Green Tea Infused Homemade Sunscreen

Ingredients

- 1 cup of coconut oil: SPF 7 (Kuar et al. 2010)
- 2 tablespoons loose green tea
- ¼ cup beeswax
- 1/8 cup red raspberry seed oil: SPF 28-50 (Oomah et al. 2000)
- 1/8 cup shea butter
- 2 tablespoons non-nano, uncoated zinc oxide: SPF 25 (based on recipe quantities)
- 20 drops carrot seed oil: SPF 35-40

Method

1. Melt the coconut oil over a water bath on medium heat.
2. Stir in the green tea, cover and simmer on lowest heat setting for 1 hour.
3. Strain tea from oil with muslin cloth.
4. Let cool until solid (you can speed this process by placing the coconut oil in the fridge).
5. Whip using an electric mixer until creamy.
6. Place the green tea coconut oil back into a bowl and heat over a water bath with the beeswax and shea butter on low heat until melted.
7. Remove from heat and let cool for 1-2 minutes.
8. Add remaining ingredients and stir. Add the zinc oxide last as this thickens the mixture.
9. Transfer to a clean jar and let cool completely.

This recipe was adapted from Hello Glow, the original recipe is available https://helloglow.co/green-tea-homemade-sunscreen/