



Crow River
Animal Hospital
& Dental Clinic

Friday Fun Facts – Number 17:2010
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Natural Sunscreen

Disclaimer: All of the information provided here is intended for educational purposes. The information is not intended to diagnose, treat, or prescribe for any illness. Please seek the advice of a qualified health care professional in your area of concern if you or your pets have a health challenge.

Spring has sprung, the sun is shining, birds are singing, grass is greening, the river is flowing, bugs are crawling, and water balloon fights are calling. Certain little boys can't be kept indoors. This is the season for sun protection.

In this issue, natural remedies for sun protection that are non-toxic, 100% natural and edible are presented. The sun is not our enemy; we still need its valuable rays for many health functions. Slathering on toxic chemicals to block out the "sun's harmful rays" is only a recent invention; an invention that has not yet proven to slow the incidence of Melanoma in the human population. For thousands of years, humans have been in the sun, developed nice protective tans, and used natural products to help deal with over-exposure to the sun. Ancient Egyptians used Myrrh Essential Oil mixed with Hippopotamus fat, as sun protection.

Today, unfortunately, children's delicate skin is getting coating in harmful chemicals more than any other segment of our population. How many of us forget to apply sunscreen to ourselves, but are horrified when we forget the kids? What harmful effects will we find after an entire generation is raised coated in toxic and man-made chemicals; to prevent what Nature has been doing to skin for thousands of years? I shudder to think of it. What ever happened to growing up with a sun tan?

There is an amazing amount eczema being noted in children today. I have noted many direct correlations of these conditions with the use of chemical laden lotions, soaps (especially school soap), shampoos, hand purifiers, and more. (And, I can't even begin to discuss how processed foods that kids are eating are greatly harming their health!)

I also see a frightening trend in our veterinary clinic. Our clients (the pet owners) are coming in, younger and younger, and share with us that they have chronic and severe health concerns. Topping the list of problems are Fibromyalgia, Chronic Fatigue, MS, Migraines, and Cancer. In the world of alternative

medicine – all of these conditions have some component of toxin build up in the body. Many people suffer migraines from Aspartame (Nutra-Sweet, Equal, etc...) or MSG – and these connections are even recognized in the traditional medical field, even if it isn't discussed much. By exposing our bodies to more toxic chemicals than we can excrete and deal with – we start to build up waste products that give us muscle soreness, fatigue, migraines, and worse yet, could predispose us to cancer.

Let's make sure that our sunscreen is not just one more toxic thing we add to our daily attack on our body!

Certain natural vegetable oils and essential oils have been found to provide some protection against the sun. Sesame oil can block or reduce about 30% of the burning rays; coconut and olive oils about 20% and Aloe Vera inhibits about 20%. Helichrysum essential oil has been researched for its ability to effectively screen out some of the sun's rays.

Young Living's V-6 Oil is a thin and wonderful blend, which contains Coconut, Sesame, and Olive oils (as well as others). So even alone, V-6 can be used as a sunscreen. But, by adding high quality, medical grade essential oils to this mix, you can get wonderful healing effects for the skin, as well as added sun filtering activity. Of course, I only recommend the use of Young Living Essential Oils – as they are tried and true, and TRULY medical grade. I personally don't put any other brand on my children (two legged or four legged).

All of these recipes are safe for oral consumption when made with high quality oils. So they are perfect for babies who suck fingers and put everything into their mouths. As with anything, of course don't get the mixtures into the eyes. However – if you do get essential oils into an eye by accident and it causes irritation (which I doubt would happen at these concentrations), flush the eyes with more PLAIN OIL. Never rinse an eye that has gotten essential oils in it with water – as water and oils do not mix – you would effectively spread the oils more and cause more irritation. Just a good thing to note, as kids will be kids, and likely at some point, will find trouble on their own accord.

All of these recipes are also safe for use on animals – and can be applied to everything from horse noses, dog heads, and even a Sphinx cat. For cats, additional dilution may be indicated – please adjust based on the need of your individual cat.



Sun block: Mix 3-6 drops Helichrysum (*Helichrysum italicum*) with 100 drops of sesame oil or olive oil. Apply on skin every few hours.

Sunscreen: 1 ounce sesame oil, coconut oil or olive oil, 10 drops Helichrysum, 5 drops Lavender and 3 drops Chamomile. Mix and apply.

Sunscreen Plus: Put half a 15 ml bottle of Myrrh in a 4 ounce bottle of V6 to use as sunscreen. You can add Sandalwood to it if you want to improve the youthfulness of your skin.

Natural Sunscreen: 2 ounces sesame oil, 2 ounces Aloe Vera Gel, 1 teaspoon vitamin E oil and 24 drops Lavender Oil. Combine ingredients. Shake well before using. Remember, this will not provide total sun protection.

Myrrh Sunscreen: Mix 20 drops of Myrrh into 2 ounces of V-6 diluting oil.

Super Easy Sunscreen: Apply Coconut Oil to water moistened skin. Coconut oil alone is reported to have great sunscreen ability – however some people report added benefits when applying to wet skin.

LavaDerm Cooling Mist: Young Living has a spray called LavaDerm, which is great for sunburns. However, many people have reported seeing sunscreen actions from this spray as well.

Avocado Oil Sunblock: Mix 4 ounces of Avocado Oil with 30 drops of Lavender Essential oil. Apply liberally every 3-4 hours or as needed.

Lavender Sunscreen: Mix 4 ounces of V6 oil with 10-30 drops of Lavender Essential oil.

As you can see, there are many variations on what can be used for sun protection. The main thing is use an oil that you like, and that provides some sun protection. Sesame, Coconut, Olive oils are good bases to start with. Essential oils such as Helichrysum, Lavender, Patchouli, and Myrrh have added sun protection benefits and help to heal skin. Mix and match, and create a custom blend that you enjoy. Adding other Essential Oils can add extra benefits to the application. I may pick oils such as Frankincense, Peppermint (for cooling effects – but I would not use in a cat formula), Sandalwood, Chamomile and others, for additional benefits to the skin. Also, you can play around with different oils to find a scent combination that you particularly enjoy.

Remember, citrus oils and blends containing citrus oils (Lemon, Orange, Angelica, Bergamot, etc...) cause our skin to become photosensitive. Do not apply them to skin exposed to direct and intense sunlight (in the dead of winter we are usually okay) – for at least 12-24 hours. A distinct discoloration of the skin can occur –so remember – place your citrus oils “Where the Sun Don’t Shine”.

Now, let’s all go outside and enjoy this nice warm weather!!

Feel free to contact me if you need information on how to obtain medical grade essential oils. We enjoy adding them into our daily lives, pets and humans alike. We feel that we greatly benefit from incorporating small amounts of preventive natural substances into our bodies; Not only physically, but in stress reduction, peaceful sleep, and emotional well being.

“Mother Nature gave us the gift of healing. Providing our bodies with the nutrients, substances, and care required to heal, lies in our own actions.”

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