



Lip Balm with Essential Oils

Recipe Sheet

Basic Lip Balm Recipe

Project Level: Easy

Estimated Time: 1 hour

Yield: 12 (.15 oz.) Lip Balm tubes

Ingredients:

- ◆ 0.5 ounce (14 grams) Beeswax
- ◆ 0.5 ounce (14 grams) – your choice of Butter {Cocoa Butter, Mango Butter, Shea Butter}
- ◆ 0.6 ounce (17 grams) Virgin Coconut Oil
- ◆ 0.5 ounce (14 grams) – your choice of Carrier Oil {Apricot Kernel, Avocado, Jojoba, Sweet Almond, Sunflower, Grapeseed, Fractionated Coconut, Olive}
- ◆ 1/8 tsp. Vitamin E
- ◆ 12 drops {1/8 tsp.} - your choice of Essential Oil(s)
- ◆ Optional - Color/Gloss (see below)

Essential Oil Flavor Ideas

- Grapefruit
- Lavender
- Lemon
- Lime
- Lemongrass
- Peppermint
- Orange
- Lavender & Peppermint
- Peppermint & Orange
- Orange & Cinnamon
- Lavender & Orange
- Peppermint, Orange & Tea Tree



Essential Tips & Suggestions:

To Add Optional Color

Choose from the All-Natural OR Not-so-Natural options below.

All-Natural - You can make an herbal powder infusion. The best way to do this is to infuse the carrier oil in your lip balm recipe with your chosen herb (beet root, alkanet root, paprika powder, powdered rose petals) prior to adding it to the lip balm mixture. You can strain the herb powder from the warmed oil using a cheesecloth or fine mesh strainer. (Add during Step 1.)

Not-so-Natural - Mica (a mineral lip balm colorant) is an easy way to add a nice hint of shimmer and color to your lips. When purchasing Mica, make sure that it is lip-safe; some are for soaps, lotions, or perfumes and should not be used on the lips. You can add up to 1/8 tsp. of Mica per 1 oz. of lip balm base. You can also shave off a little of your favorite lipstick and add to the lip balm base. (Add during Step 4.)

To Add Optional Gloss

To add a bit of shine to the lip balm, add about 1/8 tsp. of Castor Oil per 2 oz. of lip balm base.

Dilution

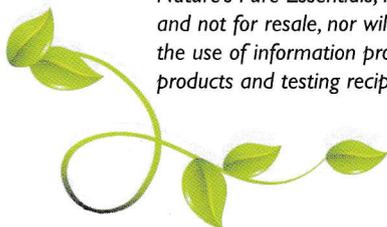
Essential oils are very strong and must be diluted. 1% Dilution is recommended for basic skin care and daily use. 1% dilution equals approximately 5 or 6 drops per oz. of product. (1% dilution: 1 oz. = 30 ml. = 600 drops of oil. 1% of 600 drops is 6). The recipe above is approximately 1% dilution.

Clean-Up

For easy clean up, immediately wipe out the glass Pyrex cup with a paper towel while it's still hot. You don't want to pour this down the drain, so do your best to get as much wax residue off as possible. Then wash with hot, soapy water.

Caution: For external use only. Essential oils must be handled with care. Test small area before use. May cause skin irritation. Keep out of reach of children.

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Essential Materials You'll need:

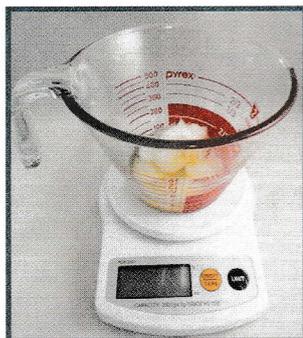
- ◆ 12 (.15 oz.) Round Lip Balm tubes
- ◆ Digital Kitchen Scale
- ◆ Measuring Spoon
- ◆ 16 oz. (Pyrex) Measuring Cup
- ◆ Chopstick or Popsicle stick
- ◆ Small Pot



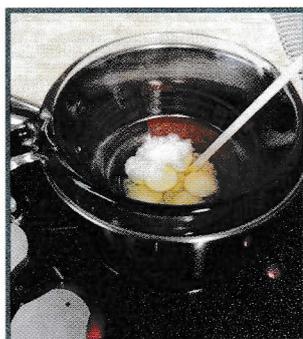
Essential Step-by-Step Directions:

1. Weigh the wax, butter, coconut oil & carrier oil (or the optional all-natural infused colored oil) in a heat-safe (Pyrex) glass cup.

Note: Be sure to press "TARE" on the scale so you're not measuring the weight of the cup as well.



2. Set the cup down into a small pot filled with a couple inches of water to create a makeshift double boiler. Gently heat the water over medium-low heat, stirring occasionally, until everything melts together.



3. Once everything is fully melted, remove from heat.

Caution:

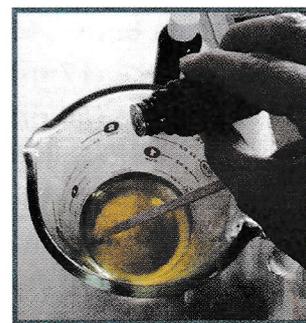
Glass Pyrex cup will be hot!

Tip: Use a clean chopstick or popsicle stick to stir for easy cleanup.



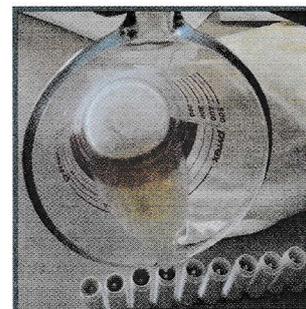
4. Add the Vitamin E. and essential oil(s), stirring gently.

Optional: Add 1/4 tsp. Mica, if choosing to add a not-so-natural colorant to your lip balm. Stir until completely blended.



5. Pour mixture quickly into lip balm tubes.

Note: If the wax begins to harden, put the glass Pyrex cup back into the hot water and remelt the mixture.



6. Allow the lip balms to cool. Place the caps on top and apply the labels.

