

Sunburn Soother Spray

A refreshing, all-natural spray to help cool and soothe sunburned skin. Made from leftover cucumber scraps, this frugal remedy is perfect after a day in the sun.

Ingredients

- 6 oz cucumber juice (from scraps or fresh)
- 6 oz aloe vera juice
- 3 oz raw apple cider vinegar
- 1 oz colloidal silver

Instructions

1. Juice your cucumber scraps or blend and strain them to extract the juice.
2. Combine cucumber juice, aloe vera juice, apple cider vinegar, and colloidal silver in a glass spray bottle or jar.
3. Store in the refrigerator for a refreshing, cooling mist. Shake gently before each use.
4. Spray directly onto sunburned skin as needed.

Notes

- Always patch test new products on a small area first.
- This spray is not a substitute for medical treatment.
- Store in a cool place and use within 7–10 days for best results.