

# Pinner Aikido Club

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*Tiger Balm Recipes*

Tiger Balm relieves sore and overworked muscles. Muscle Balm or Sports Rub should be rubbed into the affected area. The warmth from the natural ingredients will relieve muscle soreness and stiffness. It is greaseless and non-staining.

### **Tiger Balm Recipe 1**

Ingredients:

% by weight amt. needed for 56oz. batch

Menthol crystals 20% 9.6 oz.

Camphor blocks 32% 15.36 oz.

Bees wax 20% 9.6 oz.

Petroleum jelly 4% 1.92 oz.

oil of clove 8% 3.8 oz.

oil of cajuput 8% 3.8 oz.

oil of cinnamon 8% 3.8 oz.

( optional)ammonium hydroxide 1 oz.

Melt beeswax and petrolium jelly in a pot until completely liquefied. Remove from heat, quickly stir in camphor blocks (may help to chop or grate camphor prior). Add rest of ingredients, stir until consistent, and camphor has melted. Pour into permanent container, and let congeal. The above recipe will make a nice tiger balm equivalent to the commercial white stuff. If ammonium hydroxide is added, it turns red, and adds a little more heat to it.

### **Tiger Balm Recipe 2**

Ingredients:

4 tsp shea butter

3 TBS of vegetable oil

2 tbs of jojoba oil

1 cake (1 tbs) camphor gum

15 ml peppermint oil

15 ml eucalyptus oil

10ml of lavender oil

1 tsp beeswax pellets

Melt shea butter, oil and jojoba and crumble camphor gum into the mix. (use rubber gloves it's really stinky) When it is liquid add essential oils and pour into a 4 oz container and let set. It will be a thin ointment that will relieve tired muscles.

### **Tiger Balm Recipe 3**

Ingredients:

10 drops essential oil of peppermint

10 drops essential oil of eucalyptus

5 drops essential oil of clove

60 ml extra-virgin olive oil or coconut oil

15 g beeswax

Heat olive oil and beeswax in a double-boiler over low heat. Stir until wax is melted. Remove from heat. Stir in essential oils, and pour into small glass or metal containers to cool.

Note that commercial Tiger Balm is available in several strengths, and that you may adjust quantities of essential oils in this recipe. This recipe calls for essential oils, but extremely strong decoctions of fresh herbs may be used as well by following the directions here:

Combine fresh herbs in a pan with a pint of water; boil to reduce water. Strain. Combine liquid with oil and wax, and continue cooking over low heat until water has evaporated, making sure not to boil the oil. Remove from heat and cool in glass or metal container.

### **Tiger Balm Recipe 4**

Makes approximately 16 ozs. or (4) - 4oz tins. Ingredients are measured by weight.

3.8 ozs Beeswax pearls

2.4 ozs Menthol Crystals

.5 oz of Petroleum Jelly

2 ozs Camphor Essential Oil

1 oz of each Clove, Cajeput and Cinnamon or Cassia Essential Oils

small pan

4 - 4 oz metal tins

Melt the beeswax and petroleum jelly in the pan over very low heat. Weigh the menthol crystals and add to pan. Fumes may be overwhelming at first. Stir continuously until melted. Once melted, remove from heat and add the essential oils. Incorporated well and pour into tins. Let harden.