

# Teva

AN ADAMAH PROGRAM



## ECO SPA BALM MAKING

*TEVA IN A BOX brings participants to the intersection of Judaism and sustainability for a small taste of Adamah's experiential education curriculum. Learn more at [adamah.org/teva](http://adamah.org/teva).*

**BALM MAKING** is a creative homestead craft where we explore the world of herbs, essential oils, and aromatherapy. We will learn how we can make products made of simple ingredients, which are found in nature. Each participant will decorate their own uniquely scented balm time and make a homemade lip balm/ hand moisturizer.

### LEARNING OBJECTIVE

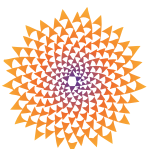
Participants will understand how to make their own healing salves and how to use medicinal herbs.

### JEWISH FRAMING

An herb is any plant that is useful to humans in flavoring food, making medicine, or creating perfumes. There are many ways to care for our bodies and be good to ourselves. Our tradition teaches that *Shmirat HaGuf* – care of our bodies – is important so that we can do good work in the world. To love ourselves, we need to take care of our mind, body, and spirit. Using natural products with simple earth-based ingredients is a way of taking care of our bodies and gifting to others.

// *You shall love your neighbor as you love yourself.*

— Leviticus 19:18



# Adamah

PEOPLE · PLANET · PURPOSE

*Teva works to fundamentally transform Jewish education through experiential learning that fosters Jewish, ecological, and food sustainability. Teva is a program of Adamah. Learn more at [adamah.org/teva](http://adamah.org/teva).*

# EQUIPMENT & SUPPLIES

## ESTIMATED DURATION

20-60 minutes

EQUIPMENT	25 PEOPLE	50 PEOPLE	100 PEOPLE	SUGGESTED MATERIAL SOURCES	NOTES
Medium Sized Pot	1	1	1	Princess House Stainless Steel 6 QT Cooking Pot	Dedicate your pot to this project. It will be hard to use it for anything else afterwards.
Hot plate	1	1	1	IMUSA USA GAU-80305 1100W Electric Single Burner	
Metal Ladle	1	1	1	WMF Profi Plus Pouring Soup Dressing Gravy Sauce Ladle 18/10 Stainless Steel	
Scissors	5	10	20	Lot 6 Fiskars Total Control 3-Loop Kids Scissors USA - NEW	

SUPPLIES	25 PEOPLE	50 PEOPLE	100 PEOPLE	SUGGESTED MATERIAL SOURCES	NOTES
Beeswax	0.5 cup	1 cup	2 cups	100% ORGANIC Hand Poured Beeswax - ~1oz each - Premium Quality, Cosmetic Grade, Triple Filtered Bees Wax	
Olive oil	1.5 cups	3 cups	6 cups		
Tins	30	60	125	1/2 oz Shallow Screw Top Tin Can, 6 pcs <i>Note: It is cheaper to order ¼ oz tins from papermart.com</i>	
Shiny magazines	25	50	100		From the recycle bin
Set of 3-6 essential oils	1 set	1-2 sets	3-5 sets	Aromatherapy Top 6 100% Pure Therapeutic Grade Basic Sampler Essential Oil Gift Set	Lavender and Mint are very popular with many groups. Only add 2-4 drops per balm container. Have extra sets for smoothness of the program.
Fresh Herbs					Optional: Use fresh herbs that correspond with essential oils as a teaching tool
Glue sticks	5	10	20	Elmer's washable All-purpose school glue sticks, 0.24 oz, pack of 30 (E556)	Not everyone will need at the same time, they can share
Sharpies	5	10	20	Sharpie 75846 Fine Point Permanent Marker, Assorted Colors, 24-Pack	1-3 markers per person. They can share colors
Paper towels					Suggested for clean-up

# RUNNING THE PROGRAM

## SET-UP

- 1 Measure 3 parts oil and 1 part beeswax into a medium pot. For a softer/creamier balm, add a higher amount of oil.
- 2 For a shorter program, begin melting wax and oil over low heat at least 45 minutes before the workshop begins. They should be completely melted by the time the workshop starts.
- 3 Set up a display of essential oil bottles along with fresh herbs or other fragrant plants to teach from.
- 4 Set up your stations for balm containers, scents, and collage materials – but do not hand them out yet.
- 5 For younger audiences, consider setting up paper and crayons to draw on before the students arrive.

## DIRECTIONS

- 1 Introduce the concept of *Shmirat Ha-Guf* using the Jewish framing on the first page. Ask participants: Why do you think Judaism commands us to take care of our bodies? What are some way that Jewish tradition helps us take care of our bodies?
- 2 Explain that today we are going to practice *Shmirat Ha-Guf* by making homemade, natural balm. Pass around a few examples.
- 3 Walk participants through the following steps.
  - Get a tin
  - Write your name on the bottom of your tin with the markers
  - Write the name of the oil that you are going to use on the bottom of the tin
  - Trace the top of your tin on the collage material
  - Cut out the collage material
  - Paste it on the top of the lid or pop it inside the lid



4 Pass out the tins and have everyone write their name on their tin's bottom.

5 Pass out the collage material, scissors, and glue sticks.

6 Invite one table up at a time to the scent station to choose their scent, and write the name of the scent somewhere on the bottom of their container. Have them put two to four drops of oil into the container, and then move over to the wax station.

7 Ladle about 1 spoonful of the wax/olive mixture into the container, and set it in the cooling area to dry. Participants can go back to their seats to work on decorating the tops of their lids.

8 Balms will take 5-10 minutes to set (harden) to the point where they can be taken home. They will cool more completely after the next hour.

9 Participants should be encouraged to wait 1 hour before using their salve, so that the middle can fully cool.

*Note: when working with children, add the oils yourself and don't use too much essential oils in the balm as this may irritate the skin and lips.*

