

Natural Homemade Sunscreen

Ingredients:

1/2 cup almond or olive oil (can infuse with herbs first if desired)

1/4 cup coconut oil (natural SPF 4)

1/4 cup beeswax

2 Tablespoons Zinc Oxide (This is a non-nano version that won't be absorbed into the skin. Be careful not to inhale the powder. This makes a natural SPF of 20+ or more can be added.)

Optional: 1 teaspoon Vitamin E oil

Optional: 2 tablespoons Shea Butter (natural SPF 4-5)

Optional: Essential oils (be careful not to use phototoxic oils, as in most citrus's) Vanilla Extract or other natural extracts to suit your preference

Directions:

- Combine ingredients except zinc oxide in a pint sized or larger glass jar. I have a mason jar that I keep just for making lotions and lotion bars, or you can even reuse a glass jar from pickles, olives or other foods.
- Fill a medium saucepan with a couple inches of water and place over medium heat.
- Put a lid on the jar loosely and place in the pan with the water.
- As the water heats, the ingredients in the jar will start to melt. Shake or stir occasionally to incorporate. When all ingredients are completely melted, add the zinc oxide, stir in well and pour into whatever jar or tin you will use for storage. Small mason jars (pint size) are great for this. It will not pump well in a lotion pump!
- Stir a few times as it cools to make sure zinc oxide is incorporated.
- Use as you would regular sunscreen. Best if used within six months.

Additional Notes:

- This sunscreen is somewhat but not completely waterproof and will need to be reapplied after sweating or swimming
- Make sure not to inhale the Zinc Oxide- use a mask if necessary!
- This recipe has an SPF of about 20, though adding more Zinc Oxide will increase the SPF
- Add more beeswax to make thicker sunscreen, less to make smooth sunscreen
- I recommend coconut or vanilla extract or lavender essential oils for fragrance.
- Store in a cool, dry place or in the fridge
- I prefer to store in a small canning jar and apply like body butter. It will be thicker, especially if you use coconut oil in the recipe.
- Remove the Zinc Oxide and this makes an excellent lotion recipe!