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*Nova: "I found out that there's a lot of chemicals in my sunscreen that I don't want on my body. The fact that [my sunscreen] has a chemical that can mess up hormones that shouldn't be messed up is really bad. [sic] Yeah this should not be on my body. It's probably cheaper and better for me to just make it on my own."*

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**DIY Sunscreen Recipe:**

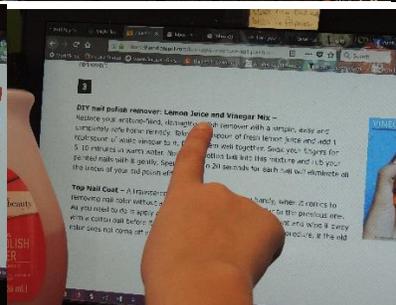
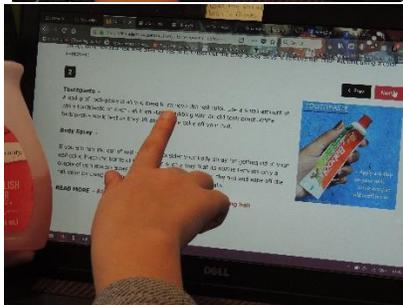
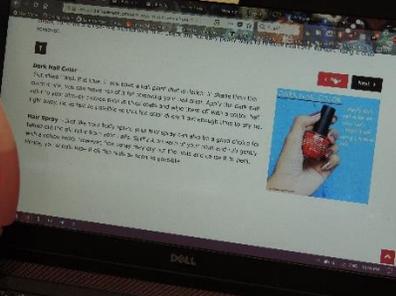
- ½ cup [almond](#) or [olive oil](#) (can infuse with herbs first if desired)
- ¼ cup [coconut oil](#) (natural SPF 4)
- ¼ cup [beeswax](#)
- 2 Tablespoons Zinc Oxide ([This is a non-nano version that won't be absorbed into the skin](#). Be careful not to inhale the powder).
- Up to 1 teaspoon [Red Raspberry Seed Oil](#)– optional
- Up to 1 teaspoon [Carrot Seed Oil](#)– optional
- 2 tablespoons [Shea Butter](#) (natural SPF 4-5)- optional
- Optional: [Essential Oils](#), [Vanilla](#) Extract or other natural extracts to suit your preference (Do not use citrus essential oils as they increase sun sensitivity)

#### Instructions:

1. Combine ingredients except zinc oxide in a pint sized or larger glass jar. I have a mason jar that I keep just for making lotions and lotion bars, or you can even reuse a glass jar from pickles, olives, or other foods.
2. Fill a medium saucepan with a couple inches of water and place over medium heat.
3. Put a lid on the jar loosely and place in the pan with the water.
4. As the water heats, the ingredients in the jar will start to melt. Shake or stir occasionally to incorporate. When all ingredients are completely melted, add the zinc oxide, stir in well and pour into whatever jar or tin you will use for storage.
5. Small [mason jars](#) (pint size) are great for this. It will not pump well in a lotion pump!
6. Stir a few times as it cools to make sure zinc oxide is incorporated.
7. Store at room temperature

Recipe from Wellnessmama.com

<https://wellnessmama.com/2558/homemade-sunscreen/>



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*Breezy: "I did not know that by using [nail polish remover] that I could become allergic to it, that really surprised me. Honestly now that I know that I can use stuff around my house instead of nail polish remover, I will. Also, now I don't have to spend money on nail polish remover!"*

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**DIY Nail Polish Remover:**

