

# 30 Lip Balm Recipes and



## How To Make Your Own Lip Gloss

By

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## Below is a handy conversion chart

	teaspoon	tablespoon	fluid ounce	gill	cup	pint	quart	gallon
1 teaspoon =	1	1/3	1/6	1/24	---	---	---	---
1 tablespoon =	3	1	1/2	1/8	1/16	---	---	---
1 fluid ounce =	6	2	1	1/4	1/8	1/16	---	---
1 gill =	24	8	4	1	1/2	1/4	1/8	---
1 cup =	48	16	8	2	1	1/2	1/4	1/16
1 pint =	96	32	16	4	2	1	1/2	1/8
1 quart =	192	64	32	8	4	2	1	1/4
1 gallon =	768	256	128	32	16	8	4	1
1 firkin =	6912	2304	1152	288	144	72	36	9
1 hogshead =	48384	16128	8064	2016	1008	504	252	63

## Here's How to Make Your Own Lip Balm and Lip Gloss!

The basic formula is:

- 1/4 cup vegetable or nut oil
- 1/4 ounce beeswax
- 1 teaspoon honey or glycerine
- 1/2 to 1 teaspoon natural flavouring oil aka Essential Oil.

Heat the oil and beeswax in a double boiler (or microwave) until the beeswax has melted. Remove from heat and whip with an electric beater until creamy.

Add the honey or glycerine and approximately 5 drops of flavouring oil; whip some more. Add more flavouring if desired.

Store in small glass jars, small tupperware bowls, decorative tins or film containers.

Try different oils on your lips to choose the best one for your skin and taste preference.

If the Balm is too hard (waxy), add more oil to your mixture.

If it is too soft, add more wax.

You can add a few drops of beetroot juice for a beautiful & natural red colour.

But instead of going to that trouble, you can just shave off a little of your lip stick for that beautiful (not natural) colour.

Tip: Don't use food colouring as it may contain alcohol base.

Never use extracts found in cooking sections of the grocery stores as they contain alcohol.

Use safe essential oils. The good part about them is they have thousands of great flavours.

Comfrey, Rosemary, Tea Tree or Camphor Oils are excellent for healing effects.

Question:

How do you know if it's time to throw away your gloss?

If it changes colour, odour, or texture, throw it away.

## 1) Basic Fun Lip Gloss

Ingredients:

- Paraffin wax
- Coconut oil
- Petroleum jelly
- Candy melts (to colour the gloss and make it taste sweet)
- Oil-based candy flavouring (if you want a special flavour)
- Grater
- Wax paper
- Ziploc bag

Small container (recycle old lip gloss/balm containers or other makeup containers, even 35mm film containers work quite well. Other places to look include stores that carry beads, crafts, or fishing tackle supplies.

How to:

Grate a bit of paraffin wax onto wax paper.

Put 1/4 teaspoon grated wax into the plastic bag.

Add 1 teaspoon coconut oil, 1 teaspoon petroleum jelly, and 1 candy melt to colour the gloss and make it sweet.

Add 1/8 teaspoon oil-based candy flavouring if you like.

Seal the bag and put it in a bowl of hot tap water to melt the ingredients, for approximately 3-5 minutes.

**(Use tap water! Please never use a microwave or kettle to heat the water)**

When all the ingredients are melted, take the bag out of the water.

Move the ingredients around in bag to mix. Make sure you work quickly. Clip off a tiny corner of the bag and squeeze gloss into the clean container.

Let it set for an hour. If you can't wait that long, just put this in the refrigerator for 15 minutes.

Use a cotton swab to apply the lip-gloss to your lips to help it last longer. Your lip-gloss should last a long time.

\*\*\*\*\*

## 2.) Basic Lip Gloss II

Ingredients:

- 1/2 ounce beeswax beads, refined
- 4 ounces sweet almond oil
- 2 teaspoons essential oil or food flavouring oil

How To:

Put the 4 ounces of sweet almond oil in measuring cup, add in the beeswax beads and melt in the microwave.

Stir with spoon, and when cooled a bit, add essential or flavouring oil.

Pour into jars or containers.

\*\*\*\*\*

### **3.) Cranberry Lip Gloss**

Ingredients:

- 1 tablespoon sweet almond oil
- 10 fresh cranberries
- 1 teaspoon honey
- 1 drop of vitamin E oil

How To:

Mix all the ingredients together in a microwave-safe bowl.

Microwave for a couple of minutes or until the mixture just begins to boil.

(Bowl may also be heated in a pan of water on a stovetop).

Stir well and gently crush the berries.

Cool mixture for five minutes and then strain through a fine sieve to remove all the fruit pieces. Stir again and set aside to cool completely.

