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The Truth About Sunscreen: You've Been Sold a Lie

For decades, we've been told to fear the sun.
Wear sunscreen. Reapply every hour. Avoid sunlight at all costs.

But here's the truth: **sunlight is not your enemy — toxins are.**

Most commercial sunscreens are loaded with **endocrine-disrupting chemicals** like oxybenzone, octinoxate, and homosalate. These compounds don't just sit on your skin—they're absorbed into your bloodstream, where they can interfere with your hormones, suppress your immune system, and even contribute to the very cancers they claim to prevent.

Meanwhile, the sun—a natural source of life—is essential for your health.
When UVB rays hit your skin, they trigger the production of **vitamin D**, a hormone that supports immunity, bone strength, mood balance, and cellular repair.
No supplement can replicate the complex healing chemistry that happens between **you and natural sunlight.**

But here's the catch: it's not about baking in the sun for hours or burning. It's about **building tolerance, nourishing your skin**, and avoiding chemical barriers that do more harm than good.

So What's the Safer Solution?

1. **Get early, safe sun exposure** — this builds your skin's natural melanin defense
2. **When you've had enough, seek shade or wear breathable clothing**
3. **If you want sunscreen — make your own.**

It's easier than you think, and it works without the toxic load.

DIY Natural Sunscreen Recipe (With SPF-Boosting Ingredients)

This recipe uses **organic oils, butters, and non-nano zinc oxide** to provide a safe, mineral-based SPF that nourishes your skin while offering sun protection. Each ingredient contributes to the formula's **cumulative SPF** and antioxidant defense.

Ingredients (Use Organic Where Possible)

- ½ cup **sweet almond oil**, **olive oil**, or **avocado oil** (*SPF 4–6*)
- ¼ cup **coconut oil** (*SPF 4–5*)
- ¼ cup **beeswax pellets** (adds thickness + water resistance)
- 2 tbsp **non-nano zinc oxide** (*SPF boost: 15–25*)
- 2 tbsp **shea butter** (*SPF 4–6*)
- 2 tbsp **cocoa butter** (*SPF 5–6*)
- 1 tsp **red raspberry seed oil** (optional – *SPF 25–50*)
- 1 tsp **carrot seed oil** (optional – *SPF 30–40*)
- 25 drops **essential oils** (optional — *avoid citrus oils*) – For my Fave Essential Oil Company [click HERE](#)
- ¼ tsp **vanilla extract** (optional for scent)
- ½ tsp **vitamin E oil** (optional – extends shelf life + nourishes skin)

Instructions

1. In a glass jar or double boiler, combine everything **except zinc oxide**.
2. Heat over medium in a pot of water until fully melted.
3. Remove from heat and **slowly whisk in zinc oxide powder** (do not inhale it).
4. Pour into a storage jar or tin.
5. Stir occasionally as it cools to keep zinc evenly distributed.
6. Store in a cool, dry place or refrigerate for longer shelf life.

How It Works Together

- **Zinc oxide** blocks UV rays without absorbing into your skin
- **Coconut, olive, and almond oils** moisturize while adding mild SPF
- **Butters like cocoa and shea** protect and strengthen the skin barrier
- **Red raspberry + carrot seed oils** offer powerful natural sun defense
- **Beeswax** creates a breathable seal and helps with water resistance

This blend gives you a safe, effective sunscreen alternative without relying on lab-made toxins.

⚠ Important Reminders

- Not waterproof — reapply after sweating or swimming
- Avoid citrus essential oils (they can make skin sun-sensitive)
- Final SPF depends on application thickness and exact ratios
- Store in a cool place. If it softens in the heat, refrigerate.