



Cape d'Ape Profumata (Marche)

Scented Beeswax Tablets

In the rural villages of central Italy, *cera d'ape*— pure beeswax, was once treasured as much as honey itself. Beekeeping was part of village life— families kept small hives behind their stone houses, and when the honey was harvested, the wax combs were melted down and reused.

Nothing went to waste. The wax was used to waterproof cloth, polish furniture, make candles for the church, and— most delicately, to scent the home.

Today, the same recipe lives on. It's simple, sustainable, and filled with quiet beauty— a way to reuse, to slow down, and to bring nature indoors.

Recipe— Cera d'Ape Profumata

Makes 6 small tablets

Ingredients

220 g / 8 oz

1 Tbsp

1 ml / 0.03 fl oz / 20 drops

as desired

optional

beeswax

olive oil (for a softer finish— optional but traditional)

essential oils (lavender, rosemary, or orange)

dried herbs or flowers (lavender buds, bay leaves,
rosemary sprigs, rose petals, citrus peel)

cotton string or thread for hanging

Method

- [1] **Prepare the molds**— use silicone molds, muffin tins, or small tart pans. Sprinkle a few dried flowers or herbs on the bottom for additional decoration.
- [2] **Melt the wax**— place beeswax in a heatproof bowl set over a pot of simmering water, double-boiler style.
- [3] **Scent the wax**— remove from heat & stir in the essential oils (lavender for calm, rosemary for freshness, orange for warmth— or combine them).
- [4] **Pour & decorate**— pour the liquid wax into the prepared molds. While still warm, press in more herbs or petals on top for color & texture. If you'd like to hang them, lay a cotton thread or ribbon loop into each before the wax hardens.
- [5] **Cool & unmold**— let the tablets cool at room temperature for a few hours, then remove gently from the molds.
- [6] **Cure (optional)**— allow them to rest for a day before use so the scent settles & blends beautifully.

Recipe— Cera d'Ape Profumata, cont.

Tips & Variations

- Place one tablet among folded linens or hang it inside a wardrobe.
- Avoid direct contact with fabrics on hot days— beeswax softens in warmth.
- When the fragrance fades, simply remelt and refresh with new herbs or oil.
- For a *Tuscan scent*— lavender, lemon peel, & bay leaf.
- For an *Umbrian note*— rosemary, sage, & a drop of frankincense.
- For a *Marche blend*— dried rose petals & sweet orange zest.
- Use Aurifil 100% Cotton Floss for the *hanging loop*.
- Add a small amount of *coconut oil* if you want the wax to stay softer and be easier to remelt later.
- They make lovely handmade gifts.