When cool, transfer into a small portable plastic container or tin.

\*\*\*\*\*

#### **4.) Silky Smooth Lip Balm**

Ingredients:

- 2 Teaspoons Olive Oil
- 1/2 Teaspoon Grated Beeswax or Beeswax Pellets
- 1/2 Teaspoon Shea Butter or Cocoa Butter
- 1/2 Teaspoon Honey
- Any flavoured oil to taste
- 1 Vitamin E Capsule (as a preservative) (optional)

How To:

Mix the first four ingredients together in a microwave-safe bowl.  
Microwave for a couple of minutes or until the mixture is completely melted.  
(Bowl may also be heated in a pan of water on a stovetop).  
Stir well and add flavoured oil and.  
Cool mixture for five minutes.  
Stir again and set aside to cool completely.  
When cool, transfer into a small portable plastic container or tin.

\*\*\*\*\*

## 5.) Honey Balm

### Ingredients:

- 3 oz. Almond Oil
- 1/2 oz. Beeswax or Beeswax Pellets
- 2 Teaspoons Honey
- 1 Vitamin E Capsule (as a preservative)
- 1-4 Drops Essential Oil

### How To:

Mix the almond oil and beeswax together in a microwave-safe bowl.  
Microwave for a couple of minutes or until the mixture is completely melted.  
(Bowl may also be heated in a pan of water on a stovetop).  
Stir the mixture often until the wax is melted.  
Remove from heat and stir in the honey and essential oil.  
Pinch open the vitamin E capsule and squeeze the contents into the mixture.  
Stir again and set aside to cool completely.  
When cool, transfer into a small portable plastic container or tin.

\*\*\*\*\*

## 6.) Almond Lip Gloss

Ingredients:

- 2 Teaspoons Grated Beeswax or Beeswax Pellets
- 3 - 6 Drops Flavoured Oil
- 1 Teaspoon Sweet Almond Oil
- 3 Drops Honey
- 1 1/2 Teaspoon Cocoa Butter
- 1 Vitamin E Capsule (as a preservative)

How To:

Mix the almond oil, cocoa butter and beeswax together in a microwave-safe bowl. Microwave for a couple of minutes or until the mixture is completely melted. (Bowl may also be heated in a pan of water on a stovetop). Stir the mixture often until the wax is melted. Remove from heat and stir in the honey and flavoured oil. Pinch open the vitamin E capsule and squeeze the contents into the mixture. Stir again and set aside to cool completely. When cool, transfer into a small portable plastic container or tin.

\*\*\*\*\*

## **7.) Helps heal cold sores.**

### Ingredients:

- 1 oz. Emu Oil
- 1 oz. Almond Oil
- 1 oz. Avocado Oil
- 1/2 oz. Shaved Beeswax or Beeswax Pellets
- 1/4 oz. Aloe Vera Gel
- 6 Drops Lavender Essential Oil
- 2 Drops Tea Tree Essential Oil
- 3 Drops Lime Essential Oil

### How To:

Mix the almond, avocado, emu oil and beeswax together in a microwave-safe bowl. Microwave for a couple of minutes or until the mixture is completely melted. (Bowl may also be heated in a pan of water on a stovetop). Stir the mixture often until the wax is melted. Add the aloe vera gel. Remove from heat and stir in the essential oils. Stir again and set aside to cool completely. When cool, transfer into small portable plastic containers or tins.

\*\*\*\*\*

## **8.) Honey Cocoa Lip Balm**

Ingredients:

- 2 tsp. olive oil
- 1/2 tsp. beeswax
- 1/2 tsp. cocoa butter
- 1/2 tsp. honey
- 3 drops essential oil (I like orange.)
- 1 vitamin E capsule

How To:

Measure oil, beeswax and cocoa butter into a glass or enamel pan.

Melt over low heat. A hotplate works well and reduces the risk of overheating the oils.

Stir the mixture often until the wax is melted.

Remove from heat and stir in the honey and essential oil.

Pinch open the vitamin E capsule and squeeze the contents into the mixture. Stir well.

Pour the mixture into containers.

\*\*\*\*\*

## 9.) Aloe Vera Lip Gloss

Ingredients:

- 1 tsp aloe vera gel
- 1/2 tsp coconut oil
- 1 tsp petroleum jelly

How To:

Mix the ingredients in a glass bowl, and microwave for 1 - 2 minutes.  
Pour into container and leave to cool.

\*\*\*\*\*

## 10.) Vaseline Lip Balm

### Ingredients

- 3 parts Vaseline
- 1 part beeswax
- flavouring (your choice)

### How To:

Melt and blend ingredients with a spoon until smooth, put into a container and refrigerate until solid.

