



LIP BALM

This recipe makes approximately 4 12 ml portions

Ingredients & materials :

- 3 ½ teaspoons beeswax
- 1 heaping tablespoon cocoa butter
- 2 tablespoons coconut oil
- 2 tablespoons avocado oil
- 1/8 teaspoon (or a couple of drops) vitamin e
- 1 teaspoon lip balm flavor oil of your choice
- 4 small jars or containers with lids to store your finished lip balm

Equipment :

- small double boiler, or Pyrex/heat-proof bowl placed over a pot of boiling water
- metal spoon for mixing
- measuring spoons
- small container with a spout, to make pouring into your final containers easier
- paper towels to wipe down instruments and equipment before washing (less mess!)
- labels of your choice, if you wish!

Instructions :

1. Fill the bottom of the double boiler with water and bring to a boil. If you do not have a double boiler, place a small heat-proof bowl over a pot of boiling water, or place one pot inside another with water in the bottom one.
2. Place your beeswax and cocoa butter in the top part of the double-boiler, and let melt. As soon as these are liquid, add coconut oil and avocado oil and stir to combine. Be careful not to overheat or boil your mixture.
3. Turn off the heat. Add vitamin e and flavor oil. Stir well, and let cool slightly before pouring into your spouted container and then carefully filling your lip balm pots.
4. Let cool approximately 6 hours before placing cover on, to avoid condensation inside the closed lip balm pot and ensure that your mixture has fully hardened.
5. To make cleanup easier (oily dishes are tough!) you can wipe down your equipment with a paper towel before washing with soap and hot water.



SCENTED ROOM SPRAY

Ingredients & materials:

- 20 ml perfumery alcohol or pure grain alcohol
- 6 ml essential oils of your choice
- 9 ml distilled water
- 35 ml glass bottle with sprayer, preferably in colored glass to protect your finished product from the light

Equipment :

- small funnel for pouring into your bottle
- glass or plastic pipette to measure your alcohol and fragrance, or a small glass measuring cup marked in milliliters.
- labels of your choice, if you wish!

Instructions :

1. Use your pipette or measuring cup to measure 6 ml of essential oil or fragrance oil, and add to your bottle.
2. Add the distilled water and alcohol to your bottle. Close up and shake well.
3. Store out of direct sunlight. Room sprays, including this one, should never be used on skin or as perfumes as they are too concentrated and can cause skin reactions. Take care to never directly apply essential oils to the skin without properly diluting them, they are much too strong and can be harmful at full strength. For room sprays, avoid potentially irritating oils like cinnamon.



Finding materials and ingredients:

If you are located in the United States, we suggest shopping from Mountain Rose Herbs. For Canadians, Coop Coco is a great resource. Both of these companies supply ingredients, materials and packaging for making your own products at home. Ingredients are available in relatively small quantities, ideal for the home crafter, and the quality and selection are quite good

Mountain Rose Herbs (*delivery in the USA and internationally*):

PO Box 50220, Eugene OR 97405, www.mountainroseherbs.com

Coop Coco (*delivery across Canada*):

273 St-Zotique Est, Montréal, Québec H2S 1L4, www.coopcoco.ca

Health & Safety in making your own bath and body products at home :

Always use a disinfected work area and clean tools, to avoid contaminating your finished products. Don't forget that almost all products that contain water NEED a preservative to keep them from developing potentially harmful and dangerous bacterial and fungal growth—lotions for example cannot be made without a preservative, *even if kept in the fridge*: they will almost definitely become contaminated with bacteria and can harm you or others. Never use essential oils directly on the skin, they are just too concentrated to be used without diluting. Make sure to wear gloves when necessary in handling essential oils or other ingredients. Remember that all products can cause allergies, whether natural or synthetic in origin! Better safe than sorry—make sure to test things slowly and carefully, and stop using anything that gives you or others a skin reaction of any kind.

Where to find our finished products and about Dot & Lil :

If you prefer to buy ready-to-use handmade skincare and home products, visit us on www.dotandlil.com to buy online, see a list of our stockists, or find out about opening hours at our studio in Montreal. Dot & Lil has been making finely crafted products for bath, body and home since 2008. All of our products are made by hand by our small team. The company was founded in 2008 by Anne Dardick. Passionate about anything handmade, Anne is obsessed with design, fonts, patterns and anything vintage or floral. Her scent addiction is the driving force behind Dot & Lil.

– Dot & Lil –

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