

DIY Adventure - Kiss of Peppermint Lip Balm

Ingredients

- 2 tablespoons beeswax pastilles
- 2 (heaping) tablespoons shea butter
- 2 (heaping) tablespoons coconut oil
- Up to 30 drops of Peppermint essential oil
- Lip balm containers and lids (tubes, jars, or tins)
- OPTIONAL: Stickers and tube-filling tray



Instructions

1. Slowly melt beeswax, shea butter, and coconut oil in a double boiler or small glass bowl over a small pot of boiling water, stirring constantly until completely melted.
2. Remove the pan from heat but keep over the still-hot water to keep the mixture melted. The goal is to keep it completely liquid to stir in the essential oils.
3. Add a few drops of the essential oils at a time and test a tiny amount to ensure the consistency, scent, and flavor strength is to your liking.
4. Once you've added the desired amount of the essential oils, fill the lip balm tubes or tins.
5. Let containers sit at room temperature for several hours until cooled and completely hardened before capping them or putting on the lids.

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 (the instructions above for heaping are for a softer recipe).

When experimenting, you can put a few drops of the melted mixture onto a metal spoon and let harden in the freezer for just a minute to test it for desired consistency.

Have fun with it! This recipe makes ~12-14 of the 5.5 ml lip balm tubes.

Recipe and Ingredient Recommendation Links:

<https://AdventuresForRealLife.com/blog/44820/crafting-comfort-easy-and-affordable-diy-lip-balm-for-all>