\*\*\*\*\*

## **11.) Chocolate Balm**

Ingredients:

- 3 Tbsp. Cocoa Butter
- 4-5 Chocolate Chips
- 1 capsule, Vitamin E

How To:

Melt and blend ingredients with a spoon until smooth, put into a container and refrigerate until solid.

\*\*\*\*\*

## **12.) Vanilla Lip Gloss**

Ingredients:

- 1 tablespoon grates beeswax
- 1/2 tablespoon coconut oil
- 1/8 teaspoon vitamin E oil
- 1/8 teaspoon vanilla extract

How To:

Slowly heat beeswax, coconut oil, and vitamin E oil until melted.  
Stir in the vanilla extract then cool.

\*\*\*\*\*

### **13.) Vanilla Lip Balm**

Ingredients:

- 1 TBL Petroleum Jelly
- 1 TBL Aloe Vera Gel
- 1 1/2 tsp coconut oil
- 1/2 tsp vanilla

How To:

Heat in double boiler (or microwave) then pour into container to cool.

\*\*\*\*\*

## **14.) Candle Wax Lip Balm**

### Ingredients:

- 1/2 teaspoon of melted candle wax.
- 2 teaspoons of Olive Oil.
- 1/2 teaspoon of Shea Butter or you can also add Cocoa Butter.
- 1/2 teaspoon of Honey and any flavour of oil to taste.
- 1 vitamin E capsule to preserve the Lip Balm

### How To:

Melt all together by means of waterbath (put in a cup & set in sink of hot water) and then put into a lip balm container.

\*\*\*\*\*

## **15.) Eyeshadow Lip Balm**

How To:

Take an eyeshadow, break it up and mix it with Vaseline or beeswax.  
For a glossy shine, use an irridescant or glittery eyeshadow.  
White/silver/grey glossys are best.

\*\*\*\*\*

## 16.) Cocoa Butter Lip Gloss

Ingredients:

- 1/2 tsp grated Beeswax
- 1 tsp cocoa butter
- 1 tsp almond oil, or olive

How To:

Melt all together by means of waterbath (put in a cup & set in sink of hot water) and then put into a lip balm container.

\*\*this is a butter recipe if you want something glossy but not too slick :)

\*\*\*\*\*

## 17.) Castor Oil Lip Balm

Ingredients:

- 3 oz castor oil
- 1 1/2 TBL cocoa butter
- 1 1/2 TBL beeswax

How To:

Melt cocoa butter and beeswax in microwave.

Add oil and stir.

Pour into containers.

\*\*\*\*\*

## 18.) Sweet Balm/Gloss

Ingredients:

- 2 tsp beeswax
- 1 tsp honey
- 7 tsp castor oil or jojoba or sweet almond oil
- 1/8 tsp flavouring oil

How To:

Melt the oil and beeswax together in a little pan over low heat until the beeswax is melted. Take off the stove and then add in your honey and whisk it all together. When the mixture is nearly cool add in your flavour oil, mix it up again and then pour into your lip balm container. Since this comes out to be more like a gloss you can always add more beeswax to it so that it is a little harder. Maybe another 1/2 tsp would do it.

\*\*\*\*\*

## **19.) Heal Sores Balm**

Ingredients:

- 3 oz almond oil
- 2 tsp pure honey
- 1/2 oz beeswax
- 1 tsp tea tree oil

How To:

Melt all the ingredients together and stir while cooling.

\*\*\*\*\*

## **20.) Quick & Easy Lip Balm**

How To:

Put a spoon full of Vaseline in a cup (you don't even need to heat it).

Add some honey (depending on how sweet you want it).

Mix together or whip.

Add lipstick colour shavings for colour.

To solidify faster after putting it in a container, submerge it in a cup of ice water or put it in the freezer until solid.

\*\*\*\*\*

## 21.) Hemp Oil Lip Balm

Ingredients:

- 3 TBL coconut oil
- 1 TBL castor oil
- 1 TBL sunflower oil
- 1 TBL hemp seed oil
- 1 TBL beeswax
- 1 TBL honey
- Essential Oil to taste (I use peppermint)

How To:

Melt the wax, and coconut oil together (I use the microwave)

Add the honey and heat a little.

Stir constantly and add your sunflower and castor oil.

As the mixture begins to thicken add the hempseed oil and your choice of essential oil.

**STIR CONSTANTLY** until it thickens.

\*\*\*\*\*

## **22.) Peppermint Lip Balm**

Ingredients:

- 2 TBL petroleum jelly
- 1 tsp beeswax
- 10-14 drops peppermint essential oil

How To:

In a small pot, melt the petroleum jelly and then add the beeswax.  
When melted, remove from heat and add peppermint essential oil.  
Pour into a lip pot and cool.

