

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

DIY Sunburn Spray

[www.MamaMarcie.com]

If you neglect to use your sunscreen, then you are going to need an excellent Sunburn Spray!



Ingredients:

- Small Spray Bottle
- Water
- 1-2 tbsp witch hazel (to act as an emulsifier and keep the oils mixed in the water)
- 15 drops Young Living Lavender
- 5 drops Young Living Peppermint
- 5 drops Young Living Frankincense

Directions:

Are you ready for these difficult instructions?

- Pour everything in the bottle
- Shake

When you are sunburned (or even when you have dry skin), spray on affected areas several times a day.
You can spray yourself often upon returning home and the next day.