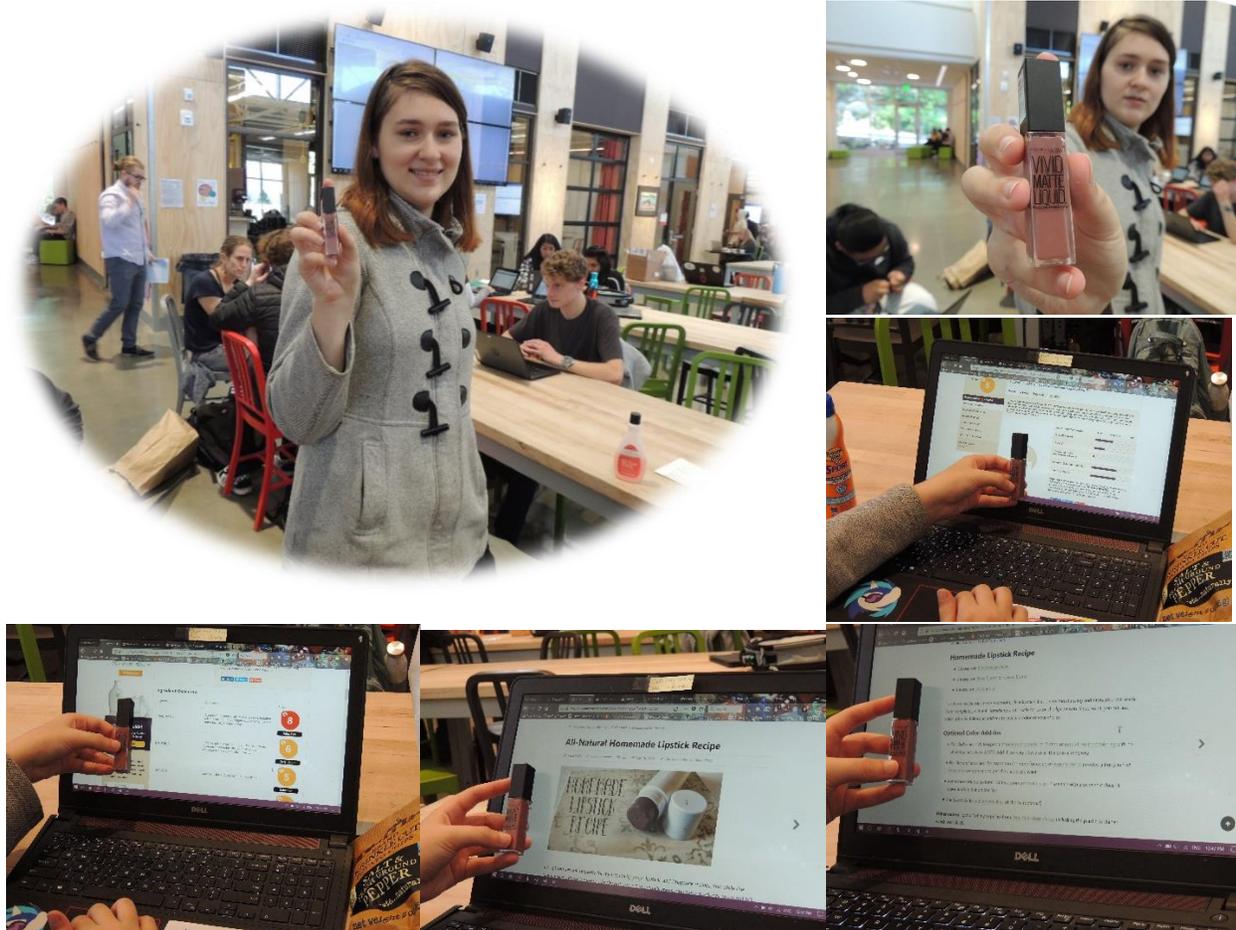
- 1 Tablespoon fresh lemon juice
- 1 Tablespoon white vinegar

**Instructions:**

1. Pour lemon juice and vinegar into a bottle.
2. Shake well
3. Soak your fingers in hot water
4. Dip a cotton swab into the lemon-vinegar mix and wipe off polish

Recipe from theindianspot.com

<https://theindianspot.com/best-ways-to-remove-nail-polish-without-remover/3/>



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*Me: "I never knew that there was a chemical that's a skin, eye, and lung irritant in my favorite lipstick! Not to mention that the fragrance can induce allergic reactions over time. I have all the materials to make my own lip tint at home, so I'll definitely be making it."*

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I shared with my friends the following 3 facts:

1. [from the infographic] The average woman wears over 500 chemicals a day, many of which are known to be harmful
2. [from the cosmetics video] When you put toxics in a system, you get toxics out of a system.
3. [from research today] Even ubiquitous chemicals can be harmful, such as the aluminum in many deodorants or the fragrance in LITERALLY EVERYTHING.

### DIY Lip Tint:

For the Base

- 0.5 oz [honey](#)
- 1.5 oz organic soy wax
- 1.5 oz [coconut oil](#)

For the color

- For Red Hues: 1/8 teaspoon of [beet root powder](#) or 1 drop of [natural red food coloring](#) with no chemical additives. NOTE: Add these very slowly as a little goes a long way!
- For Brown/Tan Hues: 1/4 teaspoon (or more for color) of [organic cocoa powder](#), a tiny pinch of [cinnamon](#) or [turmeric](#) to get the shade you want
- For a more Matte texture: 1/4 teaspoon [bentonite clay](#)– I use this with a color so it doesn't leave a white tint on the lips.
- For Scent: A drop of [essential oil](#) of choice (optional)

### Instructions:

1. Melt the honey, oil and wax in a bowl in the microwave, stirring every 20 seconds or until the wax has melted.
2. When melted, remove from microwave and add any optional ingredients like color or scent. To get the hue in the pictures below, I used 2 drops of red food dye and about 1/8 tsp of cocoa powder. I also added in some apple scent.
3. Once all ingredients are mixed well but still liquid, pour into a mason jar. Place jar in fridge for 15 minutes, shaking every 5 minutes to emulsify the color.
4. Once the jar has cooled, place in the freezer for up to 15 minutes. When you bring it out, the jar walls should have solids while the center is still liquid. Shake well until the entire mixture has cooled to a smooth paste.
5. Mix with a mini-spatula and scrape down sides. The mixture should be even-colored and very creamy.
6. Use on dry or chapped lips (the honey has soothing and antimicrobial properties). Add more dye if you want a heavy tint, I just wanted a light blush to my lips.

Recipe adapted from [wellnessmama.com](http://wellnessmama.com) to suit my own kitchen supplies.

<https://wellnessmama.com/5830/homemade-lipstick-recipe/>

## Do-It-Yourself, by Yourself.

I took those pictures with my friends at school, so I was unable to DIY with them. However, I still wanted to make my own lip tint!

