
HOMEMADE LIP BALM



For preparation and storage, you will need:

- A small stainless-steel or Pyrex pot you can dedicate to melting the wax (You may want to use it again to make other balms, salves or ointments.)
- A small wooden spoon or stainless-steel whisk for stirring
- A small glass jar or other container (e.g., a new or recycled lip-balm tube)

Basic Ingredients:

- 1 Tbsp shaved or chopped beeswax (or beads)
- 3 Tbsp oil (I usually use olive oil, since I have it on hand, but you could use almond, grapeseed, or another oil)
- 1 tsp raw honey (optional)

Instructions:

- Melt the beeswax with the oil over a low heat (double boiler, inside a low oven) or microwave at low power (under careful observation to avoid fires).
- As soon as the wax has melted, remove the pot from the heat, whisk in the honey. Pour into a container and let set until firm.
- If the solidified mixture feels too firm, remelt and whisk in a little more oil. If you want a firmer product (e.g., one that will fill and push out from a lip-balm tube, add a bit more beeswax). The process of remelting takes only a few seconds, so you won't mind the work of getting it right.

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- Once you've succeeded with the basic product, you can try new batch using ingredients such as a few drops of a medicinal tincture or an essential oil; cocoa butter, shea butter, or coconut oil for some of the oil; and carnuba wax in place of beeswax.
- By the way, this stuff also works well to smooth unruly eyebrows, treat chapped hands and moisturize cuticles and fingernails, so you may want to make a bigger batch on your second try.

Original recipe by Margaret Boyles of The Old Farmer's Almanac
<https://www.almanac.com/news/natural-health-home-tips/make-your-own-lip-balm>

Chronic chapped lips?

Try this, plain honey is an excellent remedy for chapped lips.
Leave on overnight—it makes for sweet dreams!



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