



GOT TOO MUCH SUN? DIY SUNBURN RELIEF CREAM

- after opening)
- Lavender essential oil
- Peppermint essential oil

Mix equal parts of coconut oil and aloe vera gel – for a 8 oz. jar:

1/2 cup of coconut oil plus 1/2 cup aloe vera gel each

10 drops each of the lavender and peppermint. Mix well in a bowl with in immersion blender or hand held blender. Transfer to glass or heavy plastic jar with tight fitting lid. Refrigerate after use – the cold feels good on hot, burned skin and it preserves the oils and gel.

This soothing salve works wonders on sunburns, and it's also great for other minor burns as well. It helps to draw away the heat, remove redness, moisturize, and keep you comfortable while the burn heals. You'll definitely want to keep this homemade sunburn cream on hand all summer long, and whip up an extra batch to keep in your beach bag, too!

Do It Yourself Sunburn Relief Cream

This homemade sunburn relief cream is super easy to make, and it's seriously amazing how well it works!

You will need:

- Extra virgin coconut oil
- Real Aloe Vera gel (from a fresh plant or the kind from a store that required refrigeration

