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SUNSCREEN



DIY SUNSCREEN INGREDIENTS WITH NATURAL SPF

- Sesame Oil
- Hemp Seed Oil
- Almond Oil
- Coconut Oil
- Zinc Oxide
- Red Raspberry Seed Oil
- Carrot Seed Oil
- Shea Butter

DIY COCONUT OIL SUNSCREEN

Author: The Coconut Mama

- ½ Cup Virgin Coconut Oil
- 2 Tablespoons Non Nana Zinc Oxide
- 1 Tablespoon Red Raspberry Seed Oil
- Optional: 10 Drops Essential Oils



INSTRUCTIONS

1. Whip coconut oil up in a mixer or food processor.
2. Carefully add the zinc oxide (you don't want to inhale it!), red raspberry seed oil and essential oils.
3. Once the oils and zinc oxide are mixed well pour them into a small container.

AN EVEN EASIER WAY TO MAKE SUNSCREEN

Author: Wellness Mama

1. Take an empty bottle of lotion (non-citrus lotion)
2. Add a couple of tablespoons of non-nano Zinc Oxide
3. Mix well
4. Use as sunscreen!



SOME NATURAL, PRE-MADE SUNSCREEN OPTIONS:

- SurfScreen Sunscreen Lotion
- Badger Sunscreen Lotion
- Suntegrity Skincare Sunscreen
- Blue Lizard Australian Sunscreen
- Headhunter Surf Sunscreen