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Hydrating Homemade Lip Balm

Shopping List

1. [Beeswax Pellets](#)
2. [Coconut Oil](#)
3. [Shea Butter](#)
4. [Vitamin E Oil](#)
5. [Lavender Essential Oil](#) or [Peppermint Essential Oil](#)
6. [Lip Balm Tubes](#) or [Tins](#)

Kitchen Tools Needed

- **Double Boiler or Saucepan with a Heatproof Bowl:** This is used to melt the ingredients gently without burning them.
- **Measuring Spoons:** For accurate measurement of ingredients.
- **Spoon or Spatula:** For stirring the mixture.
- **Small Funnel (optional):** For pouring the mixture into the tubes or tins without spilling.
- **Knife:** A butter knife works if the shea butter is in a block.

Instructions

1. **Prepare Your Work Area:**
 - Clear a clean surface in your kitchen and gather all your ingredients and tools.
2. **Set Up the Double Boiler:**
 - **What It Is:** A double boiler is a two-pot setup where one pot is filled with water and the other fits on top to melt ingredients gently.
 - **How to Use:** Fill the bottom pot with water and bring it to a simmer. Place your heatproof bowl or second pot on top.
3. **Measure and Melt Ingredients:**
 - **Beeswax Pellets:** Measure 1 tablespoon and add to the bowl on the double



boiler.

- **Coconut Oil:** Measure 1 tablespoon and add it to the beeswax.
- **Shea Butter:** Measure 1 tablespoon and add it to the mixture.
- **Stirring:** Use a spoon or spatula to stir until everything is melted and combined.

4. **Add Vitamin E and Essential Oil:**

- **Vitamin E Oil:** Add 1 teaspoon to the melted mixture.
- **Essential Oil:** Add 5 drops for fragrance (optional).
- **Mix Well:** Stir everything together until well combined.

5. **Pour into Containers:**

- **Filling:** Carefully pour the mixture into lip balm tubes or tins. If you have a small funnel, it makes this step easier.
- **Cooling:** Let them cool at room temperature for a few hours or in the fridge for faster setting.

6. **Seal and Label:**

- **Sealing:** Once cooled and set, cap the tubes or tins.
- **Labeling:** You can create fun labels to identify your homemade lip balm!

See also [Pet Urine Be Gone: DIY Floor Cleaner for Fresh and Safe Homes](#)

Nutrition Facts (Per Tube/Serving)

- **Calories:** Approximately 45
- **Fat:** 5g
- **Saturated Fat:** 4g
- **Carbohydrates:** 0g
- **Protein:** 0g
- **Vitamins:** Includes Vitamin E

Servings

- This recipe makes approximately 2 lip balm tubes.