



Summer Essential Oil Tips!

Peaceful *heart*to
Leadership

Natural Sunscreen

Mix 4 oz. **Fractionated Coconut oil** with 30 drops of doTERRA **Lavender** oil, and massage generously into exposed areas. Reapply after swimming. (usually one application has worked for several hours)

Helichrysm also is a great sunscreen. Mix a few drops with water in a glass spray bottle.

Natural Insect Repellent

Fill a 4 oz. spray bottle with water and 20 drops **of Purify and Terra Shield**. Spray onto clothing and skin before going outside. Alternatively, rub a couple of drops into exposed skin. Use Terra Shield which is safe, effective, and non-toxic for people of all ages. (Terra Shield doesn't have to be diluted)

Sunburn

For sunburn, dilute CPTG **Lavender** oil 50/50 in **fractionated coconut oil**, and lightly massage or spray on the affected area a couple of times per day. For severe sunburn, **Lavender** can be used without dilution.

Dehydration

Add **Lemon or Lime** oil to your water. It not only makes the water taste fantastic, but it has a gentle purifying and oxygenating effect in your body.

Insect Bites and Stings

Dab **Purify** or **Lavender** on bites and stings for instant relief in itching, pain and inflammation. This works for bee stings, chiggers, ticks, mosquito, and other bites and stings.

Overheating

Apply a drop or two of our therapeutic-quality **Peppermint** oil to the bottoms of the feet. Add a drop to your water or make a glass spray bottle with water and **Peppermint**.

Sprains/Strains

Apply **Deep Blue** essential oil blend straight or diluted 50/50 with a fractionated coconut oil to the affected area. Repeat 3x a day as needed for reduction of pain and inflammation, and to speed the healing.

Cuts/Scrapes

Apply a drop of **Lavender** oil or **Melaleuca** directly to cuts, scrapes, and wounds to stop the bleeding, cleanse the wound, promote healing, and prevent scarring. **Frankincense** works great as well.

Blisters

Apply a drop of **Purify** or **Lavender** oil straight to blisters to prevent infection and to help them heal.

Diarrhea

Rub a drop of **DigestZen** or **Peppermint** oil on your abdomen. Also, you can take add a drop of either oil to your water and drink. For severe digestive upset, also massage a couple of drops of either or both oils on the bottoms of the feet.

DigestZen softgels are also fantastic!

Allergies/Hayfever

For mild to moderate allergies, drop a couple of drops of **Lavender** into your hands, rub them together and inhale deeply. Rub the **Lavender** on the bottoms of the feet, particularly the balls of the feet and toes. For Severe Allergies add **5 drops Lavender, 5 drops Lemon & 5 drops Peppermint** to an empty gel capsule & swallow 3 X daily... **TriEase** is now available for allergies; the above recipe in a softgel.

Spider Bites

For black widow spider bites, apply 1 drop of **Lavender** on the bite every 2-3 minutes until you reach the hospital. For brown recluse spider bites, apply 1 drop of **Purify** or **OnGuard** every minute until you reach the hospital.

Snake Bites

Dilute **OnGuard** oil 50/50 with **Fractionated Coconut oil** and apply 2-3 drops on site every 15 minutes until you reach the hospital.

Poison Ivy/Poison /Oak

Dilute **Frankincense**, **Purify** or **Lavender** 50/50 in Fractionated coconut oil and apply a few drops to affected area 2x/day. For severe cases, apply the diluted oils with a clean wash cloth in a cold compress as needed.

Diffuse Musty Smells

Make a spray bottle with **Purify** oil (as described above for the natural insect repellent) and lightly spray your gear, clothing, and your space to clear out bad odors. Also, removes strong odors from urine, mildew, smoke, and more! For intense odors, use a small amount of undiluted **Purify** on site.

Bed Bugs

Make a glass spray bottle with **Cedarwood** and water and spray on sheets in hotels. You can also use it undiluted.

Sleeping Aid

Apply a couple of drops of **Serenity** or **Lavender** oil to the feet and inhale to promote restful sleep both while camping and at home. Great for adults, babies, and everyone in between!

Repel Rodents and Insects From Your Garden

To keep mice , gophers, moles, and other rodents from messing with your garden, put 3-4 drops of **Peppermint** oil on cotton balls, place the cotton balls in the holes and burrows and cover them up with dirt.

To Repel Harmful Insects

Fill an 8 oz. spray bottle with water, a bit of natural dish soap, and 5 drops of **Peppermint** plus 5 drops of **Purify** or **Terra Shield**. Spray directly on the leaves and flowers of the plants you are seeking to protect. To repel snails and slugs, make a similar spray with pine oil and spray it in the garden.

Natural Personal Care with the Essential Oils Survival Kit

Natural Deodorant

For a 100% natural, non-toxic, and low-maintenance deodorant, here's a recipe: Take a 10ml roll-on bottle and add 1/3 doterra **Purify**, 1/3 **Clary Sage**, and for the final 1/3 equal parts **Frankincense**, **Lemon**, **Lavender** and **Patchouli**. Roll under your arm, but remember to angle the bottle down so it comes out.

Natural Oral Care

Make your own natural, non-toxic toothpaste with a tsp of baking soda and 3-4 drops of **On Guard**. You will be amazed at how clean your mouth feels! For children, use less oil. doTERRA of course, has its own **OnGuard toothpaste!** You could also add a drop of clove to your own toothpaste.

Natural Skin Care

Add a drop of essential oil to a small amount of **Fractionated Coconut oil** or olive oil, and massage into the skin morning and night. Use **Frankincense** for anti-aging and sun damage reversal, or **Lavender** for all skin types including acne-prone skin. This is one of the best-kept skincare secrets!! **Immortelle** is fantastic for skin too!

Natural Antibiotic

In an empty gel cap capsule, put 3 drops **Melaleuca**, 3 drops **Lemon**, 3 drops **Oregano** OR 5 drops **OnGuard**, 4 drops **Oregano**, 3 drops **Melaleuca** - take 3X daily - add a spinal technique if necessary.... doTERRA's **OnGuard+** softgels are the easiest way to stay healthy or stop illness.

Pick-Me-Up Body Spray with Pure Essential Oils

Ingredients:

- 1 drop **Eucalyptus** essential oil
- 2 drops **Geranium** essential oil
- 3 drops **Peppermint** essential oil

To Make the Spray:

1. Fill a clean, dry mini glass spray bottle with 4 ounces of pure distilled water.
2. Using a dropper, carefully put the selected blend of essential oils directly into the spray bottle.
3. Tightly close the bottle and shake vigorously to combine. Be sure to shake it before each use, as the water and essential oils tend to separate.