

Herbal Lip Balm Transcript

We are going to make lip balm.

You know what lip balm is? It's like the stuff that usually comes in sticks, and you put it on your lips when they're dry. You know that stuff? And guess what we're going to use in this? We're going to use 5 tablespoons of oil, 1 tablespoon of beeswax, this is beeswax, and 1 tablespoon of honey.

And, do you think, um, this beeswax here It smells so nice. You can smell it. It, um, it needs to be grated up a bit before we can, uh, use it. Because if you try to melt it when it's whole like that, it won't, um, it won't work very well. So, we're going to grate it up a little bit here. And I'll show you what we're going to do.

We're going to grate it just like this. Make sure you don't get your fingers at the bottom. Because you don't want to grate your fingers, right? So, I'm going to let you do some, Gracie, and then we'll pass it on. Everybody does a little bit and pass it on.

Do you have any else? Does she

have to pass it?

Not yet. She can do a little bit more.

Let me see how the block looks. Okay, you can do some more.

So, what we're going to do first, we're using the fondue pot for the lip balm. Why, Gracie?

Because, um, it needs to cook very slowly.

Very slowly, right. So that's the best way and the safest way.

You're right. So, the house won't catch on fire?

The house won't catch on fire. So, we're going to start with our five tablespoons of almond oil or other oil.

And all I have today is olive oil. So, can you come here Gracie and help me pour this? I need you to do like this. Let me show you. You need to put, this is only a half tablespoon, so we're going to put Instead of five of these, we're going to put ten of them. So that's one. Can you put the other nine?

Well, that was a little bit much, so don't put any more after that. What number are you on?

The tenth one. The tenth?

Okay, don't put the tenth one, because a couple of those you had a little bit too much. So, um, okay. So, the next thing we're going to put, you can put the cat back on the olive oil. And the next thing we're going to put, is we're going to put the beeswax.

So, Nick, can you bring me the beeswax? We're going to need one tablespoon of beeswax, so you're going to need to scoop two of those in there. Okay? Can you scoop two of those beeswaxes in there? Sam, we need one teaspoon of honey, and this is a teaspoon. So, what you're going to do is you're going to pour the honey from here into the teaspoon. And then you're going to pour your one teaspoon.

We washed our hands.

Oh, good. We, um, what we need to do now is we need to stir it and wait for the beeswax to melt. Gracie's stirring it for us. And We can't see you, Gracie, we just see your hands.

Okay. So, we're going to put a couple drops of peppermint essential oil in, and I'm going to do this here. I'll just put in two drops. Here we go. Is the beeswax melting a bit? Oh

yes, it smells so good. Can I smell it? Can I smell? Just put your nose to that. Can I smell it? Yeah, come over here. Ah! Do you want the house to catch on fire?

I don't think it'll catch on fire; I wouldn't worry about it. Smell it, Mrs. Burns. Smells like peppermint candy. Smells like peppermint candy, doesn't it?

I lighted it.

Mmm, and I love the little hint of beeswax smell in there.

It's really not melting. Well, it's melting on the spoon.

But not very fast. Yeah, it's going to be a slow melting.

Well, I'll tell you what, let's just leave it. Um, let's leave it to melt a little bit and then we'll come back to it. Because it is melting very slowly. So, just leave the spoon out. And let's start on our other project. So now, we see our lip balm. And can you stir it up a little bit more, Gracie? It's been sitting there for about 15 minutes.

And it's completely melted, isn't it? It's even, it's even like simmering a little bit at the bottom. The cat, if you let it, if you don't stir it for a minute, you can see little bubbles coming up. It's simmering a bit. Do you see that?

Yeah. Yeah. It's simmering a little bit.

See those bubbles?

So, this is how it's going to look when it's all done. See? Can you believe that that's going to turn into this?

Do you have to freeze just.

We're not going to freeze it. What we're going to do is we're going to pour it into containers, and then it's going to, um, it's going to solidify up like it did with this container here.

What we're going to do is we're going to take a little bit of the, the mixture, and we're going to put it in here to cool, and then we can scoop it into containers. And we could also cool it in the containers. But why don't we do that? Can everybody come and scoop? And you pour it into the middle one.

Because I'm the middle child! Okay.

Now, uh, Nick.

And we'll turn it around here for you.

Yeah, that's perfect. We're going to finger paint, but we're going to wait for these to cool. And then they're going to be lip balm, just like the one that I showed you.

How long will that exactly take?

Well, let's see how long it takes.

Um, I think it takes about a half hour, but we'll see if it takes less time or not. Gracie and Nick, come and look at this. Turn that off, please. Gracie and Nick, come look. Look what's happening to the lip balm.

It's getting solid, isn't it? Just like lip balm.