

DIY NATURAL LIP BALM

WHAT YOU NEED:

- Glass beaker or glass measuring cup
- Saucepan and stove
- 3 tsp. unbleached beeswax (in “pearl” form or grated and then measured)
- 5 tsp. jojoba oil
- 1 tsp. honey
- 2 drops tea tree oil
- Essential oil of your choice for flavor (e.g., coconut, citrus, peppermint)
- Small clean jar (or other small container)

Our lips have thin skin that doesn't produce protective oils like the rest of our skin. This means it's very easy for them to dry out with heat and cold and become chapped. Use the following recipe to make a natural lip balm that will moisturize and protect your lips! Most of these ingredients are available online or at health food stores. (Adult supervision recommended.)

WHAT YOU DO:

1. Place the beeswax and jojoba oil in the beaker and then set it in 2-3 inches of water in a saucepan. Heat over the stove until the water boils and stir until the beeswax is melted.
2. Remove from heat and stir in the honey and tea tree oil.
3. When nearly cool, add 3-4 drops of your preferred essential oil flavor.
4. Pour into the small jar.

WHAT HAPPENED:

Lip balm helps provide a protective layer on the lips that locks moisture in and helps heal chapping. The various ingredients in this lip balm work together to keep your lips soft and moist.

Beeswax is an emulsifier, helping keep the other ingredients smoothly mixed. It forms a protective barrier on your lips that holds moisture in the skin and prevents irritants from making contact. Jojoba oil is a liquid wax from a desert plant and helps protect skin. Honey is a sweet flavor, but also a skin moisturizer and can soothe irritated skin. Tea tree oil acts as a natural antibacterial and antifungal.