



CHECKLIST FOR SAFE, NATURAL SUNSCREENS

Chemical sunscreens contains synthetic ingredients which are absorbed into the skin to filter and absorb UV rays. Some of the ingredients can lead to skin irritations and other adverse reactions. Also, research suggests that these chemicals are helping to damage coral reefs and harm wildlife. We have compiled a checklist of sunscreen ingredients to avoid and have given you some safe alternatives.

WHAT TO AVOID:

Oxybenzone

Octinoxate/Methoxycinnamate

Retinyl Palmitate

Paraben Preservatives

Menthyl anthranilate/meradimate

Octocrylene

Homosalate

Cinoxate

Dioxybenzone

Octisalate/Octyl salicyclate

Phenylbenzimidazole

Avobenzone

Padimate O/PABA

INSTEAD:

Look for sunscreens that contain Zinc Oxide or Titanium, minerals that are not absorbed into the skin, acting instead as a physical barrier to UV rays. Most natural sunscreen products will also contain antioxidants and other goodies natural in SPF protections. Some even sound good enough to eat!

Here are a few top picks:

Butter-bean Organics Original Formula Sunscreen - contains Green Tea and Rose-hips. Eco-friendly.

Erbaviva Sunscreen -Benefits from organic essential oils of chamomile and lavender.

Purple Prairie SunStuff -Unfragranced.

Thinksport Safe Sunscreen - water resistant for up to 80 minutes so great for water sports enthusiasts.

Tropical Sands Sunscreen - Coral reef friendly and biodegradable makes this perfect for a sailing holiday!

REMEMBER - some exposure to sun is good for us. 10-20 minutes a day will give you a boost of Vit E. Wear a hat for added protection. Re-apply sunscreen regularly. Eat food rich in antioxidants to help protect your skin from the inside.

That means eating lots of yummy fruits and veggies!



All Natural Sunscreen Recipes!

Use Non-Nano Zinc Oxide Powder in the following ratios depending on the SPF protection you want. A higher % will leave a slight, white (harmless) residue on your skin. Cover your nose and mouth when using the Zinc Oxide.

- For SPF 2-5: Use 5% zinc oxide
- For SPF 6-11: Use 10% zinc oxide
- For SPF 12-19: Use 15% zinc oxide
- For SPF >20: Use 20% zinc oxide

Shea Butter Recipe (approximately 20 SPF)

Ingredients:

2 oz Shea Butter
2 oz Coconut Oil
1 oz Non-Nano Zinc Oxide
optional: 8 drops of Essential Oils like Lavender, Eucalyptus or Camomile

1. Melt the shea butter and coconut oil together. (use a glass bowl over a pan of hot water until softened)
2. Remove from heat and stir in zinc oxide (wear a mask). Pour into container.
3. Let cool completely before use. Store at room temperature.

Coconut Oil Recipe (approximately 20 SPF)

Ingredients:

4 oz Virgin Coconut Oil
1 oz non nano Zinc Oxide
1/2 oz Red Raspberry Seed Oil
Optional: 10 drops of Carrot Seed or Eucalyptus Essential Oil

Directions:

1. Whip coconut oil up in a mixer or food processor.
2. Carefully add the zinc oxide, red raspberry seed oil and essential oils.
3. Once the oils and zinc oxide are mixed well pour them into a small container.

WEAR A HAT



RE-APPLY REGULARLY



ADD 2 OZ OF MELTED BEESWAX
TO MAKE A WATER RESISTANT
SUNSCREEN !