

Lip Balm Recipe

YOU WILL NEED

- 1) An Estheticals Kit containing
 - 100g Cocoa Butter
 - 50g Shea Butter
 - 50g Beeswax
 - 50mls Sweet Almond Oil
 - 2 x 3mls Flavour Oils
- 2) A bain marie - mixing bowl that fits in a pan of water

HOW TO MAKE THEM

- **MIX THE BASIC INGREDIENTS** - Grate the cocoa butter up with any standard grater. This speeds up the melting process. Add the Shea Butter and the (cut up) beeswax (or pellets) to the cocoa butter and shea butter.
- Place these ingredients in the mixing bowl and place the bowl into a pan of shallow water. Place the pan on the hob and begin to heat, stirring continuously.
- When it begins to melt you can add the Sweet Almond Oil. Once it is all fully melted stir gently and leave to cool slightly.
- **ADD THE FLAVOURING** – Your kit contains enough Flavour Oil for this amount of lip balm so add it to the mixture now - if you want to make 2 different flavours you will need to divide the mixture now.
- **YOU CAN USE ESSENTIAL OILS - TEA TREE AND LAVENDER, FOR INSTANCE TO MAKE A HEALING BALM - ADD 3MLS TEA TREE AND 1 ML LAVENDER. PLEASE TAKE CARE WHEN USING ESSENTIAL OILS ESPECIALLY WITH CHILDREN.**

- **DO NOT LEAVE THE MIXTURE TO STAND OR IT WILL START TO SET.**
- **DECANTING INTO THE POTS OR TUBES** - Leave a little of the mixture aside for topping up the balms.
- Spoon the mixture into the pots or tubes and leave to cool. Sometimes you will see a little dipping or hollowing in the middle of the balm as it cools - simply remelt the extra mixture that you set aside and top up the pots/tubes.
- Place in the fridge and leave to cool and harden - minimum 1 hour but best for 5 or 6 hours.

IDEAS & HINTS

- **CHOCOLATE LIP BALM** – You can put a small amount of real chocolate (we recommend a good quality chocolate with 70-80% Cocoa). Melt the chocolate with the Cocoa Butter and Shea Butter and proceed as normal.
- If your lip balm is too soft you can remelt it and add a little more Cocoa Butter or beeswax. If it is too hard remelt and add a little more Oil.
- If you only want to make a few, rather than a big batch you can divide the ingredients and use only 10% i.e 10g Cocoa Butter, 5g of Shea Butter, 5g Beeswax and 5mls of Oil - just a few drops of flavouring. This should make a couple of pots/tubes at a time.

HAVE FUN!!!

NEW KITS COMING SOON

Moisturisers

A wonderful kit that contains all you need to make your own skin creams. You'll be able to make a litre of cream and use it as the base to make Face Creams, skin scrubs, Body Butters and creams or for your own Essential Oil healing creams.



Face Masks & Skin Scrubs

A simple kit that contains all you need to make your own face masks. You'll be able to make 5 different types of face masks as well as skin scrubs. The basis of the kit is Pink or Green Clay which is full of anti-oxidants and natural minerals.



Lip Gloss

A gorgeous kit full of exciting colours to make your own lip gloss. You can mix the colours to achieve your own shade and you'll get everything you need in the kit - including labels for your lip gloss.



How to Make Your Lip Balms



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SAFETY INFORMATION

FLAVOURS - No more than 5% of the liquid product. Use as directed. Keep out of reach of children. **NEVER USE FRAGRANCE OILS DESIGNED FOR COSMETICS OR SOAPS.**

ESSENTIAL OILS - Are not recommended for Children & pregnant women. Use only as directed. **ALL INGREDIENTS:** Use only as directed. If irritation occurs seek medical advice immediately.