

DIY Topical Cannabis Balm

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To make cannabis balm with this recipe, you will need a [Magical Butter Machine](#). Cost is about \$175, but you will quickly earn it back on the money you save making your own product versus buying it from a cannabis dispensary.

The other tool I use is the [NOVA Decarboxylator](#) by Ardent. It's \$210. I like the ease and effectiveness of the machine, which heats and fully activates the THC in your flower. However, I have also used a covered glass casserole – a good way to start.

To decarb without a machine: Break up flowers and small pieces with your hands – add to the casserole and cover – cook at 250°F for 30 minutes. This technique is less precise than the NOVA, but it worked fine for me.

Here's more [info](#) on decarboxylation.

The balm is made in two phases. Phase I is making the infused coconut oil. Phase II is the balm itself. Ratios of cannabis-to-oil vary by recipe, but this is how I make it.

Cannabis-Infused Coconut Oil

1 ounce of decarboxylated cannabis flowers and/or trim (look for strains on sale, preferably high in CBD). I have used CBD Shark and Harlequin.

2 cups liquified organic coconut oil

2 tablespoons [lecithin](#)

Place the ingredients into your Magical Butter Machine and secure the head.

Press the Temperature button and select 160°F; then press the 2 Hours/Butter button.

After the cycle is complete, unplug the unit at the outlet and remove the head of the appliance. Put on the special glove that comes with the machine and pour the pitcher contents slowly through the filter that also comes with the machine into an airtight container. I use a mason jar.

Cannabis Balm

Jars (I use [these](#))

1 cup cannabis-infused coconut oil

1/4 cup olive oil

1/3 cup [beeswax](#)

Essential oils (I use 9-10 drops of Tea Tree and 9-10 drops of Peppermint)

Put all ingredients in the Magical Butter Machine at 160°F for one hour.

I like to hang close to the MBM while it makes the balm, because wax firms up quickly, and you want to get it out while very liquid. Once it's ready, some people whip it, but I don't see the point. I pour it directly into the jars and let it cool before refrigerating. The balm will keep nicely in the fridge. I pull one jar out at a time and leave it on the bathroom counter. Depending on the weather, the balm can be soft or fairly firm (but liquefies in your hands).

For clean-up, I use a combination of wet/dry paper towels. Beeswax will trash your kitchen sponge.

As for usage, in my opinion, you're not getting the maximum benefits unless you apply it every day, preferably twice a day to anything that hurts, itches, burns or swells. An occasional missed application is fine.

I have neurological pain across my mastectomy scars, so I use it on my chest and around my armpits. I also focus on my aging knees and spine (lower back pain and sciatica). Additionally, I have a neuropathic condition on my back called Notalgia Paresthetica, which for me, is a small but extremely itchy patch of discolored skin. Cannabis balm is the best product I've found to manage the itch and reduce discoloring.

If you don't include expenses for the MBM and NOVA and get a good price on your cannabis, cost is about \$4 per ounce versus \$20 per ounce for commercial balm.

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