

# Homemade Lip balm

## Ingredients:

- 2 tbsp coconut oil
- 1 tbsp castor oil
- 1 tbsp shea butter
- 1 tbsp organic raw honey
- 1/4 tsp beetroot powder
- 10 to 12 drops of essential oils (lemon/orange/lavender)

## Method:

1. Melt the coconut oil ,castor oil and shea butter using the double boiler method (place the bowl inside the pot partially filled with water and simmer on the gas top).
2. Stir it occasionally.
3. Once the oils have melted well, take the pan off the heat .
4. Now add the essential oil as per your preference, honey and beetroot powder.
5. Mix it well and pour it in small containers with a lid
6. Let it set in the fridge or leave it outside for overnight.
7. Once the mixture is solidified ,it is ready to use!

## Notes:

- Coconut oil helps repair and moisturize chapped lips.
- The ricinoleic acid in castor oil helps retain the skin moisture.
- Shea butter is a healing agent for dry lips.
- Honey works as an exfoliator and can protect cracked lips from infection.
- Essential oils have an anti-inflammatory and antiseptic effect that soothe the swelling of cracked lips.
- Beetroot powder gives the lips a light pink colour.

