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## **Make a Tinted Lip Balm** with Arina from BellaCreme

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### **Chapter 1 - Make a Tinted Lip Balm**

#### Overview

- I'm Arina Soler, owner and operator of BellaCreme, an all-natural skincare company operating out of the Hudson Valley. I offer a line of body butters, tinctures, toners, bath soaks. It all comes back around to self-care. In this class, you will learn the basic components of creating your very own lip balm using a few natural ingredients. I will also show you how to create a tinted oil. A little bit of color brightens your mood, and it brightens your day tremendously. You'll love this lip balm and you will want to gift it to all of your friends.

#### Materials

- To make our lip balm, you'll need an arnica-infused oil. You can learn a lot more of how to make your own herbal infusion in my class right here on Creativebug. Next, you'll need beeswax, arrowroot powder, we'll also be using alkanet root for color, essential oils, a stainless steel mesh strainer, a spatula. We'll also be using a double boiler system. If you don't have a double boiler system, you can use two pots, specifically with one bigger than the other. When we're all done with this, we will add our lip balm to these containers. You have an option between glass jars, paperboard, or plastic. I've already preweighed my ingredients, and you can find the recipe in the materials section of the class.

#### Make the tint

- Now I'm going to walk you through the steps of making your own tinted lip balm. First I wanna tell you a little bit about alkanet root. It's a colorant. It makes a pretty reddish hue for this lip balm, and I often like to use it in soap as well. It turns the soap a little bit of a blackish hue once it reacts with the lye. We also have arnica-infused oil. Again, you can get the details on how to make your own herbal infusion right here on Creativebug in my other class. Let's get started. Our double boiler is heating. Remember, if you don't have a system already set up, you can use two pots, one smaller than the other, and this way you heat the water in the bottom pot and you put your liquids and your other contents in the top pot. Let's get it going. I'm gonna pour our arnica oil in. Arnica is my favorite oil to work with. It has a lot of different components, healing, it helps bruising, little bit of pain relief, and it makes a beautiful golden color. Don't tell the others, but it is my favorite. Sh, I don't want anyone else to know. Then we're gonna add our alkanet root. Going to allow it to infuse, and you'll see that it is making a nice, reddish, pinkish color. It's going to have to compete with the arnica oil here, but it's okay. I chose arnica-infused oil because I know sometimes during these winter months or just when we're just having a rough day and our lips are just not behaving, we may have some chappedness, and your lips, they're your representative, right? We like to watch lips. We like to see what they're doing when we are enunciating. It's a drawing point. So, we wanna make sure that they look good. We want them to be smooth, we want them to look healthy, and this is going to help you with that. So, if you can see, we're getting a nice orange pink, not a hot pink, but it's a deep color. I like it. There were other options. You can use saffron, you can use annatto seed. Anything that you know is going to react with the oil and give you a little bit of a color is going to be something that you can use. Be mindful of how your body works and understand that if there's any irritation anytime that you make any product at home, discontinue that product and start with

something new. I'm satisfied with this color, so I'm going to strain it. This will be a little warm, so take some caution as you're pouring it in. (liquid splashing) And also take caution when you're moving the bowl around, but it's not going to be super heated because that is also the purpose of the double boiler. Don't forget that. Now that you have your tinted oil, we are ready to make our lip balm.

