

Bug & Sun Lotion

Water mix:

- 1/3 cup witch hazel
- 2 tsp fresh coffee grounds

Oil mix:

- 1 tbsp coconut oil
- 1 1/4 tsp ewax
- 1/2 tsp Neem oil
- 1/2 tsp sesame oil
- 2 tsp cocoa powder

Powder mix:

- 1 tbsp zinc oxide
- 1 small pinch xanthan gum
- 1/2 tsp turmeric (optional)

Additives:

- 1/4 tsp vitamin E
- 1/4 tsp essential oils (combination of citronella, eucalyptus and lavender, but pennyroyal and peppermint can be used too)

In a double boiler slowly heat the oil mix till all ingredients are melted and well blended. Warm the witch hazel with the coffee in the same warm water but in a separate container.

Meanwhile sift the powder mix together.

Remove water mix from heat. If you used coffee pour the liquid through a paper filter and add an extra tablespoon of witch hazel.

Slowly drip the oil mix into the hot water, blending with a fork or milk frother till all the oil is mixed in and emulsified.

Blend in the powder mix, then the additives.

Notes

The smell isn't particularly enjoyable while making the brew, but on the skin it has a pleasant, almost smoky scent. The amount of zinc oxide can be doubled (at this concentration the SPF is approximately 6 -11), but it is also soothing in case you still get bitten. The turmeric, cocoa and coffee are included for color, although turmeric is also good for skin and sun, cocoa is an antioxidant, and coffee is can reputedly reduce puffiness and swelling. All three can be omitted for a simpler recipe, as long as you don't mind looking like a zombie.

<http://web.me.com/belseyDavis>

Servings:

3.5 fl oz

Cost:

¢43

¢11

¢23

¢5

¢7

¢6

¢13

¢4

¢1

¢3

¢9

¢0

¢0

¢0

Total: \$ 1.25

Cut out label, fill in date and attach to the product

Bug & Sun Lotion	
Date:	
Ingredients:	
69% Hamamelis Virginiana (Witch Hazel)	69g
12% Cocos nucifera (coconut) oil	12g
10% Zinc oxide	10g
3% Cetearyl Alcohol & Polysorbate 60	3g
2% Melia Azadirachta Seed (Neem) Oil	2g
2% Sesame seed oil	2g
1% Tocopheryl Acetate (vit.E)	1g
0.3% Lavender essential oil	0.3g
0.3% xanthan gum	0.3g
0.2% Citronella essential oil	0.2g
0.2% Peppermint essential oil	0.2g
0% Cocoa Powder	0g
0% Coffee	0g
0% Curcuma longa (turmeric)	0g
Warnings:	
For external use only Stop use if rash or irritation occurs Keep out of reach of children. If swallowed, call a physician or poison control center immediately (1-800-222-1222 in US). In case of eye contact, flush with water.	
Use:	
Shake well before use. Apply to skin as needed for protection against insect bites and sun. Spread out evenly and rub the cream in if you want to avoid looking blotchy.	



Heat water and oil mixes in separate containers in the same pot of hot water

