

8+



Make Your Own

Lovely Lip Balm Kit



WARNING:

This set contains chemicals that may be harmful if misused. Read cautions on individual containers carefully. Not to be used by children except under adult supervision.

Adult Supervision Required

Instructions and more!



Lovely Lip Balm—Activity Guide



Let's show your lips some love. They work hard for you every day—you use them to talk and eat and smile and more. Phew! After all that activity, they deserve some pampering.

In this kit, you'll find everything you need to make your own lip balm. It's like a lotion for your lips and will keep your lips smooth and shiny. You'll also learn some really cool science that explains how lip balm is made and why it works. Plus we have some great tips on how to have pretty and healthy lips all year long.

In each activity, you'll get to act and think like an actual scientist. You'll measure, you'll compare things and you'll ask questions. You'll also make observations using your different senses: You'll use your eyes to see, your ears to hear, your nose to smell, and your hands and fingers to feel.

Let's get lovely lips!

(Caution: Before you begin, please note that these activities are intended for children ages eight and older. Adult supervision is required—be sure to have a grownup friend or relative help with these experiments.)

What You'll Find in Your Kit

Wax phase
Oil phase
Dye/Fragrance
Mixing cup
Stirrer
Lip balm containers



What You Need to Get or Use:

a few items easily found around your house. We'll let you know what to use for each activity. Some of these things might include:

Microwave
Oven mitts (*optional*)
Paper towel (*optional*)
Bowl (*microwave safe*)
Mirror

FUN FACT

The first lip balm was made out of earwax. Yuck! It got the job done but it sure didn't taste or smell good!

ACTIVITY #1: MIX IT UP!

All objects, including lip balm, are made up of **matter**. Matter can take different forms—a **solid**, **liquid** or **gas**—which are called **states**. Let's use water as an example: It can be ice (solid state), rain (liquid state) or steam (gas state).

How do you tell the difference?

- Solids, such as ice, have a definite shape and take up a specific amount of space. Try to stuff a big rock into a small box—you can't because the rock won't change to fit the box.
- Liquids, such as water, take the shape of their container. Think about pouring water into a bottle. The amount of water you started with—let's say 8 ounces—stays the same, no matter what container you put it in.
- Gases, such as steam, have no shape and will expand to fill their container.

To make lip balm, you mix together wax, oil, fragrance and dye, which are different states of matter. How does this work? Let's find out!

What You Need from your kit:

Wax phase Mixing cup
Oil phase Stirrer
Dye/Fragrance Lip balm containers

What You Need to Get or Use:

Microwave Oven mitts (*optional*)
Water Paper towel (*optional*)
Bowl (*microwave safe*)

Let's get started!

WHAT YOU DO:

CAUTION: The lip balm containers are not safe for use in the microwave. Only use the provided mixing cup for melting the wax phase. Microwave power/settings vary. Adult supervision is required to regularly check the mixture during heating and to remove the container from the microwave. Use caution handling the container after heating, as it could be hot.

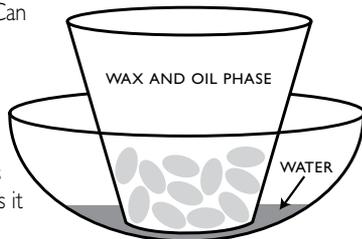
Step 1: Let's start with some observations. Open the containers of wax, oil, dye and fragrance. What does the wax look like? How does it feel? How does it smell? Is it a solid, liquid or gas? How about the oil, dye and fragrance? How do they look? How do they feel or smell? Are they solids, liquids or gases?

Step 2: Pour the wax granules into the mixing cup. (Save the containers—you'll use it later to hold the finished lip balm.) Add the oil, dye and fragrance and using the stirrer, combine all of the ingredients.

Find a shallow microwaveable bowl that's larger than the mixing cup. Pour a tiny bit of water into the bottom of this bowl (just a little bit will be more than enough to do the trick). Set the mixing cup inside the bowl—if you've filled with too much water, the cup might topple over. Place the bowl, with the water and cup inside, into the microwave. Heat on "High" setting for 1-2 minutes. Stop and stir. If wax is not melted, repeat. It may take up to 5 minutes for wax to completely melt.

