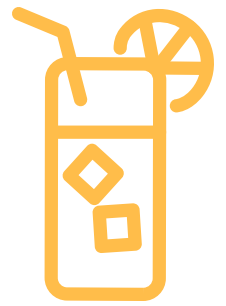




SUMMER FUN



With Essential Oils

MUST HAVE OILS THIS SUMMER:

Lavender: soothes bug bites & soothes skin after too much sun.

Melaleuca: soothes bug bites

Terrashield: insect repellent & organic gardening

Peppermint; pest control, cools body temp., soothing after exposure to "leaves of 3"

Lemon: fruit/veggie wash, summer culinary enhancer

PHOTOSENSITIVITY

This generally applies to topical use of essential oils, not internal use. When using a photosensitive essential oils topically, avoid concentrated sunlight for approximately 12 hours after application.

Photosensitive ♥ Essential Oils
Bergamot, Grapefruit, Lemon, Lime, Orange, Tangerine, Cumin, Any Blends containing these oils.

AFTER-SUN SPRAY

8 oz. glass spray bottle

Aloe Vera Gel - ½ cup, FCO - ¼ cup

Vitamin E - ¼ tsp

Essential Oils:

Lavender (30 drops), Peppermint (20 drops), Frankincense (10 drops), Helichrysum (10 drops)

*Gently shake before application.

BUG-OFF SPRAY

8 oz. glass spray bottle

½ cup Water, 1/4 cup Witch Hazel,

2 Tbsp Fractionated Coconut Oil

Essential Oils:

TerraShield - 80 drops, Lemongrass - 40 drops

Geranium - 40 drops

DIY Sunscreen

1 Tbsp beeswax, 4 Tbsp shea butter

4 Tbsp coconut oil, 2 Tbsp zinc oxide

10 drops Carrot Seed oil

10 drops Helichrysum 10 drops Lavender

(Approx. 30 SPF)

BEAT-THE-BITE Relief Stick

10 mL rollerbottle

Basil (10 drops), Lavender (10 drops),

Peppermint (5 drops), topped off with FCO

*Apply over area every couple hours or as needed

