

Chapter 18. Natural Lip Balms, Tints & Lipsticks

1 ► Why the Lips Need Special Care

Lip Fact

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.

Why It Matters

2 ► Building Blocks in Simple Words

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

3 ► Safe Natural Pigment Table

Shade	Herb / Source	Prepare It	Max % in Batch
Barbie pink	Beetroot dehydrate & powder	Fine-sieve < 80 µm	4 %
Cool rose	Hibiscus petal powder	Infuse in warm oil, strain	5 % infusion
Warm brick	Manjishta + 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 CO₂ 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 | Manjishta-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	Vāta dryness	Use ghee-heavy balm, avoid matte tints
Burning, red edges	Pitta heat	Choose coconut-based balm, add rose flavour
Sticky, dull, salivary white line	Kapha 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."