

How To Make Homemade SPF 30 Sunscreen

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This is a follow up post to: [Some Great Home Remedies For Sunburn](#) which I did a few days back. Several people asked for homemade sunscreen recipe, so here it is!

I'll be honest, we generally buy sunscreen, but two things bother me about it - one, it's expensive and two, have you ever tried to read the list of ingredients? There are dozens of chemicals, preservatives and fragrances.

The recipe below says to use diaper rash cream for the zinc oxide, you can do this, although there are additional chemicals in the diaper rash cream. An alternative would be to buy pure powdered zinc oxide, like: [1lb Nature's Oil 100% Pure Zinc Oxide](#) which you can purchase for less than \$6. You could make a huge amount of sunscreen with this 1lb bag of zinc oxide. Make sure you adjust the percentage of zinc oxide to get the required sun factor.

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(Photo from: One Good Thing From Jillee)