

Important Note: Commercial sunscreens are FDA-regulated for tested SPF protection. A homemade recipe will not give guaranteed SPF protection, so use it as a natural skin soother and light daily protection, not as a substitute for strong sun exposure (especially at the beach or for long hours in direct sun).



Homemade Banana Boat-Inspired Sunblock (Banana-Scented)

~Nel :.)

Ingredients (makes ~6 oz jar):

- 3 tbsp coconut oil (natural SPF ~4, moisturizing)
 - 2 tbsp shea butter (soothes and nourishes)
 - 2 tbsp cocoa butter (rich and protective)
 - 2 tbsp non-nano zinc oxide powder (broad-spectrum physical sunscreen, SPF depending on % used)
 - 1 tsp beeswax pellets (helps it solidify)
 - ½ tsp banana extract (food-grade, for scent)
 - Optional: 3–4 drops vanilla extract or essential oil (pairs beautifully with banana scent)
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Instructions:

1. Melt oils & butters

- In a double boiler (or a heat-safe bowl over simmering water), combine coconut oil, shea butter, cocoa butter, and beeswax.
- Stir until fully melted.

2. Cool slightly & add zinc oxide

- Remove from heat, let it cool for 1–2 minutes.
- Carefully stir in zinc oxide powder (use a mask to avoid inhaling). Mix thoroughly until smooth.

3. Add banana scent

- Stir in banana extract (and optional vanilla).
4. Pour & set
- Pour mixture into a clean glass jar or tin.
 - Let it cool and solidify at room temperature.
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Use & Storage:

- Apply a thin layer on skin before sun exposure.
 - Store in a cool, dry place (lasts 3–6 months).
 - Reapply every 2 hours (or after swimming/sweating).
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This version will have a light banana-vanilla tropical scent, a creamy balm texture, and gentle UV-blocking from the zinc oxide.

Lighter, Lotion Version



Banana-Scented Homemade Sun Lotion

Ingredients (makes ~6–8 oz pump bottle):

- ¼ cup aloe vera gel (cooling base, light texture)
 - ¼ cup jojoba oil (non-greasy, absorbs well, lightly protective)
 - 2 tbsp fractionated coconut oil (keeps it fluid instead of solid)
 - 2 tbsp shea butter (moisturizing, softens skin)
 - 2 tbsp non-nano zinc oxide powder (UV protection)
 - 1 tsp banana extract (natural banana scent)
 - Optional: 2–3 drops vanilla or sweet orange essential oil (boosts tropical scent)
 - 1 tsp vegetable glycerin (helps bind aloe + oils, adds hydration)
 - ½ tsp beeswax (optional) (just a touch if you want a slightly thicker lotion)
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Instructions:

1. Melt the oils

- In a small double boiler, gently melt shea butter (and optional beeswax) with jojoba and coconut oil.

2. Blend with aloe

- Remove from heat, let cool slightly.
- In a blender or with a hand mixer, slowly drizzle the melted oils into the aloe vera gel while blending.
- Add glycerin and mix until creamy and emulsified.

3. Add zinc oxide & scent

- Stir in zinc oxide carefully (mask recommended, avoid inhalation).
- Add banana extract (and optional vanilla/orange) for fragrance.

4. Bottle it up

- Pour into a clean pump bottle or squeeze tube.
 - Store in the fridge for extra cooling effect (especially nice in summer).
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Notes & Use:

- Shake before use if separation occurs.
- Apply generously before sun exposure.
- Reapply every 2 hours if outdoors.
- Keeps for about 2–3 months refrigerated.