

Homemade Lip Balm

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.