

Mamma Marcie's Homemade Sunscreen

www.mammamarcie.com

Ingredients:

- 1/2 cup of a liquid oil such as olive oil or fractionated coconut oil
- 1/4 cup coconut oil
- 1/4 cup beeswax
- 2 tbsp shea butter
- 1 tbsp vitamin E oil (optional)
- 30 drops Young Living carrot seed oil
- 10-15 drops oil of your choice for scent (optional)



Directions:

Melt the olive oil, coconut oil, shea butter and beeswax together.

Mix and let cool slightly - just until it is cool enough to stir, but not yet solid.

Add in essential oils, pour into a container and let cool.

Here is why I chose these ingredients:

10 Oils With Natural SPF	
CARROT SEED OIL SPF 38-40	RASPBERRY SEED OIL SPF 28-50
WHEATGERM OIL SPF 20	AVOCADO OIL SPF 4-15
COCONUT OIL SPF 2-8	OLIVE OIL SPF 2-8
MACADAMIA NUT OIL SPF 6	ALMOND OIL SPF 5
SHEA BUTTER SPF 3-6	JOJOBA OIL SPF 4

(Source)

The coconut oil helps to spread the mixture on your skin. It also has the added benefit of a natural SPF (Sun Protection Factor) of around 4.

The Shea Butter adds additional SPF of around 4.

The Bees Wax helps the mixture to be somewhat (though not completely) water proof and sweat proof. Obviously you will still need to apply often for true protection, but it will help the sunscreen to stay on while you do your normal summer activities.

Young Living's Carrot Seed essential oil has an astonishing SPF of close to 40! That, added to the other ingredients leads to a wonderful protection from UVA and UVB rays.

