

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.

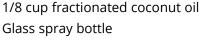
Tammy's Recipe for Homemade Sunburn Spray*

INGREDIENTS:

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

DIRECTIONS:

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





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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 water.
- 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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