



# 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 skin of a lemon, orange, grapefruit)

### Optional:

Bunch of kale

Salt

2T olive oil