

Your DIY Natural Illuminating Moisturizer!

Hello! Thanks for your interest in making your own natural Illuminating Moisturizer. At Neighborhood Farms USA, we believe in nurturing our bodies and our communities with wholesome, natural choices, and this DIY project is a wonderful way to do just that!



Why These Ingredients?

- **Coconut Oil:** A fantastic natural moisturizer that helps keep skin hydrated. It also has some mild natural sun protection qualities (though not enough on its own!).
- **Shea Butter:** Rich in vitamins and fatty acids, shea butter is incredibly nourishing and soothing for the skin. It helps create a creamy texture and adds a protective layer.
- **Non-Nano Zinc Oxide:** This is the star of the show! It's a mineral that sits on top of your skin to naturally brighten your skin and reduce the appearance of dark spots.
- **Optional:** Vitamin E Oil: A powerful antioxidant that helps protect skin and can also act as a natural preservative.
- **Optional:** Gentle Essential Oils: For a light, pleasant scent (like lavender or chamomile). Always ensure they are skin-safe and non-photosensitizing.

The Recipe (Makes approx. 6.5 - 7 fl oz / 190 - 200 ml – Fills an 8oz/240ml jar nicely)

What You'll Need:

Ingredients:

- ½ cup Coconut Oil (approx. 4 fl oz / 118 ml)
- ¼ cup Shea Butter (approx. 2 fl oz / 59 ml)
- 2-4 Tablespoons Non-Nano Zinc Oxide Powder (Safety First: Always wear a mask when handling this powder to avoid inhaling it!)
- **Optional:** 1 teaspoon Vitamin E Oil
- **Optional:** 5-10 drops of gentle, skin-safe essential oil (e.g., Lavender, Chamomile)

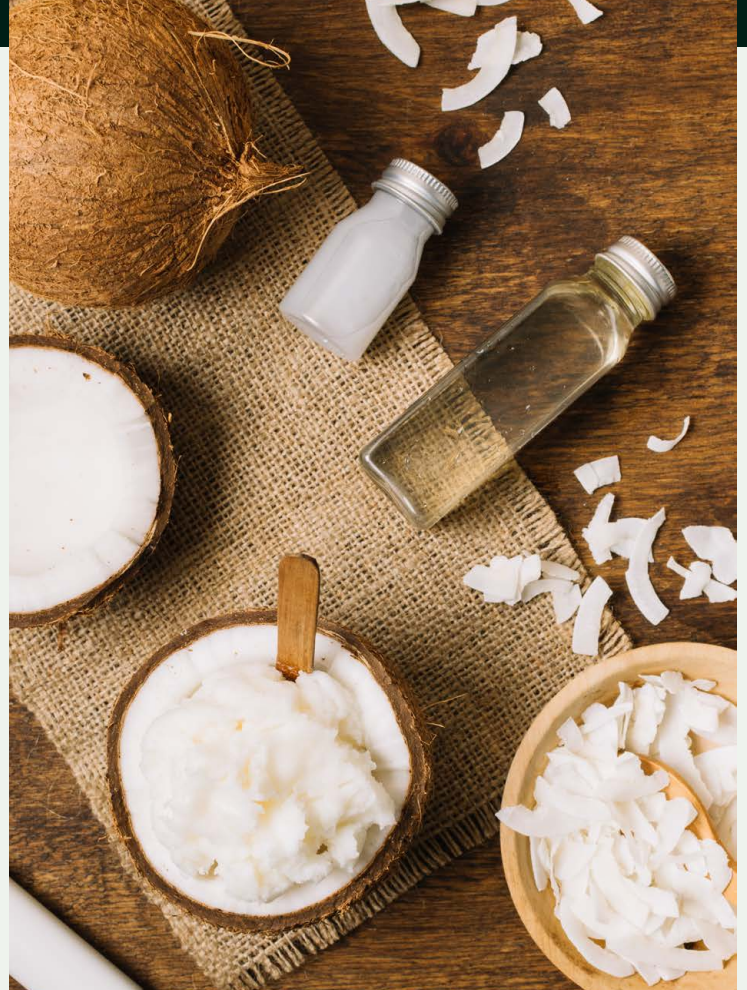


Tools

- Double boiler (or a heatproof glass bowl set over a pot with 1-2 inches of simmering water)
- Whisk or small spatula for mixing
- Measuring cups and spoons
- A clean, dry glass jar with a lid for storage (an 8 oz / approx. 240 ml jar is recommended)



Step-by-Step Instructions:



- 1. Melt Oils & Butter:** Combine the coconut oil and shea butter in your double boiler or heatproof bowl. Gently heat over low-medium heat, stirring occasionally, until completely melted and combined.
- 2. Cool Slightly:** Remove the mixture from the heat and let it cool for a few minutes. You don't want it to solidify, but it shouldn't be piping hot when you add the zinc oxide.
- 3. Add Zinc Oxide (Carefully!):** Put on your mask now! Gradually add the non-nano zinc oxide powder to the melted oils. Stir gently at first to incorporate the powder without it becoming airborne, then whisk well until completely smooth and there are no clumps.
- 4. Add Optionals:** If using, stir in the Vitamin E oil and any essential oils. Mix well.
- 5. Pour & Set:** Carefully pour the mixture into your clean, dry jar. Let it sit at room temperature, or in the refrigerator for a faster set, until it solidifies into a creamy consistency.

Where to Buy Ingredients (USA):

Coconut Oil & Shea Butter: Widely available at grocery stores (like Whole Foods, Trader Joe's, local co-ops), health food stores, and online retailers like Amazon. Look for unrefined, organic options if possible.

Non-Nano Zinc Oxide Powder: This is more specialized. Your best bets are:

Online Retailers: Amazon (search "non-nano zinc oxide powder cosmetic grade"), Etsy (many small suppliers).

- **DIY Cosmetic Ingredient Suppliers:** Websites like Bulk Apothecary, Bramble Berry, MakingCosmetics.com. These sites specialize in ingredients for homemade skincare.
- **What to look for:** Ensure it specifically states "Non-Nano" and is "Cosmetic Grade" or suitable for skin application.
- **Vitamin E Oil & Essential Oils:** Health food stores, some pharmacies, and online.

Storage & Use:

Store your homemade sunscreen in a cool, dark place. It should last for several months. If it melts in very hot weather, you can pop it in the fridge to firm up again.

Patch Test: Before using it widely, apply a small amount to your inner arm and wait 24 hours to check for any skin sensitivity.

Application: Apply generously 15-20 minutes before sun exposure. Reapply every 1-2 hours, and after swimming or sweating.

Important Disclaimer:


Homemade natural creams are wonderful for every day use in most cases. However, their fabrication depends on a lot of variables like ingredients and preparation. Care in its development and patch testing are important to confirm they are safe and work for you. Neighborhood Farms USA provides this recipe for informational purposes and is not liable for any issues that may arise from its use.

We hope you enjoy making and using your natural Illuminating Moisturizer!

Warmly, The Neighborhood Farms USA Team

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