

# LIP BALM

*how to make*

- revival homestead supply -

**Instructions:**

1. Depending on the temperature, your coconut oil may be solid, liquid, or somewhere in between. If solid, place it in a bowl of hot tap water for 5 min, or until liquid.

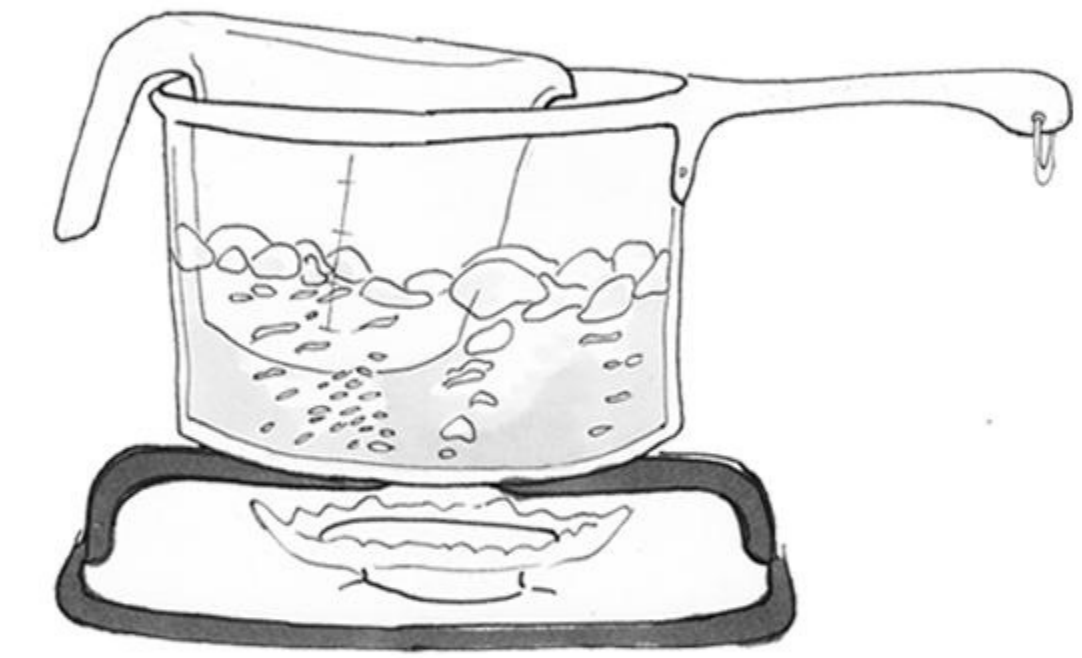
2. **Stovetop:** Fill saucepan halfway with water, place spouted cup inside and heat over a medium flame (see fig. 1) Place beeswax in the spouted cup, and bring water to a boil.

**Microwave:** Place beeswax in spouted cup and heat in microwave at short intervals, until just melted. Do not overheat!

**In addition to the contents of this kit, you will need:**

stove and saucepan or microwave  
essential oils  
thermometer  
mineral pigments  
spouted cup  
rubber spatula  
whisk  
labels

