

Lip Balm

Ingredients

Note: All ingredients and lip balm containers are available at both Bellingham Community Food Co-op locations and online through Majestic Mountain Sage.

½ cup oil: Use Jojoba, grape seed, sweet almond or hazelnut oil – you can use one, or a combination. Infused herbal oils (i.e. calendula, comfrey, plantain or rose oil) increase skin healing properties. Adding castor oil will add sheen, shea butter will give you sun protection and hydration, cocoa butter gives a chocolate scent (thicker nut butters will harden the balm so you will need to add less beeswax).

2-4 tablespoons beeswax: Grate the beeswax first and start with less.

.15 ounce lip balm containers: One batch will fill 22-25 containers (both twist-tube containers or twist-top jars or tins work great).

Optional:

- Honey: Try adding 1 teaspoon or so of honey. Herbal honeys, such as rose, make it even more luscious.
- Vitamin E: 4 Vitamin E oil capsules or ½ teaspoon for additional help healing scars, burns or chapped lips. Add this at the last possible moment as heat damages the Vitamin E.
- Essential oil: Add 20-40 drops (to your liking). Be sure to use only true essential oils – fragrance oils can be very toxic.

Preparation

1. Using a double boiler, heat oil on low (if you do not have a double boiler, use two pots; fill one with water and place the other about 2 inches above the water; place your beeswax and oil in the pot that doesn't contain water).

2. Add beeswax to heated oil until you get your desired consistency. Test consistency by placing a few drops on a spoon and letting it harden. For a harder consistency, add more beeswax.

Note: if you are adding honey, go for a harder consistency

3. Remove from heat and let cool for a few minutes.

Note: While your mixture is cooling, add any optional ingredients you have selected.

4. Pour your product into a heat-safe measuring cup with a pour spout, and then begin pouring the mixture into lip balm containers.

Note: When the mixture hardens, return it to the top pot of the double boiler and reheat (repeat as often as necessary).

6. Enjoy your personalized lip balm.