

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

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

1.) The basic formula is:

1/4 cup vegetable or nut oil  
1/4 ounce beeswax  
1 teaspoon honey or glycerine (humectants)  
1/2 to 1 teaspoon natural flavoring oil aka Essential Oil.

Heat the oil and beeswax in a double boiler (or microwave) until the beeswax is melted. Remove from heat and whip with an electric beater until creamy. Add the honey or glycerine and approx 5 drops flavoring oil; whip some more. Add more flavoring 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 beet juice for a beautiful & natural red color. But instead of going to that trouble, you can just shave off a little of your lip stick for that beautiful (not natural) color. Don't use food coloring, 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 flavors. Comfrey, Rosemary, Tea Tree or Camphor Oils are excellent for healing effects.

How do you know if it's time to throw away your gloss? If it changes color, odor, or texture, though, throw it away.

## Basic Lip Gloss ? Fun!

Ingredients:

Paraffin wax  
Coconut oil  
Petroleum jelly  
Candy melts (to color the gloss and make it taste sweet)  
Oil-based candy flavoring (if you want a special flavor)  
Grater  
Wax paper  
Ziploc bag  
Small container (recycle old lip gloss / balm containers or other makeup containers, even 35mm film containers work 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 1/2 teaspoon grated wax into the plastic bag. Add 1 teaspoon coconut oil, 1 teaspoon petroleum jelly, and 1 candy melt to color the gloss and make it sweet. Add 1/8 teaspoon oil-based candy flavoring if you like. Seal the bag and put it in a bowl of hot water to melt the ingredients, for approximately 3-5 minutes. (Use tap water! Please never use a microwave or stove 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 gloss to help your product last longer. Your lip-gloss should last a long time. If it changes color, odor, or texture, though, throw it away.

## 2.) Basic Lip Balm II

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

Put the 4 ounces of sweet almond oil in measuring cup, add beeswax beads and melt in microwave. Stir with spoon, and when cooled a bit, add essential or flavoring oil. Pour into jars or containers.

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3.) Cranberry Lip Gloss

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

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.

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4.) Silky Smooth Lip Balm

- 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 Flavored Oil To Taste
- 1 Vitamin E Capsule (as a preservative) (optional)

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5.) Honey Balm

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

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6.) Almond Lip Gloss

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

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7.) Helps heal cold sores.

- 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

\*\*\*\*\*

8. Honey Lip Balm

- 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

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

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

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

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10.) Vaseline Lip Balm

- 3 parts vasoline
- 1 part beeswax
- flavoring

Mix well

\*\*\*\*\*

11.) Chocolate Balm

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

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

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12.) Vanilla Lip Gloss

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

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

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13.) Vanilla Lip Balm

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

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

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#### 14.) Candle Wax Lip Balm

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

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#### 15.) Eyeshadow Lip Balm

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

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#### 16.) Cocoa Butter Lip Gloss

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

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 :)

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#### 17.) Castor Oil Lip Balm

3 oz castor oil  
1.5 cocoa butter  
1.5 beeswax  
Melt in microwave. Add oil. Stir. Pour into containers.

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#### 18.) Sweet Balm/Gloss

2 tsp beeswax  
1 tsp honey  
7 tsp castor oil or jojoba or sweet almond oil  
1/8 tsp. Flavor oil

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  
flavor 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.

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#### 19.) Heal Sores Balm

3 oz almond oil  
2 tsp pure honey  
1/2 oz beeswax  
1 tsp tea tree oil  
Melt all together and stir while cooling.

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20.) Quick & Easy Lip Balm

Spoon full of vasiline in a cup (you dont even need to heat it) .  
Add some honey (depending on how sweet you want it).  
Mix together or whip.  
Lip stick color shavings for color.

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.

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21.) Hemp Oil Lip Balm

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

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 CONTANTLY until it thickens.

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22.) Peppermint Lip Balm

2 Tbsp petroleum jelly  
1 tspn beeswax  
10-14 drops peppermint essential oil

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

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23. ) Nude Lip Balm Trendy..

1/4 tsp. of aloe vera lotion  
1/4 tsp. of your color of foundation  
1 tbsp. of vaseline

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

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

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

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.

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25.) Cinnamon Lip Gloss

2 tablespoons petroleum jelly  
1/4 teaspoon lipstick, any color

4 drops cinnamon oil

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.

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#### 26.) Hard Candy Lip Gloss

2 Tbsp petroleum jelly

1 tspn beeswax

2-3 pieces of your favorite hard candy (jolly ranchers work great!)

In a small pot (or microwave), melt the petroleum jelly, hard candy and beeswax.

Pour into a lip container and cool.

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In a microwave, melt about eight chocolate chips with about four tablespoons of cocoa butter and 1/4 teaspoon of olive oil.

Stir at 20-second intervals until the chocolate melts and the product is well mixed.

Place in small containers and refrigerate until hardened. Use as needed. Makes a great gift, too!

#### 27.) Cocoa Butter Minty Lip Balm

1-1/2 parts cocoa butter

1-1/2 parts grated beeswax

3 parts edible vegetable oil of your choice (almond, apricot kernel, avocado, extra virgin olive, hemp seed, jojoba, kukui nut, macadamia nut, castor 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). Spearmint and/or peppermint flavoring oil  
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 flavoring 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.

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#### 28.) Chocolate Lip Gloss

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

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

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#### 29.) Beeswax Lip Balm

2 tablespoons beeswax

1 tablespoon coconut oil

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.) Cocoa Butter Minty Lip Balm

1-1/2 parts cocoa butter

1-1/2 parts grated beeswax

3 parts edible vegetable oil of your choice (almond, apricot kernel, avocado, extra virgin olive, hemp seed, jojoba, kukui nut, macadamia nut, castor 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)  
Spearmint and/or peppermint flavoring oil

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 flavoring 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

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