

10

RECIPES *for*

ZINC OXIDE POWDER

SUNSCREEN, DIAPER RASH CREAM, DEODORANT AND MORE!



lalune
naturals

DIY Sunscreen

Making your own sunscreen doesn't have to be hard! This easy DIY sunscreen recipe can be made with your favorite lotion. Just remember, thorough mixing is essential to ensure that all the lotion gets sun-protective benefits.

Ingredients

2 oz La Lune Naturals Zinc Oxide Powder
8 oz lotion

Directions

1. Put on protective gloves and mask to avoid inhaling the zinc oxide powder.
2. Measure 8 oz. of lotion into your bowl.
3. Measure zinc oxide. For an SPF of 12 to 19, measure out 1.2 to 1.5 oz. of zinc oxide. For an SPF higher than 20, measure out 2 oz. of zinc oxide.
4. Add the zinc oxide to the lotion in the bowl. Use a spoon or a hand mixer to thoroughly incorporate the zinc oxide into the lotion.



Homemade Diaper Rash Cream



The gentle anti-inflammatory benefits of zinc oxide allow you to create a safe, non-toxic cream for your baby's delicate skin.

Ingredients

1 Tbsp. La Lune Naturals Zinc Oxide powder
1/8 cup Beeswax
2/3 cup (4 1/2 oz.) Coconut Oil

Directions

1. Add coconut oil and beeswax to a glass bowl and melt using a double boiler set-up. I always improvise this, so don't stress yourself out thinking that you have to do it in a fancy way. Warm at a low-med heat until both are completely melted. It only takes a few minutes.
2. Add zinc oxide powder to the bowl with the melted oil and wax. Using a stick blender or hand mixer, blend for several minutes until the powder is completely mixed in with no clumps.
3. Pour into containers and let cool and solidify.

Natural Deodorant Recipe

This natural, aluminum-free deodorant is a safe and effective way to keep you dry.

Ingredients

- 1 Tbs La Lune Naturals Zinc Oxide Powder
- 3 Tbs Coconut Oil
- 1 Tbs Shea Butter
- 1 Tbs Beeswax pellets
- 4 Tbs Arrowroot powder
- 2 Tbs Baking Soda
- 1/4 Tsp Lemongrass Essential Oil

Directions

1. Melt beeswax, shea butter, and coconut oil (in that order) over medium-low heat; let each ingredient melt almost entirely before adding the next, but don't scorch the oils. If it smokes, it's ruined.
2. Turn heat to low. Add baking soda, arrowroot powder, and zinc.
3. Stir over low heat for about 5 minutes to eliminate lumps
4. Add lemongrass oil
5. Let cool 1-2 minutes to pudding consistency, pour into containers.
6. Refrigerate to harden. It should be ready for use in less than an hour, and can be stored at room temperature for a soft, creamy consistency.



DIY Rash Cream



Create your own chemical-free rash cream for rashes, sun burns and more.

Ingredients

1 Tbsp. La Lune Naturals Zinc Oxide powder
1/8 cup Beeswax
2/3 cup (4 1/2 oz.) Coconut Oil

Directions

1. Add coconut oil and beeswax to a glass bowl and melt using a double boiler set-up. I always improvise this, so don't stress yourself out thinking that you have to do it in a fancy way. Warm at a low-med heat until both are completely melted. It only takes a few minutes.
2. Add zinc oxide powder to the bowl with the melted oil and wax. Using a stick blender or hand mixer, blend for several minutes until the powder is completely mixed in with no clumps.
3. Pour into containers and let cool and solidify.

Lavender and Cocoa Butter Deodorant

Enjoy the fresh scent of lavender in this safe, non-toxic deodorant recipe.

Ingredients

- 1 Tbs La Lune Naturals Zinc Oxide Powder
- 3 Tbs Coconut Oil
- 1 Tbs Shea Butter
- 1 Tbs Beeswax pellets
- 4 Tbs Arrowroot powder
- 2 Tbs Baking Soda
- 1/4 Tsp Lavender Essential Oil

Directions

1. Melt beeswax, shea butter, and coconut oil (in that order) over medium-low heat; let each ingredient melt almost entirely before adding the next, but don't scorch the oils. If it smokes, it's ruined.
2. Turn heat to low. Add baking soda, arrowroot powder, and zinc.
3. Stir over low heat for about 5 minutes to eliminate lumps
4. Add lavender oil.
5. Let cool 1-2 minutes to pudding consistency, pour into containers.
6. Refrigerate to harden. It should be ready for use in less than an hour, and can be stored at room temperature for a soft, creamy consistency.