#### Make the lip balm

- It's time to add our beeswax. I've already pre-weighed my beeswax. This is 0.6 ounces of natural beeswax. We want this to melt completely and stir it up a little bit, and while we do that, we can think about how you practice self-care. What do you like to do to make sure that you feel good every day? How do you ensure that you start your day refreshed and ready to challenge the world? I'm listening. I like to use a hot rag. That's how I initially start my day, just hot enough to handle, but steamy enough to open up my pores and help me feel refreshed. I like to breathe in the steam. It's really good for clearing out your nasal passages and any oil residue or anything that may have collected overnight, because we do still produce oil overnight, and I just go on from there. I obviously brush my teeth. I floss, just different things, and then I start my day. Sometimes I might put a little makeup on, depends on what kind of mood I'm in, but the rag is really, really sufficient and just kind of making me feel like, "Okay, I'm ready." Now that our wax has melted, it is time to add our tinted oil. If you choose not to tint your oil, you can skip the tinting process in the last segment of our class. Whenever you're adding an oil to a wax that is already heated, sometimes you'll see these patterns and the solidification at the surface. It's nothing to be worried about. It's just that the oil is likely going to be cooler at the moment that you add it than the wax is, and, over time, this will go away. It'll melt, so you haven't done anything wrong. You're great in your process, and it's going to be fine. Don't panic. As always, when we're working with a wax and an oil, we wanna check the consistency. For lip balm, you want it to be solid enough to hold its shape in the container, but obviously soft enough to smooth onto your lips without it leaving residue. If you look at that, this is about right, but it's a matter of personal preference. If you want it to be softer, fine. Just remember, if it's too soft and you try to roll it up, it won't work. If you're using a pot, that may be a different story. It can be as soft as you'd like it to be. Alright, now that I have the consistency that I want, we can add our essential oils. I want you to understand you absolutely do not have to add any essential oils if you choose not to, but I chose eucalyptus and lemon for the purpose of taste and refreshment. We're doing seven drops of lemon essential oil and seven drops of eucalyptus. Eucalyptus is a lot like peppermint, in that it gives you that like invigoration, you know, you feel like it's a little minty, but it has a lot of healing benefits. And I wanna make one last suggestion to you, that when you are adding your essential oils, try to avoid turning the bottle all the way upside down. It makes it harder to correct it when you're ready to finish your dropping process. If you have it completely upside down versus at a slant, more drops than you'd like may fall out. It's all a pressure system, right? We're gonna stir our ingredients. Look at this color. I like this. This is nice. And now we are going to add a teaspoon of arrowroot powder. You can add it now versus before the essential oils. The order between the essential oils and the arrowroot powder is not a huge deal. As long as your arrow root is dissolved, you are good to go. Break up little pieces of arrowroot clumps along the side of your pot. They like to hide, they wanna stay together, and we don't want that. We want them to become a community with our lip balm so that we can get the full benefit of what they have to offer, which is healing and minimizing skin and irritation. Alright, we are ready. Are you ready? I'm ready. We're gonna turn off our double boiler system. The heated water

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inside of the system should keep the oil warm as we work through our different containers, so don't fret. I wanna start with these jars, because I just love them. I think they're so cute. So let's open each one. You can use a spout if you like, but if it's not for you, if you don't mind cleaning up a little wax here and there, that's absolutely fine. I do have a spout here, just in case you wanna borrow it. It's okay to spill a little bit. That's just one less family member that's gonna get a gift. No worries, no worries. We are going to allow this to cool while we fill our other containers. The paperboard containers, you often have to push them down. You can use a dowel, you can use any, a pen, anything that's gonna allow you to push it down without puncturing it, but I use my finger. Okay, gonna wipe this off again. I don't like to get any water into my products that I didn't intend for there to be. And this is our last container. A plastic one. Not my favorite, but it is refillable and recyclable. So whatever decisions you make, always refill if you can and always recycle where you can. It's important. If you happen to have any leftover prepped balm, you can always add it to any container that you have on hand and save it for another time. You can put it in a two-ounce amber jar. You can put it into those extra containers that you have lying around. We obviously have a singular system set up with just a few items here, but many of these different components of containers come with 20, 30, 15, so just know that you can reuse it. You don't have to discard it. Allow your lip balms to cool and become solid, completely solid. Once they're solid, they're ready to use. Please be careful. Sometimes we think they're solid because they tend to cool on the bottom and the top, but the middle, the heat may be trapped and you don't want to try to use your balm prematurely and ruin it. It'll still be usable, but it may not look as aesthetically pleasing. You can use these lip balms from anywhere between six to 12 months. I'm glad that you've joined me on this journey. I know that you will enjoy your lip balm and I'll see you next class.