

SUMMERTIME ESSENTIAL OILS

RECIPES

Bug Repellent Spray:

1. Add witch hazel and water to 4 oz glass spray bottle.
2. Add Purification, Thieves and Peppermint essential oils.
3. Shake well and spray as needed on body or even around home to repel insects.

- 10 drops of Purification
- 7 drops of Peppermint
- 7 drops of Thieves
- 4oz bottle
- 2 oz natural witch hazel
- 1.5 oz distilled water

After Sun Spray:

1. Add aloe vera and water to 4 oz glass spray bottle.
2. Add Lavender and Peppermint essential oils.
3. Shake well and spray as needed.

- 10 drops of Lavender
- 10 drops of Peppermint
- 1/2 cup water
- 4oz bottle
- 2 Tbs. pure aloe vera

Itch Stick Roller:

1. Add Lavender, Purification and Peppermint into the roller bottle.
2. Fill the rest of the bottle with the carrier oil.
3. Cap the bottle with the roller top and shake!
4. Roll this mixture on your bug bites and other itchy areas for instant relief!

- 5 drops of Purification
- 5 drops of Lavender
- 3 drops of Peppermint
- 10 ml roller bottle
- carrier oil

ONLY USE THERAPEUTIC GRADE QUALITY OILS.
YOUNG LIVING IS RECOMMENDED.