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DIY
Lip Balm
EASY NATURAL LIP BALM RECIPES

KATIE VELDKAMP

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Meet Katie, your guide to Home Remedies.

KATIE VELDKAMP

Katie Veldkamp is a co-founder of Simply Earth, the pure essential oil company that teaches you how to use essential oils at honest prices. She's a certified aromatherapist and loves teaching people how to make their own products using essential oils. Her super power is cutting through the confusing and overwhelming misinformation about essential oils on the internet. She brings people confidence and clarity on how to use essential oils to make their own products. Her essential oil journey started with trying to naturally solve her stinky feet problem. Now she teaches thousands of people to make their own recipes each month with the Simply Earth Essential Oil Recipe Box, Essential Oil Hero Course, and her Essential Oil Recipe Books.

Welcome to your first step toward creating your very own lip balm. I'm thrilled to take you on this exciting and rewarding journey. Making your own lip balm is not just about crafting a product; it's about understanding ingredients, being mindful of what you apply to your skin, and enjoying the creative process.

Creating your own lip balm means you get to be in charge of the ingredients you put on your skin. You should be able to feel good about the products you are using!

In this guide, you'll learn about the benefits and uses of lip balm, mistakes people make while crafting their own lip balms, and get access to some of my favorite lip balm recipes!

Let's get started creating something wonderful together.





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What Are Lip Balms?

Lip balms are must-have beauty products designed to moisturize and protect your lips. They come in various forms—tubes, jars, and tins—and offer solutions for chapped, dry, or cracked lips.



They're typically made with oil based ingredients, making them a simple DIY project—basically just measure, melt, and pour!

Benefits and Uses of Lip Balm

Lip balm does more than just add a glossy finish to your lips. Here are some benefits:

MOISTURIZATION

Keeps your lips hydrated by locking in moisture and prevents dryness.



PROTECTION

Shields your lips from harsh environmental factors like wind, cold, and sun.

HEALING

Helps repair cracked or chapped lips, making them soft and smooth again.



COSMETIC APPEAL

Adds a touch of color or shine, enhancing your natural beauty.

Use lip balm anytime your lips feel dry or before applying lipstick for a smooth base.

Tips for Common Mistakes When Making DIY Lip Balm



Making lip balm can be straightforward, but there are common pitfalls:

USING THE WRONG PROPORTIONS

Balance is key. Too much wax can make it hard, while too much oil can make it greasy.



OVERHEATING INGREDIENTS

Melting oils and waxes slowly ensures they retain their beneficial properties.

GRAINY CONSISTENCY

As your ingredients in the lip balm cool, some will want to cool faster than others which can result in a grainy lip balm. For me, this usually happens when I use shea butter. However I can easily prevent this by having my lip balm cool in the fridge.



SKIPPING A PATCH TEST

Always test your ingredients on a small area of skin first to make sure the ingredients are right for you.

Avoid these mistakes and you'll be on your way to creating perfect lip balms.



Best Essential Oils for DIY Lip Balm

Essential Oils



Essential Oil Blends





Best Ingredients & Tools For DIY Lip Balm

Lip balms are made up of 3 simple ingredients: butters, waxes, and oils.

BUTTERS

Help create a soft consistency and offer moisturizing benefits.

Examples: Coconut Oil (solid), Cocoa Butter, Mango Butter, and Shea Butter



WAXES

Waxes help create structure for your lip balm, lock in moisture, and create a protective layer over your lips.

Example: Beeswax



CARRIER OILS

Carrier oils create a softer consistency and spreadability. They also add moisturizing benefits and help soften the skin.

Examples: Almond Oil and Fractionated Coconut Oil





ESSENTIAL OILS

Essential oils add aroma and can add soothing benefits to promote skin healing.

MICA POWDER

To add a fun color to your lip balm, you can add a tiny amount of mica powder. Start with a smidge and add more as needed for a stronger color.



CONTAINER

To hold your lip balm, you'll want lip balm tubes, a small jar, or a cosmetic tin.

LIP BALM TRAY

To make a lot of lip balms at once, you'll want a lip balm tray. This tray has 50 slots that will keep your lip balm tubes locked in place so they don't tip over and create a mess as you pour.





How to Make Natural Lip Balm

Creating your own lip balm is not only fun, but it also allows you to customize it to your preferences! Follow these simple steps to craft your very own lip balm that nourishes and protects your lips:



- 1** Gather Your Materials: Ensure you have all your ingredients and tools ready, including a double boiler or a heat-safe bowl, and small containers for your finished product. If you're using lip balm tubes, double check that the inside insert is at its lowest level.
- 2** Melt the Base: In your double boiler, combine the beeswax, carrier oil, and butter. Heat gently until everything is melted and well blended together, stirring regularly.
- 3** Add Additional Ingredients: Remove the mixture from heat. If you're using essential oils or colorants, now's the time to incorporate them! Stir until fully combined.
- 4** Pour into Containers: Carefully pour the mixture into your chosen containers. If your lip balm hardens before you can pour it all, gently reheat it.
- 5** Let It Set: Allow your lip balm to cool and harden completely. If you're using shea butter in your recipe, cool it in the fridge to prevent graininess.
- 6** Label and Store: Once set, label your containers with the date and ingredients, and store them in a cool, dry place.

Now you're ready to flaunt your homemade lip balm! Not only will it keep your lips beautifully moisturized, but you'll have the satisfaction of knowing exactly what went into it. Enjoy the process and don't hesitate to experiment with different essential oils and colors!

