



GROWING THE FUTURE  
TYFUR DYFODOL



# BEESWAX LIP BALM

Using lip balm can help moisturise dry, chapped or cracked lips and this beeswax lip balm is made by using natural ingredients only.

## EQUIPMENT REQUIRED:

- Microwave
- Small heat-proof beaker
- Weighing scales
- 2 small containers for other smaller quantities
- 1 teaspoon
- Spatula
- Tea towel and/or kitchen roll
- 10ml lip balm tins or jars with lids

**Health and Safety:** When heating beeswax in a microwave do not leave unattended as beeswax is flammable.

## RECOMMENDED PROTECTIVE EQUIPMENT NEEDED:

- Apron
- Gloves (disposable latex or neoprene or washing up gloves)
- Eye protection (glasses or safety glasses)
- Hair net or hair band for tying back long hair
- Bowl of cold soapy water nearby to mop up splashes or spillages

## INGREDIENTS:

- 8 grams Beeswax (grated beeswax will speed up the melting process)
- 8 grams Cocoa Butter
- 24 grams Sunflower Oil
- 1 drop of Carrot Seed Oil (optional, for U.V. protection)

**Note:** Weigh ingredients accurately for the best outcome. Ensure you tare the scales to zero each time.



## METHOD:

- Weigh the cocoa butter, beeswax and sunflower oil. Place ingredients into a heat-proof beaker
- Heat in the microwave for up to 2 minutes, interrupt half way through melting to stir the contents, until the beeswax is all melted
- Add a drop of carrot seed oil (if using)
- Pour into small containers
- If the mixture starts to set, you may need to reheat the lip balm base for a few seconds to use all the mixture
- Leave to set
- Once set put on the lids



## CLEANING UP:

Use kitchen towel to wipe out the beaker and utensils prior to washing up or putting in the dishwasher.

**Note:** Utensils used for cosmetic making should be kept separate from general cookware as these may become tainted and could spoil any subsequent foods prepared in them.

**Warning:** This lip balm is for home use only and not for sale. The recipe must be certified and registered under cosmetics regulations to be allowed to be sold.



# GROWING THE FUTURE

The Growing the Future project at the National Botanic Garden of Wales is a five-year project to champion Welsh horticulture, plants for pollinators, the protection of wildlife and the virtues of growing plants for food, fun, health and well-being.

Whether you are a seasoned gardener, a fledgling grower or a budding beekeeper – we want to help provide training, information and support to you. For more information on the project's events and courses, please call **01558 667150**, email [gtf@gardenofwales.org.uk](mailto:gtf@gardenofwales.org.uk) or visit [botanicgarden.wales/science/growing-the-future](http://botanicgarden.wales/science/growing-the-future).

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