



You wanted the recipe.... You got it!

HERE YOU GO – Happy creating

This homemade lip balm is perfect for keeping your lips hydrated, soft and protected. Made with all-natural, organic and non-toxic ingredients. It's especially beneficial through pregnancy and birth when lips can become dry due to hormonal changes, breathing techniques and the use of Entonox (Gas and air – which is a form of pain relief)

*I find the process of making it myself extremely therapeutic and relaxing. Being creative is an easy way to reduce stress, improve mood and boost self-esteem by providing a sense of accomplishment. It gives you the opportunity to have a creative outlet perfect for self-expression. It helps you to channel emotions into tangible creations. Did you know that the often repeated actions in crafting (of any kind) can have a calming effect - similar to that of meditating.*

#### **Ingredients:**

20g Beeswax (locks in moisture and protects lips)

12 g Coconut oil (deeply hydrating and soothing)

15g Cocoa Butter (rich in antioxidants)

6.5g Mango Butter (nourishing and softening)

6.5g Shea Butter (Healing and deeply moisturising)

**Equipment needed:** Sauce pan, melting pot, ingredients, pots/tubes to pour them into.

Extras should you wish: You can add essential oils if you wish but please be aware you should seek advice from a trained professional/ aromatherapist before using, as some are dangerous on skin/ for pregnant people. It is important that you dilute it appropriately. I prefer the Cocoa butter smell myself.

#### **Method:**

1. To start gather all the things you will need and have them close by. Keep a few sheets of kitchen paper/ something to clean up any spills.
2. Boil the Kettle and add it to your pan. Then add your melting pot/ heat safe bowl on top. The heat from the water should start to warm your vessel and will melt the ingredients once inside.
3. Measure each ingredient prior to adding it to the melting pot. I like to add by solid wax's/ butters first. This gives them longer to melt. I then add the oils last.
4. Mix together, until completely melted.
5. Once its ready to go you can then pour them into their final containers. They don't take long to set fully so you may want to be quick here. Once poured do not move them
6. Leave to set for approx. 15 minutes and Voila! They are ready to go!

Alternatives/ Substitutions: You can absolutely make a lip balm with fewer ingredients. Don't be afraid to be creative and change it up to suit you! Vitamin E oil can also be a lovely addition.