

DIY AFTER SUN SPRAY SUPPLIES

- 4oz glass bottle with spray mister
- 1-2 Tbsp aloe vera gel
- 10 drops pure lavender essential oil
- 10 drops pure peppermint essential oil
- ½ cup witch hazel (can substitute white or cider vinegar)

AFTER SUN SPRAY METHOD

Add aloe vera to the spray bottle. Some people find aloe vera to be sticky, so if that's you, add just 1 tablespoon. Otherwise, you can add up to 2 tablespoons of aloe vera to support and moisturize the skin.

Add the 10 drops of pure lavender essential oil and 10 drops of pure peppermint essential oil.

Add ¼ cup of witch hazel and secure the lid tightly. Shake very well so that everything is mixed well and no ingredients are stuck to the side of the bottle. (This might be the case if you're using aloe vera gel.)

Add the remaining witch hazel, secure the lid tightly again and shake well to combine. Shake well before using.

You can store this in your pool bag if you want, or you can store it in the fridge for an extra cooling effect.