

# Homemade Lip Balm at the Homestead

## Introduction

Hey there, friends!

As a homesteader, I'm not only passionate about knowing the food and how it was raised or grown that ends up in my body, but I'm also intentional about what goes on my body. It's all about health and self-sufficiency.

Today, I'm sharing a simple, nourishing lip balm recipe that's a staple here. Stick with me—I'll quickly walk you through it and dive deep into why these ingredients are so special.

But first, I must give you this disclaimer.

**DISCLAIMER: This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only. If you are considering using any ingredients or products mentioned for a medical condition, it is important to consult with a healthcare professional before doing so.**

## Recipe Overview

You will need a double boiler setup. I start the process by washing the balm tubes in hot soapy water and further sterilize them by dipping them in the water chamber of the double boiler prior to using it to melt the ingredients together. Once I remove the balm tubes, I put the top chamber on and begin the mixing process.

This lip balm comes together with just four ingredients:

- 1 tablespoon of organic unrefined almond oil
- 1 tablespoon of organic refined shea butter
- 1 tablespoon of beeswax pellets
- 1 teaspoon of vanilla (mine is homemade from organic vanilla beans and vodka).

The process for the lip balm is straightforward: melt the first three ingredients together in the top chamber of the double boiler, turn off the heat and stir in the vanilla. Then, pour the mixture into tubes. Let's break down why I chose these ingredients.

## Ingredient Spotlight: Organic Unrefined Almond Oil

First, we've got organic unrefined almond oil, cold-pressed from the nuts of the sweet almond tree—*Prunus dulcis*. This tree's been cultivated since ancient times, and is native to western Asia and North Africa. The nuts have been a cosmetic go-to for centuries. The oil is light and straw-colored, rich in protein, essential fatty acids, and minerals like zinc, potassium, iron, and magnesium, plus B vitamins. It's perfect for hydrating and moisturizing the delicate skin on your lips—keeping them soft without being heavy. It's a homesteading favorite because it's gentle, nutrient-dense, and suits all skin types, even sensitive ones.

### **Ingredient Spotlight: Organic Refined Shea Butter**

Next up is organic refined shea butter, sourced from the nuts of the karite tree—*Butyrospermum parkii*—from along Africa’s west coast. This creamy, semi-solid wax is a powerhouse: it’s packed with Vitamins A and E, known for their antioxidant and skin-nourishing properties, and allantoin, which helps heal irritated skin. It’s got cinnamic esters too, offering a touch of natural UV protection—great for lips exposed to the elements. I use the refined version—white and odorless—over the natural yellow, nutty kind.

### **Ingredient Spotlight: Beeswax Pellets**

Then there’s beeswax pellets—a gift from the hive. Bees process nectar into honey, then transform about ten pounds of that honey into one pound of this golden wax. It’s been used in cosmetics since at least the 2nd century A.D., when Greek physician Galen mixed it with rose oil and water for cold cream. In this balm, it thickens the mix, acts as an emulsifier, and forms a clean, bacteria-resistant barrier to lock in moisture. I love the pellets—they melt easily and evenly in my double boiler, no fuss. You can get beeswax unrefined and yellow with a honey scent, or white which has less scent.

### **Ingredient Spotlight: Homemade Vanilla**

Finally, my homemade vanilla—just a teaspoon, but it makes a difference. I simply cut slits into organic vanilla beans and let it in vodka for several weeks shaking it daily. I also use the vanilla in baking, and when I make my goat milk pudding. Vanilla’s just a personal touch, and can be substituted with various essential oils, as well. Just make sure you do your research on the essential oil before using it.

### **Tips while making your lip balm**

1. Use a double boiler to keep the heat gentle on your ingredients. You always want to melt your waxes and oils prior to adding the flavorings.
2. Make sure to remove or turn the heat off prior to adding your flavorings. This will help to keep the scent intact.
3. Using a small funnel will really help when filling the lip balm tubes. You will also want to secure the tubes in an upright position and let the balm “settle”. You may need to go back and add more as it settles.

### **Benefits of Homemade Lip Balm**

So, why bother making your own? For me, it’s about knowing every single ingredient—organic, pure, and free of the junk you find in store-bought stuff. This balm hydrates with almond oil, softens with shea butter, protects with beeswax, and delights with vanilla—all working together to keep your lips healthy, especially in harsh weather. It lasts about six months, and there’s a quiet pride in crafting something so useful from scratch. It’s health, simplicity, and self-reliance rolled into one.

So that’s my homemade lip balm. Very easy to make. I hope you’ll try it out—swap in your favorite oils or scents if you like, and let me know how it goes!

Until next time, make it a great day! Bye!

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