea) butter (10%)
- 14 g (0.5 oz) emulsifying wax NF (7%)
- 2 g (abt 3/4 tsp) menthol crystals (1%)  
(add after heating)

## Water Phase

- 124 g (4.37 oz) distilled water (62%)

## Cool Down Phase

- 8 g (0.28 oz) Leucidal SF Complete (4%)
- essential oils: 17 drops eucalyptus, 10 drops peppermint, 3 drops white camphor



## Directions

Combine sunflower oil, mango butter, and emulsifying wax NF in one jar. (Don't add the menthol crystals yet.) Add the water in a second jar, and cover lightly with a lid. Place both jars in a saucepan with a few inches of water. Heat to 158 to 176° F (70 to 80° C), or until the wax is melted, about 20 minutes. Remove from heat. Stir the menthol crystals into the hot oil mixture. (Be aware there may be momentary strong

fumes.) Pour the water phase into the oil phase. Mix with a fork for several minutes as the mixture starts cooling. Add the preservative and essential oils. Stir frequently as the cream cools. If desired, set the jar in a bowl of ice water and stir frequently to cool/thicken faster, though it still may take up to 24 hours to reach final thickness.

## Yield & pH

This recipe makes about 7 ounces of lotion. The pH (before preservatives) is 6.5.

## More Preservative Options

- Arborcide OC (4%): use 8 g total; no change to water
- Optiphen Plus (1%): use 2 g total; increase water to 130 g



For more information visit <https://nerdyfarmwife.teachable.com/p/lotions-creams>