

Luscious Lip Balm

By Christa Sinadinos

I love the aroma and silky, smooth texture of this lip balm recipe. The aroma is uplifting and fruity and the two drops of petitgrain provide just enough of a base note to ground and round out the formula. I often prepare a batch for the holidays and love them as stocking stuffers or fun bonus gifts.

Ingredients

2 ounces of castor oil (by volume)
1 ounce of cocoa butter (by weight)
½ ounce shea butter (by weight)
½ ounce beeswax (by weight)
50 drops of sweet orange essential oil
40 drops of palmarosa essential oil
2 drops of petitgrain essential oil

Directions

Add essential oils to the castor oil to scent the lip balm. Place all ingredients in a double boiler and heat until the cocoa butter, shea butter, and beeswax melt, and then carefully pour into lip balm containers. Allow them to cool and solidify before affixing the tops. Wipe any spillage and clean off the containers before applying labels. Pucker up and apply.

Notes

This recipe fills about 25 .15-ounce lip balm containers (available through Mountain Rose Herbs). Or you can use quarter ounce lip balm tins (available through Tricor Braun).

Quality Note

I highly recommend using organic essential oils, especially for orange and petitgrain, as commercial oranges are sprayed with pesticides that can concentrate in the essential oils.

Photodermatitis Note

In some individuals, orange essential oil can cause photodermatitis (inflammation or rash on the skin (where its applied) upon exposure to sun. If you notice a rash, discontinue use.