



Sun Care & Protection for Outdoors

Tammy's Recipe for Homemade Sunscreen*

INGREDIENTS:

10 drops lavender oil
1 tbsp pomegranate oil
3/4 C coconut oil

4 tbsp Zinc Oxide
2 tbsp shea butter
Glass Jar



DIRECTIONS:

1. Combine all ingredients except zinc oxide in a clean jar.
2. Place a saucepan with 2 inches of water on stove over medium/low heat.
3. Place empty jar in saucepan and stir contents until ingredients start to melt.
4. Once all ingredients are combined, add in zinc oxide and stir well.
5. Store in a cool place.

Tammy's Recipe for Homemade Sunburn Spray*

INGREDIENTS:

10 drops lavender essential oil
10 drops peppermint essential oil
1/2 cup liquid aloe vera juice

1/8 cup fractionated coconut oil
Glass spray bottle



DIRECTIONS:

1. Combine all ingredients in glass spray bottle. Store in a cool place.
2. Shake well before using.

Tammy's Recipe for Flea, Tick and Mosquito Spray*

INGREDIENTS:

35 drops TerraShield
15 drops Geranium
15 drops Cedarwood
5 drops Clary Sage

5 drops Bergamot
5 drops Lavender
Purified Water
Glass spray bottle



DIRECTIONS:

1. Combine all the oils into a clean glass spray bottle and top with purified v
2. Shake well before use.
3. Spray all over your body, avoiding eyes and mouth.

TIP: This is also great to spray around windows and fly screens.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

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Additional Sun Care Protection Products



**COCONUT
OIL**



ZINC OXIDE



SHEA BUTTER



**POMEGRANATE
OIL**



**ALOE VERA
JUICE**



**GLASS SPRAY
BOTTLE**

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