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## Herbal Infused Sunscreen

Commercial sunscreens often contain ingredients like octisalate, oxybenzone, and avobenzone, which can all be absorbed into the body, and potentially cause allergic skin reactions and act as hormonal disruptors. A good quality sunscreen should contain compounds that either absorb or reflect UVA & UVB wavelengths (such as zinc oxide), which can penetrate into the skin and produce excessive free radical damage or bind directly with our DNA causing precancerous mutations. The addition of herbal antioxidants & emollients in this recipe such as **calendula & comfrey** help aid in preventing skin damage while nourishing the skin, allowing us to enjoy our time in the sun safely.

### Ingredients:

- ¾ cup Almond or Olive oil
- ½ cup Calendula flowers and/or Comfrey leaf (plus 1 Tbsp for infusion)
- ¼ cup coconut oil
- ¼ cup beeswax pastilles (add more or less for desired lotion thickness)
- 1 cup Calendula/Comfrey infusion (1 Tbsp herbs/1 cup water)
- 2 Tablespoons Zinc oxide powder (Note: Be careful not to inhale. This makes a natural SPF of 20+. More can be added, but will make your lotion have a whiter colour when applied)
- 1 teaspoon Vitamin E oil

### Instructions:

- 1) Infuse Almond/Olive Oils with Calendula & Comfrey (this can be done in a saucepan over low heat for 30 minutes, or left in a glass jar in a sunny window for 2-4 weeks).
- 2) Strain your herbs from oil and add to saucepan over low heat with coconut oil and beeswax until completely melted. Remove from heat and let cool.
- 3) Steep calendula/comfrey infusion. Strain herbs off & Let cool.
- 4) Blend/emulsify your lotion by slowly adding the herbal infusion to the herbal oil. Watch for separation and if it occurs, pour liquid off and re-blend until combined.
- 5) Blend in Vitamin E Oil & Zinc oxide powder until well-combined. Note: Zinc oxide may precipitate to the bottom, so it's best to work quickly!
- 6) Pour into dispensing jars and store in a cool dry place or in the fridge. Is best used within 6 months.
- 7) Apply often & play safe in the sun!