

1 tsp beeswax
1 tbsp olive or coconut oil

½ tsp honey
4 drops of essential oil of your choice

BEESWAX & HONEY LIP BALM

VEGETARIAN

Makes 30g

Winter and chapped lips go hand in hand and this all-natural balm is a nourishing antidote. Most commercially manufactured lip balms contain harsh ingredients that do little to provide effective long-term moisture to this most delicate of areas.

Petroleum jelly, a popular component, is the by-product of oil refining; it can sometimes contain residual carcinogens and blocks all our pores, preventing air and moisture from leaving or entering. Mineral oil, often used alongside petroleum jelly, has the same effect, and the result may seem like immediate relief from chapped lips but often leads to even dryer skin in the long term.

This alternative blend is 100% natural, and a little goes a long way. I also use it on excessively dry skin areas like my knees, elbows and nose if they need a little extra protection.

It lasts for up to 12 months and you can choose any fragrance you feel drawn to. I like citrus to uplift and remind me of summer.

Place the beeswax and oil in a small heatproof bowl and set over a pan of just simmering water, making sure the bottom of the bowl doesn't touch the water. You might want to use a dedicated beeswax bowl or jug to avoid putting any down the sink (see page 31).

Once the wax has melted and has mixed with the oil, wait until it is cool enough to comfortably leave your finger in (around 40°C) and quickly mix in the honey and essential oil.

Pour into a small jar or tin and leave to set for about 40 minutes at room temperature – or you can place it in the fridge to speed up the process. Store away from direct sunlight for up to 12 months.