

Naturally Nourishing Lip Balm



12-15 tubes



45 minutes

INGREDIENTS

- 7 tsp beeswax pastilles
- 4 TBsp pastured-pork lard
- 25+ drops peppermint essential oil

SUPPLIES

- measuring spoons
- 12-15 chapstick tubes - (you can also make in a small jar and just use your finger for application if you don't have these) I order 100 at a time since I give these away a lot. They cost \$0.13 when I order this many.
- plastic pipette
- 2 cup glass measuring cup or pint mason jar
- small sauce pan
- spatula
- small whisk
- water



DIRECTIONS

1. Melt the beeswax and lard in a double boiler, small glass bowl/measuring cup or mason jar over a small pot of boiling water, stirring constantly until melted.
2. Remove pan from heat but keep over the still-hot water to keep the mixture melted.
3. Add essential oils to your preference. Add only a few drops at a time and test a tiny amount on your arm to make sure the scent is to your liking.
4. Once you've added the essential oils, use the pipette or a dropper to fill the lip balm tubes. If you use a glass measuring cup, pour directly from the cup into the tubes. This must be done quickly since the mixture will start to harden as soon as it is removed from the heat.
5. Let tubes sit at room temperature for several hours until cooled and completely hardened before capping them.

TIPS

If you're switching from store-bought chapstick and want some color and shimmer naturally, add a tiny amount (1 tsp) of mica powder. It has natural color and shimmer and blends perfectly.

NOTES

Use an extra teaspoon or two of beeswax if you prefer a thicker and longer-lasting lip balm or slightly less if you prefer a smoother and softer lip balm. Since there are no water based ingredients, you can re-melt and add more of each ingredient during the melting process until you get the exact texture you want.

When experimenting, put a few drops of the melted mixture onto a piece of parchment paper and let it harden in the fridge so you can test it before putting the mixture into the tubes.

Adapted from Wellness Mama