

## Festive Lip balms

A lip balm is a form of herbal ointment that has additional beeswax to give it a firmer texture. Lip balms can be medicinal, for example anti cold sore, or for dry cracked lips. Or they can be for general protection from the elements.



### *Basic lip balm recipe*

10g oil  
5g cocoa butter  
5g beeswax

(Makes 2 - 3 tubes of lip balm)

Melt the oil, cocoa butter and beeswax together at a low heat, in a double boiler (glass bowl over a pan of water). Allow to cool slightly before adding essential oils. (If adding essential oils stir well).

Carefully pour or spoon the mixture into the lip balm tubes.

Because there is no water in this mixture it will last 1 – 2 years if kept well, but remember lip balms tend to re melt in hand bags several times and that will decrease the shelf life.

### **Festive flavours**



Lip balms can be coloured and flavoured naturally by ingredients you have in your kitchen cupboards.

Why not try adding 3g of dark chocolate with 2g of cocoa butter?

A small amount of alcohol can be added to this mixture, after everything has melted, 2-3 drops of an alcohol of your choice can add an interesting flavour. Remember to continuously stir the mixture and whisk when required. Alcohol will try to split out of the mixture.

Try infusing whole spices in the oil you are using before making the lip balm. A cold infusion is simply where the spices are added to the oil and left for 2 weeks to infuse. Or you can so a warm infusion where the oil is warmed with the spices in a double boiler over a very low heat. Once the oil has taken on the flavour (30 mins to an hour usually), allow the oil to cool before using it in the lip balm recipe.



E.G. 1 cinnamon stick, 2 cloves and 2 star anise in 200ml of olive oil for a festive infusion.



Essential oils can be added to lip balms but ensure they are essential oils and not infused oils or other chemical based scents. If adding essential oils you need to add them just before you spoon the mixture into the pots.

A good rule of thumb is 3 – 5 drops of essential oil per batch. You can add more to your own tastes but it's important to know the strength of your essential oil. For example cinnamon can be over stimulating and 1 – 2 drops may be sufficient.

While experimenting with different flavours can be fun, it's always a good idea to test the lip balm on the skin on the inside of your elbow to see if it causes a reaction.

**Please note that you cannot sell lip balms or any of these remedies as they are subject to several laws, legislation and regulation.**

**For more recipes and information on herbal medicine,  
take a look at the online courses section of  
[www.lauracarpenter.co.uk](http://www.lauracarpenter.co.uk).**