



Homemade Muscle Recovery Balm

If your muscles are sore, tight, or just plain over it, this homemade muscle recovery balm is a simple, soothing way to help them relax.

I first shared this recipe a few years ago, and it's one I still come back to when I need it. It's made with real ingredients, takes about 30 minutes to put together, and skips the long list of additives you'll find in most store-bought muscle rubs. I also like knowing exactly what I'm putting on my body instead of relying on over-the-counter products filled with ingredients I didn't choose and don't need. When I can support sore, tired muscles with something simple and recognizable, that feels like the better move.

I also recorded a step-by-step demo so you can see exactly how to make it. If you'd rather watch it come together, you can check that out on YouTube @noblealchemy.

Ingredients

- ½ cup coconut oil (solid)
- ¼ cup beeswax pellets
- 2 teaspoons cayenne pepper (dried)
- 1 teaspoon ground ginger (dried)
- ½ teaspoon turmeric powder (dried)
- 25 drops peppermint essential oil

Instructions

Add the coconut oil and beeswax pellets to a mason jar. Place the jar in a saucepan with a couple inches of water and heat over medium heat to create a simple double boiler.

Once everything is fully melted, remove from heat and stir in the cayenne, ginger, and turmeric.

Let the mixture cool until it's warm but safe to touch—about 20 minutes. Then add the peppermint essential oil and mix well. I like to use a hand mixer at this point to give it a smoother, slightly whipped texture.

Transfer to a glass container and let it fully set before using.

How to Use

Apply a small amount to sore areas and massage it in deeply with intention. You'll notice a warming and cooling sensation as it absorbs.

A Couple Things to Know

Turmeric can stain—so wear clothing you don't mind getting a little orange because it will wash off your skin, but not clothing, furniture, or counters.

This balm is strong. A small amount goes a long way.

Supporting the body isn't always about what you eat. Sometimes it's about paying attention when it asks for care. Sore, tired muscles are one more signal from the body, and learning to listen is part of the deeper wellness journey.

If you want more ways to support recovery beyond a topical balm, I share additional muscle-soothing techniques in my *Muscle Meltdown* article on NobleAlchemy.com.