

## **DIY after sun skin soothing spray**

Ingredients:

- 1 Glass spray bottle (I used a recycled kombucha bottle)
- 1 cup liquid aloe vera (non-refrigerated)
- 1/4 cup doTERRA Fractionated Coconut Oil
- 1 teaspoon vitamin E (liquid or capsules)
- 8 drops doTERRA Meleleuca essential oil
- 8 drops doTERRA Lavender essential oil
- 8 drops doTERRA Roman Chamomile essential oil

Directions:

Add all ingredient to the spray bottle, shake and spray directly on skin as needed.