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DIY Sunscreen

The advice to go along with the below recipe for sunscreen is - BE SUN SMART.

We live in Australia - It gets hot! Avoid the sun between 11-2, wear sleeves, hat and sunglasses. You know the drill!

However when it comes to sunscreens, some of the cheap supermarket versions have pretty dubious chemical fillers in them. This DIY recipe uses all of the basic ingredients including Zinc Oxide. Most bulk shops (including ours!) sell it so just have a look around. Once made, we recommend storing in Amber or coloured glass to avoid it spoiling in direct sunlight. Be generous with it and remember to reapply often, especially after swimming as it is not waterproof.

INGREDIENTS

1/2 cup Coconut oil
3 tbl spoons Olive oil
1 tbl Jojoba or Vitamin E oil
1/4 cup Beeswax, natural
2 tbl spoons Shea Butter
2 tbl Zinc Oxide powder

METHOD:

Melt oils, butter and beeswax gently over a water bath in a glass bowl. Allow mixture to cool for 2 minutes then mix in the Zinc Oxide with a wooden or plastic utensil (the zinc will react with metal). Pour quickly into your preferred vessel.

Feel free to add any essential oils you prefer however avoid photosensitive oils such as citrus, bergamot and neroli.



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