**you may want:**



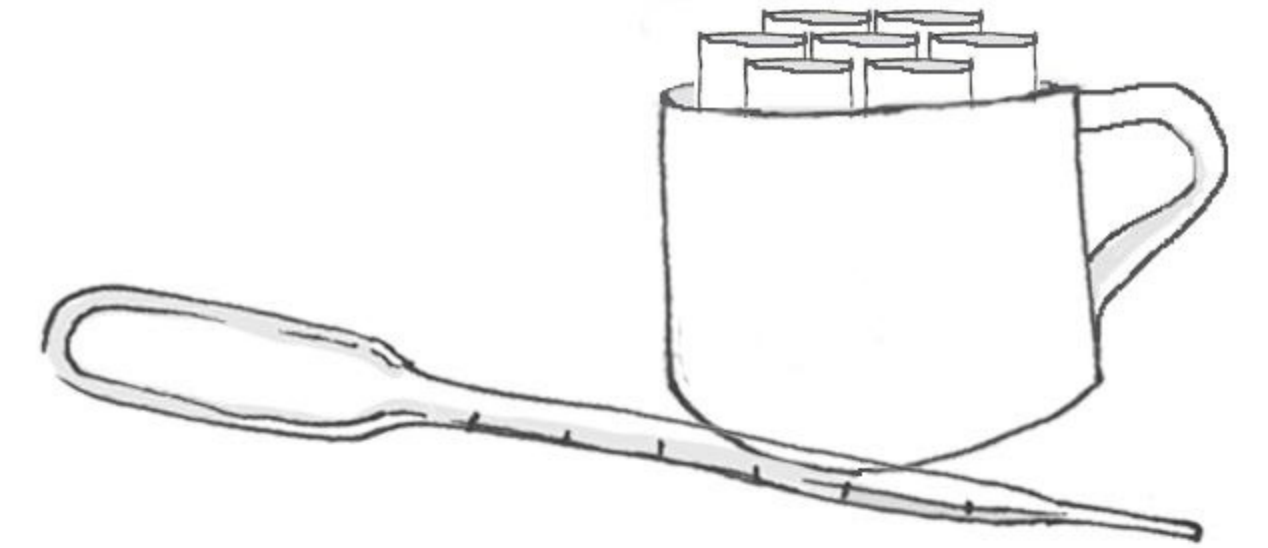
**fig. 1 :** Double boiler. Heats more evenly to prevent scalding. **TIP:** If the cup sits on the bottom of the pan, it will bounce when the water boils. Place mason jar lid band, or another object that will create space under the cup to prevent jostling.

3. Add shea butter. Heat in the same manner until just melted.
4. Add coconut oil. Heat in the same manner until just melted. Stir and remove from heat. For best results, do not heat above 170°F.
5. If using, add 20-40 drops of essential oils now (see below for more detailed advice). Stir to combine.
6. Want to add pigment? Visit our website for detailed instructions.

## Pouring

If you are steady-handed you may pour directly from your spouted cup. If you prefer the cautious approach, leave cup in saucepan. Turn heat on, if necessary, to maintain a temp. of 155-160°F and use the provided pipettes. This temperature prevents the clogging or melting of pipettes.

7. Place tubes upright on a table or in a short cup; do not hold them. Pour balm without touching cup or pipette to tubes (to prevent spills and domino-effect tragedies).



8. Fill all tubes to 1/4" from the top. The surface will sink as it cools. Go back to the first tube you filled and fill them right to the tippy-top.

9. Allow lip balm to fully harden, then cap. **TIP:** For best texture, refrigerate immediately after pouring, until hard. Store in a cool, dark place and use within 1 year.

## Cleaning Up

1. Using a rag or paper towel, wipe down the spouted cup immediately after pouring, while lip balm is still warm. This should clean your cup of all oils but a thin residue.
2. Wash with soap and hot water.

*Oops! I let lip balm harden in the cup. Now what?*

Fill a large saucepan with water, heat until steamy. Place soiled cup in hot water on its side so water fills the inside. Rotate to hit all the oily spots. Go back to step 1.

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## About Essential Oils

If you want to add essential oils to your lip balm, this section is intended for you!

Essential oils can be purchased at most natural food stores in the body care section, and are usually sold in half ounce bottles. Smell them all and find a scent you love. Mix and match, if you like! Just about any essential oil you like the smell & flavor of is a good addition to lip balm. We have found these oils to be popular: sweet orange, peppermint, rosemary, lavender, geranium, juniper & ylang ylang. Due to their good-for-skin properties we also recommend rose, frankincense, myrrh, sandalwood, chamomile & neroli. Warming oils like cinnamon, clove and ginger are often used in "lip plumping" concoctions. These oils should be used sparingly (5 drops or less) as they can irritate skin. People with particularly sensitive skin should avoid these oils altogether.

**How many drops?** Every oil is unique and some are stronger than others. Use your nose! For intense oils like mints and ylang-ylang use 20 drops. For earthy scents like geranium, frankincense or sandalwood use 30 drops. For light and mellow scents like lavender, chamomile or citrus use 40 drops.

\*\* For more ideas, inspiration and troubleshooting, including scent recipes and how to make tinted lip balm, visit our website:  
[revivalhomesteadsupply.com/resources/lipbalm](http://revivalhomesteadsupply.com/resources/lipbalm)

