



BLACK WOMEN FOR WELLNESS



Make Your Own Natural Lip Balm

BWW's Sisters in Control Reproductive Justice (SCRJ) program works to empower women to make choices through education and advocacy.

One of SCRJ's growing projects is our Environmental Justice Program. This program includes research into toxins that are found in our beauty and personal products. We need to be concerned about what we are putting on and in our bodies that can affect our health and wellness. Be on the lookout for the second edition of Green Going Black - a BWW publication highlighting the array of toxins in every day products - coming soon in 2014!

Until then, here is an easy way to make a safe and natural product that we use every day, especially during the cold and dry winter season!

At our 2013 Winter Solstice Member Gathering, volunteer extraordinaire Ashley showed us how to make our own natural lip balm in a awesome demonstration and gave out free samples to all attendees.

Here is an great recipe for those who could not make the event:

Part One: Make Your Infused Oil

Cold Infusion Method - Put dried calendula petals in jar leaving room for oil. Then fill the rest of jar with desired oil - we like coconut. Close lid on jar. Sit in sun for 4 - 6 weeks. Drain flowers from oil using a cheesecloth and store in jar for up to one year.

Hot Infusion Method - Put dried calendula petals in jar and oil in small pan. Heat on low for 4 hours stirring occasionally. Drain flowers from oil using a cheesecloth and store in jar for up to one year.

For more details on how to infuse oil and pros/cons of each method, click [here](#).

Part Two: Make Your Lip Balm

To read entire article, click [here](#).