Shopping List

There are a lot of ingredients you can pick from. Here's a simplified shopping list to get you started with making your own lip balms:



FROM SIMPLY EARTH

- Coffee Essential Oil
- Balsam Fir Essential Oil
- Liquid Luck Essential Oil Blend
- Mandarin (Green) Essential Oil
- Rose Red Mica Powder
- Cosmetic Tins
- Bath Salt Blend



Learn how you can get the key ingredients you need in one box!

See page 16!



Holly Jolly Lip Balm

Time: 5 minutes

Yield: 0.3 fl oz

Dilution Rate: 1%

Shelf life: 12 months



From Simply Earth

- ½ Tbsp Coconut Oil (solid)
- ½ tsp Almond Oil
- ¼ tsp Beeswax
- 2 drops Mandarin Essential Oil
- ⅛ tsp Rose Red Mica Powder
- 15mL Cosmetic Tin (rectangle)



- 1 In a double boiler, or using short intervals in the microwave, melt the Coconut Oil, Almond Oil, and Beeswax together.
- 2 Add the essential oils and stir.
- 3 Add the Mica Powder and stir. For a bolder color, add more Mica Powder.
- 4 Pour mixture into the Cosmetic Tin and allow it to cool.
- 5 To use, apply to lips for moisturization and a tint of red.



Sweet Mint Lip Balm (DIY Lip Balm Kit)

Time: 10 minutes

Yield: 11.7 fl oz (50 lip balms)

Dilution Rate: 1%

Shelf life: 12 months

From Simply Earth

- 1 cup (7.6oz) Shea Butter
- 2 Tbsp (1 oz) Almond Oil
- ½ cup (2oz) Beeswax
- 2 Tbsp (0.5oz) Cetyl Alcohol
- 40 drops Sweet Orange Essential Oil
- 14 drops Spearmint Essential Oil
- 50 lip Balm Tubes
- Lip Balm Tray & Spatula



- 1 To prep the Lip Balm Tubes, remove the caps and check that the tube insert is at its lowest level.
- 2 To prep the Lip Balm Tray, remove the attached spatula and flip the tray over. The Simply Earth logo should not be visible. Fill the tray with lip balm tubes, placing them upside down into the holes in the tray. Flip the tray back over so that the Simply Earth logo is visible. If any lip balm tubes fall out, reinsert them in the tray. Place your prepped lip balm tray on top of a cookie sheet or similar pan so you can easily transfer it to the fridge later.
- 3 In a double boiler (or a microwave using a microwavable container and 30-second intervals), melt together the Shea Butter, Almond Oil, Beeswax, and Cetyl Alcohol, stirring occasionally.
- 4 Once everything has just melted, add the essential oils and stir.
- 5 Pour the lip balm mixture onto the lip balm tray. Use the spatula to scrape the mixture evenly into the tubes.
- 6 Move the tray into the fridge to cool. Once the lip balm has set, use the spatula to scrape excess lip balm from the top of the tray. Remove the lip balm tubes from the tray, replace the lids, and label. To use, apply to the lips for soothing, softening, and richly moisturizing benefits.

#IMadeThis!

Share your creations to be featured!

With Simply Earth's Essential Oil Recipe Box, you can make some ridiculously cool product—so cool they feel like they belong in a spa!

Show off what you made in our Simply Earth Essential Oil Subscribers Facebook Group or on your personal social media pages for a chance to win a \$5 gift card from Simply Earth! Your photo will also be featured.

Here are the rules:

- You must be a current Recipe Box Subscriber to participate.
- You can use either the current or previous month's recipes (ex: if you're posting in May, you can use the April or May recipes.)
- After creating the recipes, post a video or photo of them on your Facebook, Instagram, TikTok, or in Simply Earth's Essential Oil Recipe Box Subscriber Facebook Group.
- Use the hashtag #imadethis.
- Tag @simplyearth on Facebook or @fromsimplyearth on Instagram + TikTok.
- Share a story or explain how you made your DIY in the caption.
- Be creative! You can add your own personal touches to the Recipes.

Remember to use only the recipes and ingredients from your most recently delivered Recipe Box or the month prior, use #imadethis, and tag Simply Earth!

What are you waiting for? Make sure to use the hashtag #imadethis in your post so we won't miss it!



April Griffis Johnson



Maidie Enget



Carolyn Stiles Nelson



Mary Jones



Go on a DIY Adventure

Explore a new theme every month



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Gift Giving Recipe Box

WHAT'S INSIDE?

- ✓ Coffee Essential Oil
- ✓ Mandarin (Green) Essential Oil
- ✓ Balsam Fir Essential Oil
- ✓ Liquid Luck Essential Oil Blend

EXTRAS:

- ✓ Rose Red Mica Powder
- ✓ Cosmetic Tins
- ✓ Bath Salt Blend

FREE BIG BONUS BOX

- ✓ Morning Joe Shower Steamer
- ✓ Holly Jolly Lip Balm
- ✓ Jingle Java Sugar Scrub
- ✓ Christmas Cabin Bath Salts
- ✓ Espresso Yourself Roll-On
- ✓ Mulled Cider Diffuser Blend

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Make 50 Lip Balms



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DIY Lip Balm Kit

Natural, Fast, and Easy to Make

WHAT'S INSIDE?

- ✓ Orange (Sweet) Essential Oil
- ✓ Spearmint Essential Oil

EXTRAS:

- ✓ Lip Balm Filling Tray and Spatula
- ✓ Shea Butter (12oz)
- ✓ Lip Balm Container (Pack of 50)
- ✓ Beeswax (2oz)
- ✓ Almond Oil (1oz)
- ✓ Cetyl Alcohol (0.25oz - 2pcs)

RECIPES

- ✓ Sweet Mint Lip Balm

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