Introduction

If you stay in the sun for too long, your skin will burn. This is not caused by the heat, but by the ultraviolet (UV) radiation from the sun. A sunburn is painful, but also increases the risk of getting skin cancer. It is therefore important to protect yourself against the UV radiation. Collecting folk remedies can be as short as a long, microwave. Collecting folk remedies can be as short as a long, microwave. Collecting folk remedies can be as short as a long, microwave. Collecting folk remedies can be as short as a long, microwave.

DIY sunscreen

This is what you need to make your own sunscreen:

- Measure (15ml, table spoon)
- 2 measures of uncoated, non-nano zinc oxide*
- 2 measures coconut grease
- 1 measure almond oil
- 1 measure bees wax
- Heat source (cooker or stove)
- A (low) pan filled with water
- Heat resistant jar or bowl (jamjar 100 ml)
- A piece of kitchen towel
- Potholder

* Very few people are allergic for zinc oxide. Be careful when using it.

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DIY sunscreen

Sunscreen protects our skin against harmful radiation. Instead of buying it in a shop, you can easily make it yourself – just follow these instructions:

1. Heat some water in a pan. **Tip:** Make sure the water comes up to half of your jar or bowl when placing it in the middle of the pan.

2. Add:
   - 2 measures zinc oxide
   - 2 measures coconut grease
   - 1 measure almond oil
   - 1 measure of bees wax to a heat resistant jar or bowl. Clean your spoon in between each step with water.

3. Place the heat resistant jar with the ingredients in the warm water.

4. Stir until the bees wax has melted. This can take a while.

5. Let the mixture cool down. If you have used a bowl, you can put the mixture in a jar after cooling.

6. You can test your sunscreen on UV-sensitive paper. Look for the instructions 'test your sunscreen', available on togethersciencebus.eu.

7. Test the sunscreen on a small part of your arm. Do you see a white spot on your arm afterwards? This means that the sunscreen has worked.

8. You sunscreen is now ready to use! **Tip:** make a nice label!

**Tip:** Include other ingredients, like coconut butter or aloe vera gel.

We are curious about your results. Share them by using #sciencebus on Instagram or Twitter.