

There are a number of effective home remedies for relieving uncomfortable sunburns. Vitamin E oil, for example, can be used to treat the affected area and help heal the skin.

Vitamin E After-Sun Spray

Ingredients:

- 2 tablespoons witch hazel
- 1/4 cup 100% aloe vera gel (fresh if available)
- 1/2 teaspoon vitamin E oil
- 2 tablespoons fractionated coconut oil
- 10 drops lavender essential oil
- 2 drops peppermint essential oil

Directions:

1. Mix all ingredients together.
2. Pour into 4 oz spray bottle and store in the refrigerator.
3. Shake prior to use and apply as needed.



Source: <http://oneessentialcommunity.com/diy-after-sun-spray-made-with-essential-oils/>

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