



DIY Natural Spa with Amy Price

Supply List

1/2 of a cucumber
Blender
Strainer
Mixing bowl
Spoon
1 Ripe Banana
3T Sugar
1/4t vanilla or your favorite Essential oil
1/2 cup sea salt
1/2 cup of your favorite oil (I'll be using olive)
1t citrus zest (use a grater to grate the skill of a lemon, orange, grapefruit)

Optional:

Bunch of kale
Salt
2T olive oil