

# DIY Natural Lip Balm

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 1/4 cup beeswax beads
- 1/3 cup raw cacao butter
- 1/3 cup coconut oil
- A few drops of your favourite essential oil
- Optional: Add organic raspberry powder for colour

## Instructions:

1. In a double boiler bring the water to a boil and then reduce temperature to medium, slowly melt the beeswax. Then add cacao butter and coconut oil on medium heat.
2. Once all ingredients are fully melted, add a few drops of your favourite essential oil.
3. If you're adding the tint, remove the mixture from the heat and vigorously stir in the colour. You may need to put it back on the heat if it starts to solidify.
4. Pour liquid mixture into jars. Store at room temperature for up to 3 months.
5. For the extra jars of lip balm I'm not using, I keep mine in the fridge to stay fresh longer.

## Notes:

The key is an approximate ratio of 3:1 of beeswax to butter/oil so it's a softer texture. I realize my measurements are a little under 3 to 1 but it will work nicely with this as that's what I use.