

## Make Your Own Seaweed Lip Balm

### What you will need:

- Pot of petroleum jelly/vaseline
- Jar of coconut oil (the type used for cooking)
- Vitamin E oil drops (not essential)
- Peppermint oil or Lemon/lime juice
- Food colouring - any containing spirulina or carrageenan
- Glass beaker or plastic jug (microwavable)
- 1 spoon
- Microwave
- Tea towel
- Fridge/freezer
- Small plastic pot with a lid



### Instructions -

1. Add one heaped tablespoon of petroleum jelly and one heaped tablespoon of coconut oil to the glass beaker/plastic jug
2. Add drops of chosen food colouring (containing seaweed) and mix round with spoon
3. Heat mixture in microwave for ~45 seconds or until starting to melt
4. Remove from microwave, stir and heat again if necessary so that mixture is properly melted - being very careful not to overheat the oil and cause spitting
5. Allow mixture to cool slightly, before adding a few drops of vitamin E oil
6. Then add either peppermint oil OR lemon/lime juice for desired scent
7. Mix up the solution using metal spoon
8. Pour into individual plastic pots as desired
9. Put in the fridge for at least 2 hours or freezer for 20 minutes
10. Remove from fridge/freezer and voilà, you have your own seaweed lip balm!

**PLEASE DO NOT ATTEMPT THIS IF YOU OR YOUR CHILDREN HAVE ALLERGIES TO ANY OF THE INGREDIENTS**

