



What ingredients are used to make Pharm4Me lip balm?

INGREDIENTS:	QUANTITY: 2	QUANTITY: 10	QUANTITY: 20
Anhydrous Base	4 grams	20 grams	40 grams
Beeswax	2 grams	10 grams	20 grams
Lanolin Oil	1.2 mL	6 mL	12 mL
Almond Oil	3.4 mL	17 mL	34 mL
Aloe Vera Powder	0.05 grams	0.5 grams	1.0 grams
Flavored Oil	A few drops	~10 drops	~20 drops

All of the following ingredients are USP grade and 100% pure. They are easily found and we typically purchase everything from Amazon or [Bulk Apothecary](#) – from ingredients to lip balm tubes.

- Anhydrous Base – We use a lanolin anhydrous base. Lanolin is a wax extracted from sheep’s wool that is used by humans as a cream to soothe skin, as it is hypoallergenic and bacteriostatic.
- Beeswax – Bees make beeswax to construct their honeycombs, and we use beeswax in our lip balm for those same structural properties.
- Lanolin Oil – Just like the lanolin base we use, this oil comes from sheep’s wool.
- Sweet Almond Oil – This is a natural moisturizing oil. Please note that this comes directly from almonds for those with nut allergies.
- Aloe Vera Powder – We use a freeze dried aloe vera powder. Aloe vera is a succulent plant species that has both medicinal and cosmetic uses.

Optional:

- Flavored Oil – The easiest oil to find and use is pure peppermint extract that you can get from the grocery store. Other flavored oils are available on Amazon or Bulk Apothecary. Please note that some flavors, such as peppermint oil, can be a skin irritant for some people.

What other items do I need to make this at home or in the classroom:

- A hot plate
- Beakers (we use 250 mL)
- Graduated cylinder (we use a 10mL)
- Scale for measuring anhydrous base and aloe vera powder
- Stirring rod or spin bar
- Spatula for anhydrous base
- Lip balm tubes
- *Optional:* Lip balm labels

Directions to make this at home or in the classroom:

1. Place beaker containing anhydrous base and beeswax onto a hot plate. Melt the base on a hot plate (using setting 3). Be careful not to touch the hot plate.
2. While the base and beeswax are melting, add the lanolin and almond oils.
3. Add a spin bar to the beaker and set the stirring speed on low to help disperse the beeswax pellets in the oil mixture. Continue stirring on low until the base and beeswax are fully melted.
4. Using sifter and rubber spatula, carefully sift the aloe vera into the beaker and stir until evenly smooth.
5. Add flavor and mix well.
6. Carefully remove the beaker from the hot plate, remove the spin bar, and allow the mixture to cool on the counter for a few minutes.
7. Turn the bottom dial of the lip balm applicator 2 full turns.
8. Pour melted lip balm into the tubes until full. Allow to cool at room temperature.