Lavender Rash Cream



Calming Lavender oil brings a calming scent to this deodorant. Create your own chemical-free rash cream for rashes, sun burns and more.

Ingredients

1 Tbsp. La Lune Naturals Zinc Oxide powder
1/8 cup Beeswax
2/3 cup (4 1/2 oz.) Coconut Oil
1/4 tsp Lavender Oil

Directions

1. Add coconut oil and beeswax to a glass bowl and melt using a double boiler set-up. I always improvise this, so don't stress yourself out thinking that you have to do it in a fancy way. Warm at a low-med heat until both are completely melted. It only takes a few minutes.
2. Add zinc oxide powder to the bowl with the melted oil, wax and lavender oil. Using a stick blender or hand mixer, blend for several minutes until the powder is completely mixed in with no clumps.
3. Pour into containers and let cool and solidify.

Rosemary and Zinc Oxide Deodorant

The anti-inflammatory properties in rosemary oil are a great addition to this non-toxic deodorant recipe.

Ingredients

- 1 Tbs La Lune Naturals Zinc Oxide Powder
- 3 Tbs Coconut Oil
- 1 Tbs Shea Butter
- 1 Tbs Beeswax pellets
- 4 Tbs Arrowroot powder
- 2 Tbs Baking Soda
- 1/4 Tsp Rosemary Essential Oil

Directions

1. Melt beeswax, shea butter, and coconut oil (in that order) over medium-low heat; let each ingredient melt almost entirely before adding the next, but don't scorch the oils. If it smokes, it's ruined.
2. Turn heat to low. Add baking soda, arrowroot powder, and zinc.
3. Stir over low heat for about 5 minutes to eliminate lumps
4. Add rosemary oil.
5. Let cool 1-2 minutes to pudding consistency, pour into containers.
6. Refrigerate to harden. It should be ready for use in less than an hour, and can be stored at room temperature for a soft, creamy consistency.



DIY Diaper Balm with Lavender and Chamomile



Infused with inflammation reducing essential oils, this balm provides a protective barrier while soothing irritated skin.

Ingredients

1/4 Cup La Lune Naturals Zinc Oxide Powder
1/2 Cup shea butter
2 Tbsp coconut oil
7 drops lavender essential oil, optional.
7 drops chamomile essential oil, optional.

Directions

1. In a double boiler, gently melt shea butter over low heat. When almost melted, stir in coconut oil and continue to heat until fully melted.
2. Remove from heat and allow mixture to return to a semi-solid state. Place mixture in fridge if you'd like to speed this process up. Add non-nano zinc and optional essential oils (if desired). Mix thoroughly.

DIY Sunscreen with Aloe Vera

Aloe vera and grapefruit seed extract bring a fresh scent and effectiveness to this DIY sunscreen.

Ingredients

5 Tsp La Lune Naturals Zinc Oxide Powder
1/4 Cup coconut oil
1 Tbsp Beeswax
3 Tbsp natural aloe vera gel
1/2 Cup distilled water
2-3 Capsules of Vitamin E oil (optional)
10 Drops Grapefruit Seed Extract (optional)

Directions

1. In a double boiler, gently melt beeswax and oil.
2. Remove them from the heat and add vitamin E and, if you like, essential oils.
3. Put this mixture into a bowl and add zinc oxide powder. Make sure that this bowl is not used for food because it's not a good idea to ingest zinc oxide. Put this mixture aside.
4. In a small pan, heat the distilled water and the aloe vera gel until just warm.
5. Whisk your oil, beeswax and zinc oxide mixture and slowly add the water and aloe mixture to it.
6. While your mixture is still a liquid pour into your container and let it harden.



Thank You

For trying our recipes!

Questions or comments?

Contact us at leah@lalunenaturals.com
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