



Lip balm and body cream making kit

Congratulations on getting ready to make your own lip balm and body/hand cream. Not only are they made from natural products but you can add different fragrance to each one. This kit makes 4 lip balms and 4 body/hand creams. Melt the ingredients, add the melted ingredients to the containers, add your choice of fragrance and leave to set. Beauty products Made Simple!

CONTENTS OF THE KIT	
Lip balm	Body/hand cream
1 packet of beeswax	1 packet of beeswax
1 bottle of almond oil	1 container of shea butter and cocoa butter
1 container of coconut oil & shea butter	1 bottle of almond oil
4 lip balm tubes	1 packet of tapioca starch
5ml syringe	4 empty containers for the cream
Both – essential oils – add at the end.	
You'll also need – a heat proof jug, pot or bowl for melting the ingredients in. Something for stirring e.g. a spoon or chopstick. Paper towels for cleaning up. Newspaper or similar.	

BEFORE STARTING

- Read these instructions completely before beginning.
- The lip balm ingredients and body cream ingredients need to be melted separately. In a large group half could make the lip balm while the other half make the body cream. As an individual, in a smaller group or with younger children, make one balm then the other.
- Younger children will need help with the instructions and supervision melting and pouring ingredients.
- Check potential allergy issues with participants.
- Separate out the lip balm making ingredients from the body cream making ingredients to make sure you use the right ones for each product (note – the body cream ingredients may say 'hand balm').
- Lay old newspaper or cardboard onto the work area to catch any spills.

LIP BALM MAKING INSTRUCTIONS

1. Prepare the lip balm tubes by taking the lids off and setting them out in a line on top of the newspaper or cardboard. Also decide on which fragrances(s) you will use. (Once the melted liquid is poured into the tubes the drops of fragrance will need to be added straight away before the balm sets).
2. Melt the ingredients together in a very small pot over a low heat on the stove. (See notes below for more on melting). Melt the beeswax first. Then the coconut oil and shea butter. Use your stirrer to stir the mixture as it melts. Add the almond oil and continue heating on low (without boiling the mixture) for about a minute while stirring to combine everything and heat it through.
3. Once all the products have melted and been combined (excluding the fragrance oils) remove from the heat and use the syringe to fill the lip balm tubes immediately – fill the syringe to the 5ml line* (or pour the liquid in from the jug or pot with a steady hand).
 - Use an oven mitt to move the jug, pot or bowl from the stove or microwave.
 - Keep filling all the tubes quickly as the balm will solidify in the syringe if left to cool.
4. Add 4-6 drops of fragrance straight away into the filled lip balm tubes while the ingredients are still liquid.
 - Return the ingredients to the heat if the mixture starts to set.
 - Top up the tubes with any remaining mixture.
5. Leave to set then enjoy your hand made personalised lip balm.



BODY/HAND CREAM MAKING INSTRUCTIONS

THESE BODY CREAM MAKING INSTRUCTIONS ARE AVAILABLE ONLINE AS A VIDEO TUTORIAL –
www.madesimple.co.nz/blog

1. Prepare the body cream containers by taking the lids off and setting them out in a line on top of the newspaper or cardboard. Also decide on which fragrances(s) you will use. Use the shea butter container once the ingredients have been used.
2. Melt the ingredients together in a very small pot over a low heat on the stove or use the double boiler/bain marie method. (See notes below for more on melting). Melt the beeswax then the cocoa butter and shea butter (cut up any large pieces of cocoa butter). Use your stirrer to stir the mixture as it melts. Add the almond oil and continue heating on low (without boiling the mixture) for about a minute while stirring to combine everything. Then stir in the packet of tapioca starch until dissolved and mixed through. Continue to heat for another minute or so.
3. Take off the heat and place on a tea towel or hand towel on the bench. (This will stop the bowl or jug moving when stirring as below).
 - *Use an oven mitt to move the jug, pot or bowl from the stove or microwave.*
4. Use a spatula, hand whisk or spoon to gently stir the melted ingredients. You need to stir until the liquid has cooled sufficiently to start to just slightly set. Stirring doesn't need to be too brisk. How to cool the liquid – **(NOTE – it is better to under cool rather than cool too much as it will start to set unevenly. If this cooling method below sounds daunting just skip this step and pour the melted ingredients straight into the containers as per step 5. Cooling it down just helps prevent the possibility of the shea butter going gritty once set).**
 - The liquid needs to stay smooth rather than starting to set in lumps or setting on the bottom so stir more vigorously if this starts to happen (a whisk is useful in this case).
 - Depending on how hot your liquid was and what kind of container you used to melt the ingredients, cooling the liquid may only take a minute.
 - The liquid is ready to pour into the containers once it is just starting to set as you stir it. As your spoon, spatula or whisk starts to leave a trail (ie you can see where you've just stirred) or it's starting to set on the sides, it's cooled enough. Sounds confusing? If it's starting to look like it's setting then it is.
5. Once cooled pour the ingredients into the containers – don't use all the ingredients yet, leave a little room at the top of each container.
6. Add 6-8 drops of fragrance into the filled containers while the cream is still semi-liquid.
 - *Use a spatula to get the cream out if it's starting to set too much.*
7. Top up the containers with the rest of the cream. Stir gently if necessary to mix the fragrance through.
8. Put the containers in the fridge for several hours to make sure they cool right through. When you take them out they will seem quite hard but will soften as they return to room temperature.
9. Enjoy your hand made personalised body cream.

TURN OVER FOR CLEAN UP AND ADDITIONAL NOTES

CLEAN UP

Pour any unused liquid into the ingredient containers or similar and use paper towels to wipe clean everything used while the ingredients are still liquid. If necessary reheat the pot (jug or bowl) used for melting to re-melt the mixture and wipe up as much as possible. Use paper towels to wipe spills from the bench before cleaning.

ADDITIONAL NOTES

* Some children may require adult assistance using the syringe

If liquid has solidified in the syringe it may be possible to keep using it by heating the syringe in the microwave on low for a few seconds or by dipping the tip of the syringe quickly into the melted ingredients to dislodge the solidified mixture.

Melting options and tips –

- Use the smallest pot you can find to melt the ingredients in.
- Use a heat proof bowl in the microwave – cook on high for a few seconds, stir and repeat until melted.
- Double boiler/bain marie method: use a bowl over a pot of boiling water or a heat proof jug with a good pouring lip (eg pyrex) or small glass jar or tin within a pot of boiling water. Clean up can be an issue so using a jar or tin destined for the recycling can save you this job!

If you enjoyed making your own lip balm and body cream have a look at our website for more DIY kits.

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