

# Recipe: Lip Balm with Natural SPF

Estimated Time



## Lip Balm with Natural SPF

Health & Beauty

< 30 mins

### What You'll Need

- 2 Tablespoons of Coconut Oil
- 1 Tablespoon of Olive Oil
- 5 wafers of Cocoa Butter
- 1 1/2 Tablespoons Beeswax Pastilles
- 1 - 1 1/2 teaspoons Red Raspberry Seed Oil
- 15 drops of essential oils of choice
- 20 Lip balm tubes

#### Optional:

- Cooling Tray for lip balm tubes
- Labels for lip balm tubes
- Pipettes

### How 2 Play

1. Melt coconut oil, olive oil, beeswax, and cocoa butter in a saucepan over low heat until completely melted.
  2. Remove saucepan from heat.
  3. Add Red Raspberry seed oil and essential oils of your choice. Mix well.
- Be sure to read up and know about the Essential Oils you choose to use. I like to use lavender because it has a calming effect and I know that my children react well to it. Be aware of using essential oils on young children, pregnant women, etc.
4. Fill lip balm tubes with the melted ingredients using either a cooling tray or pipettes.
  5. Add labels to your lip balm tubes. The set I ordered from Amazon Prime, came with 50 lip balm tubes, the cooling tray and labels.

Messiness

Medium

Age Range

5y +

DEVELOPMENT

Creating

Discovering

RECIPE TAGS

diy projects, health & beauty, gifts

### Good 2 Know

- Beeswax has a natural SPF of 15
- Red Raspberry Seed Oil has a natural SPF of 30-50

The ingredients I used were purchased from Amazon and are all natural, paleo, vegan, non-GMO and organic

