

## DIY REEF-SAFE SUNSCREEN MAKING ACTIVITY (Approx. SPF 20)

### Materials Needed:

- Food Processor
- Spoon
- Stirring utensil
- Mason Jar
- ½ Cup Virgin Coconut Oil SPF 4-5
- 2 Tablespoons Non Nana Zinc Oxide SPF 2-20
- 1 Tablespoon Red Raspberry Seed Oil SPF 25-50
- Optional: Essential Oil (10 Drops)
- Olive Oil - SPF 2-8
- Almond Oil - SPF around 5
- Avocado Oil - SPF 4-8
- Carrot Seed Oil - SPF 28-40
- Shea Butter - SPF 4-6
- Myrrh Essential Oil - SPF around 15

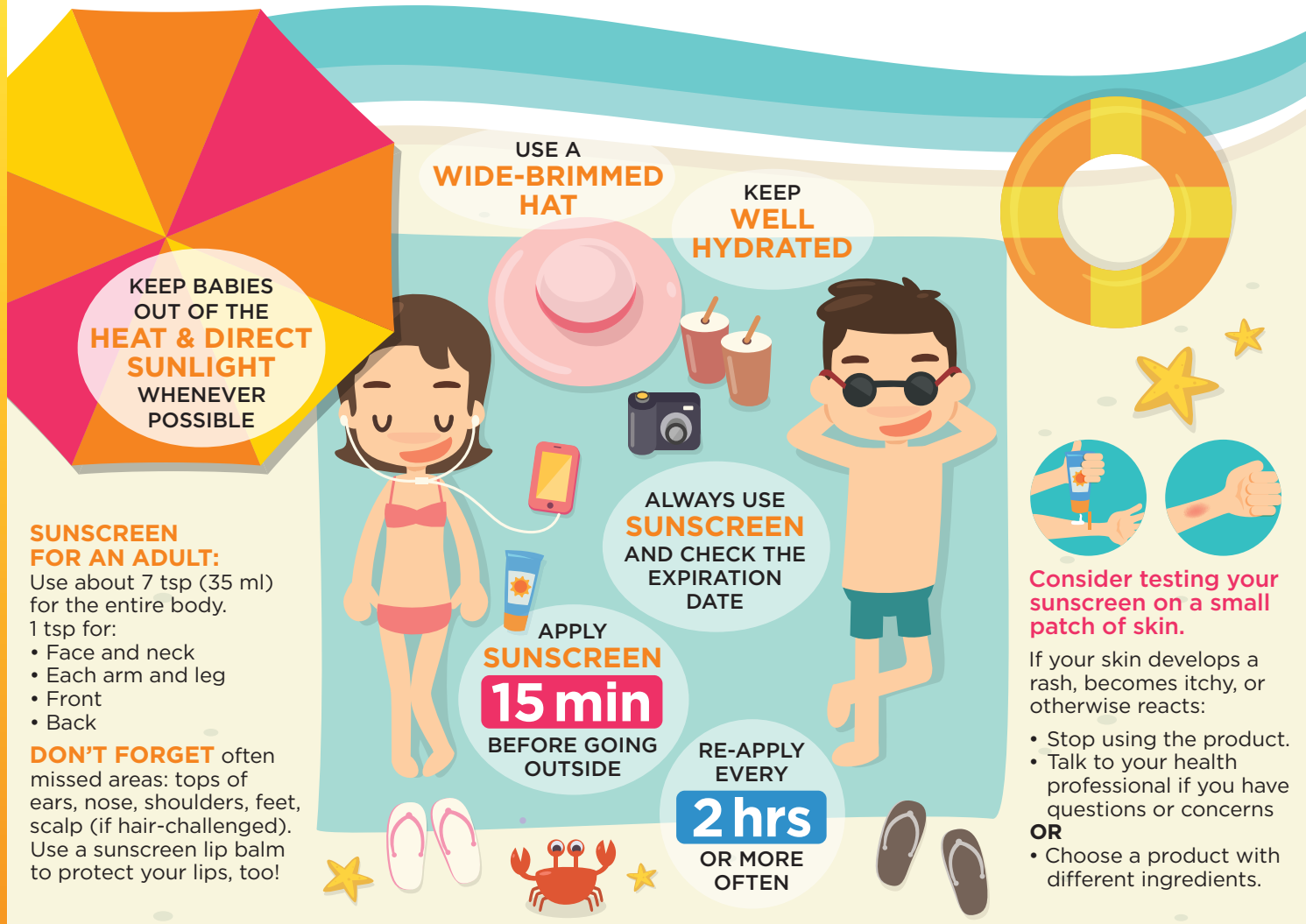
### Directions:

1. Whip coconut oil up in a mixer or food processor.
2. Carefully add the zinc oxide, red raspberry seed oil and any other essential oils you desire.
3. Once the oils and zinc oxide are mixed well, pour them into a small non-plastic container for storage.
4. Print label in attachment and decorate your reef-safe sunscreen!

### Notes:

- The percent of UVB that is blocked rises with the SPF number from 93 percent at SPF 15 to 98 percent at SPF 50. Beyond SPF 50 there is little change, and there are no sunscreens that block 100 percent of UVB or UVA.
- We highly encourage participants to use mason jars or glass containers instead of plastic. See attachment for printable jar labels.

Time Needed for Activity: 30-40 mins



### SUNSCREEN FOR AN ADULT:

Use about 7 tsp (35 ml) for the entire body.

1 tsp for:

- Face and neck
- Each arm and leg
- Front
- Back

**DON'T FORGET** often missed areas: tops of ears, nose, shoulders, feet, scalp (if hair-challenged). Use a sunscreen lip balm to protect your lips, too!

**Consider testing your sunscreen on a small patch of skin.**

If your skin develops a rash, becomes itchy, or otherwise reacts:

- Stop using the product.
  - Talk to your health professional if you have questions or concerns
- OR**
- Choose a product with different ingredients.