

## Chapter 18. Natural Lip Balms, Tints & Lipsticks

### 1 ▶ Why the Lips Need Special Care

#### Lip Fact

#### Why It Matters

No oil glands → dry fast Balms must supply external oil (ghee, coconut).  
Thin stratum-corneum DIY colours must be **food-grade**; anything goes straight inside.  
High blood flow Blue-red tints show immediately – perfect for herbal pigments.

### 2 ▶ Building Blocks in Simple Words

| Block                          | Ayurveda Example                            | Job                                |
|--------------------------------|---|------------------------------------|
| <b>Waxes</b> (solid)           | Beeswax, Rice-bran wax                      | Give stick shape, lock moisture    |
| <b>Butters</b>                 | Kokum, Kokum-ghee mix                       | Melt near body temp; cushion feel  |
| <b>Liquid Oils</b>             | Ghee, Coconut, Sesame                       | Nourish, carry fat-soluble colour  |
| <b>Pigments</b>                | Beetroot, Hibiscus, Manjishtha              | Safely tint from pink to brick-red |
| <b>Antioxidants / Flavours</b> | Vit-E, Cardamom EO, Vanilla CO <sub>2</sub> | Keep rancidity & add yum           |

### 3 ▶ Safe Natural Pigment Table

| Shade       | Herb / Source                      | Prepare It                           | Max % in Batch |
|-------------|------------------------------------|--------------------------------------|----------------|
| Barbie pink | <b>Beetroot</b> dehydrate & powder | Fine-sieve < 80 µm                   | 4 %            |
| Cool rose   | Hibiscus petal powder              | Infuse in warm oil, strain           | 5 % infusion   |
| Warm brick  | Manjishtha + saffron trace         | Oil infusion + 1 drop sesame extract | 2 %            |
| Coral       | Annatto seed tincture              | Infuse 24 h; filter                  | 3 %            |

**Tip:** Test streak on white plate + balm base to preview colour.

### 4 ▶ Quick-Reference Formulas (100 g batch)

#### 4.1 Hydrating Ghee-Vanilla Lip Balm

| Beeswax 15 g | Kokum 10 g | Ghee 30 g | Coconut oil 40 g | Vit-E 1 g | Vanilla CO<sub>2</sub> 0.5 g | Beet powder 3 g |

#### 4.2 “Rose-Kokum” Vegan Tint Stick

| Rice-bran wax 20 g | Kokum 20 g | Almond oil 55 g | Hibiscus infused oil 4 g | Geranium EO 0.5 g | Vitamin-E 0.5 g |

#### 4.3 Ayur Solid Lipstick (Twist-up)

| Candelilla wax 22 g | Beeswax 8 g | Sesame oil 25 g | Castor oil 25 g | Manjishtha-saffron infusion 12 g | Cocoa butter 7 g | Orange EO 1 g |

*(Heat waxes + butters → add oils → cool to 60 °C → pigments → pour.)*



## 5 ▶ Production Flow (Visual Recap)

Students follow arrows: melt → add oils → mix pigment → cool & flavour → pour → cure.

## 6 ▶ Doṣa-Friendly Lip Care Tips

| Lip Problem                       | Likely Doṣa           | Fix   |
|-----------------------------------|-----------------------|---|
| Cracked, peeling                  | <b>Vāta</b> dryness   | Use ghee-heavy balm, avoid matte tints                  |
| Burning, red edges                | <b>Pitta</b> heat     | Choose coconut-based balm, add rose flavour             |
| Sticky, dull, salivary white line | <b>Kapha</b> build-up | Add pinch trikatu + lemon EO; gentle sugar scrub weekly |

## 7 ▶ Shelf-Life & Quality

| Factor      | How to Keep Safe   |
|-------------|--|
| Rancidity   | Vitamin-E 1 %; dark glass or opaque tubes                            |
| Microbes    | < 0.50 aw (water free); wipe pots clean; no finger dipping in retail |
| Colour fade | Store ≤ 25 °C; herb pigments fade after 9 m - print "Best before"    |

## 8 ▶ Mini-Class Activity

### "Blend Your Own Tint in 15 min"

1. Tutors pre-melt base.
2. Students choose 1 herb powder (3 g) + 1 flavour EO (0.2 g).
3. Pour into mini pots → label with shade name.
4. Peer-vote "Best natural shade."

## 9 ▶ Quick Quiz

1. **Which wax is vegan and gives firmness to lipstick?** (Candelilla)
2. **Why can't we drop EO straight into bath-water lips?** (High dose irritates thin lip skin; must be < 1 % in oil.)
3. **What do we add to keep balm from melting in summer?** (Raise wax % or use carnauba.)

## Key Take-Aways

- **Three-part base:** wax + butter + oil.
- **Herbal pigments** are safer but fade; teach customers to store cool and re-apply.
- **Dosage rules:** total EO ≤ 1 %, pigment ≤ 5 %, vitamin E ≈ 1 %.
- Melt • Mix • Pour • Cure - follow flow-chart and you can't go wrong!

**Mantra:** "Feed lips with ghee, tint with beet, seal with wax - smile genuinely, shine naturally."