

Raw cocoa butter and beeswax can usually be found in a health food shop.

Cinnamon Lip Balm

- 1 ½ teaspoon raw cocoa butter
- 1 ½ teaspoon organic beeswax
(vegans can use organic carnauba wax)
- 2 teaspoon coconut oil
- 2 drops cinnamon essential oil

Grate the raw cocoa butter and organic beeswax into stainless steel or Pyrex bowl. Place some boiling water in a second and larger heat proof bowl. Place the first bowl in the bowl of boiling water. Stir the cocoa butter/beeswax until melted. Add coconut oil and stir until blended thoroughly. Remove the bowl and add the drops of essential oil. Pour into a small glass jar or tin. Use plain stickers to make a label.

Variations:

- Add 5 drops of orange essential oil instead of cinnamon essential oil
- Add ½ teaspoon honey (with or without essential oil) to the recipe for honey flavoured lip balm
- Add drops of beetroot juice at the end to make red lip gloss

www.essential-oil-goddess.com