\*\*\*\*\*

### **23.) Nude Lip Balm Trendy**

Ingredients:

- ¼ tsp. of aloe vera lotion
- ¼ tsp. of your colour of foundation
- 1 tbsp of Vaseline

How To:

Mix together in a small bowl with a cotton swab.  
You can even skip the Aloe Vera lotion if you want.

\*\*\*\*\*

## 24.) Fruity Lip Gloss - Made with Kool-Aid!

### Ingredients

- 2 tbsp solid shortening
- 1 tbsp fruit-flavoured powdered drink mix (Kool-Aid)
- 35 mm plastic film container

### How To:

Mix shortening and drink mix together in a small microwave-safe container until smooth. Place container in the microwave on high for 30 seconds until mixture becomes a liquid. Pour the mixture into a plastic film container or any other type of small airtight container. Place the fruity lip gloss mixture in the refrigerator for 20 to 30 minutes or until firm.

Kool-Aid is an inexpensive non-carbonated soft drink that comes in powder form, mixed with water and sugar. It's a sweet colourful drink favoured by children. If you can't find it in your UK supermarket try here: [Search Ebay UK For Kool-Aid](#).

\*\*\*\*\*

## 25.) Cinnamon Lip Gloss

Ingredients:

- 2 tablespoons petroleum jelly
- ¼ teaspoon lipstick, any colour
- 4 drops cinnamon oil

How To:

Place petroleum jelly in small microwave container. Top with lipstick.  
Microwave for 20-30 seconds on high power (100%), or until mixture has softened.  
Blend well.  
Mix in cinnamon.  
Store in small container.

\*\*\*\*\*

## **26.) Hard Candy Lip Gloss**

Ingredients:

- 2 Tbsp petroleum jelly
- 1 tspn beeswax
- 2-3 pieces of your favourite hard candy (Jolly Ranchers work great!)

How To:

In a small pot (or microwave), melt the petroleum jelly, hard candy and beeswax.  
Pour into a lip container and cool.

\*\*\*\*\*

## 27.) Cocoa Butter Minty Lip Balm

Ingredients:

- 1 1/2 parts cocoa butter
- 1 1/2 parts grated beeswax
- 3 parts edible vegetable oil of your choice
- Spearmint and/or peppermint flavouring oil

(almond, apricot kernel, avocado, extra virgin olive, hemp seed, jojoba, kukui nut, macadamia nut and castor oil all work well, but keep in mind if you plan on selling lip balm or giving as a gift, that some people are allergic to nut oils).

How To:

Melt the cocoa butter and beeswax slowly and carefully in a microwave, or over a double boiler on the stove until melted.

Add oil and stir well. Add spearmint or peppermint flavouring oils, or both, a few drops at a time, to taste. Gently reheat if needed.

Cool slightly before pouring into containers.

To test consistency, place a drop on a spoon and set in the refrigerator to cool for a few minutes. Test on your lips.

For a softer lip balm, add more oil.

For a harder lip balm, add more beeswax.

\*\*\*\*\*

## **28.) Chocolate Lip Gloss**

Ingredients:

- 1 1/2 tsp grated cocoa butter
- 1/2 tsp coconut oil
- 1/8 tsp vitamin E oil
- 1/4 tsp grated chocolate or 3 small chocolate chips

How To:

In a double boiler or microwave heat the cocoa butter, coconut oil, and vitamin E oil until melted.

Stir in the chocolate chips and keep stirring until melted and well blended.

Pour into small container and allow to cool before using.

\*\*\*\*\*

## **29.) Beeswax Lip Balm**

Ingredients:

2 tablespoons beeswax  
1 tablespoon coconut oil

How To:

Melt the ingredients over a double boiler.  
Pour into a container while still hot since it will harden as it cools.  
Makes about 1/4 cup.

\*\*\*\*\*

### 30.) Lemon Lip Gloss

Ingredients:

- 2 tsp beeswax
- 7 tsp castor, jojoba or sweet almond oil
- 1 tsp honey
- 5 drops of an essential oil (lemon)

How To:

Melt the oil and beeswax until the beeswax is completely melted.

Remove it from the heat and add the honey. Then whisk it all up together.

When the mixture is nearly cool add the essential oil, mix it up again and then pour into a suitable container.

If you want it to be harder, simply add more beeswax.

\*\*\*\*\*

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<http://www.meltandpoursupplies.com/newindex.htm>

<http://www.justasoap.co.uk/catalog/index.php/>

<http://www.aromantic.co.uk/eshop/categories.asp>

<http://www.newdirectionsuk.com/shop/index.php>

**US SUPPLIERS:**

<http://www.essentialsupplies.com/>

<http://www.spraybottles.com/index.htm> (Jars And Lids)

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