Look inside the microwave while you wait for the wax to heat. Can you see any gas (like steam or vapor) escaping from the cup?

Step 3: When the wax has completely melted, gently remove the bowl or cup from the microwave—be careful not to spill anything. (Use oven mitts if you think the bowl or cup is too hot to touch.) Now look at the wax mixture. How has it changed? Is it smooth or grainy? How does it smell? What about the color? Is it a solid, liquid or gas?



Step 4: Give the mixture a quick stir to make sure everything is completely combined and then carefully pour 1/2 into each lip balm container (this originally held the wax granules). You might want to put a paper towel under the container to catch any spills.

Step 5: Let the lip balm set for about 10 minutes at room temperature (by cooling a liquid, you can turn it into a solid). After the time is up, move on to the next activity.

LIP LESSON: WHAT'S THE MATTER?

In order to end up with something smooth to put on your lips, you needed to mix two different states of matter—a solid (the wax) with a liquid (the oil, fragrance and dye). For these different states to combine, you first had to turn the wax into a liquid by melting it. (Think of the way a candle melts when it burns.) Then you were able to stir the wax and other liquids together into a creamy mixture.

The more you think about solids, liquids and gases, the more you will see them everywhere. Look around your house and try to tell whether different objects are a solid, liquid or gas.

ACTIVITY #2: LIP SERVICE

Lip balm provides a layer on the surface of your lips that helps seal in moisture. This protects the lips from dry air, cold, heat and wind. Without this moisture, you end up with chapped or cracked lips. Most balms are made from things like beeswax, petroleum jelly, menthol, camphor and scented oils. Each of these substances has a job to do. For example, menthol, which is made from peppermint or other mint oils, is what gives the balm a cooling sensation. Camphor, which comes from the wood of certain kinds of trees, helps soothe the skin.

You didn't think we were going to make lip balm and not use it! Pucker up—let's get those lips looking lovely!

What You need from your kit:

Lip balm from previous activity

What You need to get or use:

Mirror

Let's get started!

Step 1: Before you apply the lip balm, let's make a few observations. Now that the balm has set, how has it changed from Activity 1? Is it a liquid or a solid? How does it feel? How does it smell? What about the color?

Step 2: Stand in front of a mirror and take a good look at your lips. What do you see? Are your lips smooth or cracked? What about the color? Now run your finger across your lips. How do they feel?

Step 3: It's balm time! To apply, dip your finger (index or middle) into the container of lip balm and scoop out a small amount. Gently rub the balm across your lips, making sure you completely cover both lips. You can rub your lips together to make sure they're evenly coated with balm.

Step 4: After you've given the balm a few minutes to work its magic, take another look at your lips in the mirror. How have they changed? Do they look or feel different?

Continue to re-apply your lip balm throughout the day. Be sure to place the lid on the container between uses.

FUN FACT

Have you ever wondered why lips are red? It's because the skin of the lips has very little coloring of its own. The red that you see is actually blood vessels showing through from underneath the skin.

LIP LESSON: WHY DO LIPS GET CHAPPED?

Lips are skin, just like the skin on your arms and legs and face. The reason they look so different is that the skin on your lips is very thin—it only has 3-5 layers; the rest of the skin on your face has about 16 layers. Another thing that's different about your lips: They don't have sweat or oil glands. And that's why lips get chapped. The thin skin dries out easily and it doesn't have any sweat or oil to keep the lips moist and smooth. Your lip balm adds protection that the body doesn't.

Here are some tips to help keep your lips healthy and lovely:

- Drink plenty of water to moisturize your lips from the inside.
- Keep your lips moist at all times. Be sure to apply balm before you go to bed—your lips can dry out after you've brushed your teeth for the night.
- Don't lick your lips! Your saliva evaporates and removes moisture from your lips. By licking your lips, you're actually drying them out instead of keeping them wet.

FUN FACT

Lip balm also makes a great moisturizer for the cuticles on your fingernails.