



Summer Essentials

Natural recipes to help this summer

*recipes are for 4 oz glass bottles, 10 mL roller bottles or 8 oz mason jars

* citrus oils are photosensitive so limit the use of citrus oils on the skin during the summer months

After Sun Spray

To promote health & healing

10 drops lavender
5 drops frankincense
2 drops roman chamomile
1 tsp of aloe juice
1 tsp of witch hazel
Top with water
* Shake before use

Glowing Skin Roller

To soothe the skin

10 drops lavender
5 drops frankincense
5 drops geranium
3 drops of tea tree
Top with carrier oil

Travel Roller

*To soothe stomach upset,
motion sickness or nausea*

10 drops peppermint
10 drops wild orange
5 drops ginger
Top with carrier oil

Owie Spray

To disinfect & help with healing

5 drops lavender
5 drops frankincense
5 drops tea tree
1 tsp witch hazel
Top with water
* Shake before use

Allergy Aid

*To help soothe allergies, sinuses
& congestion*

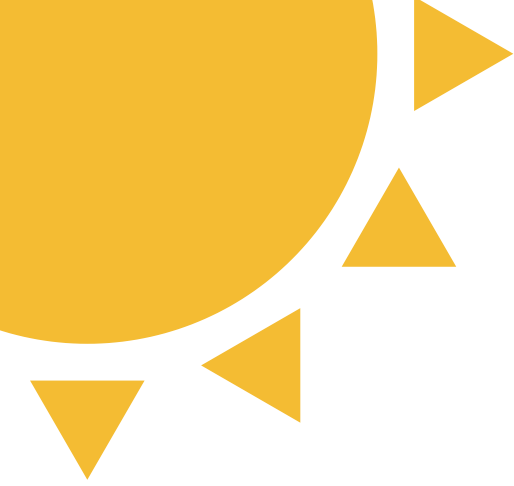
10 drops eucalyptus
5 drops peppermint
5 drops lavender
2 drops roman chamomile
Top with carrier oil

Hand Sanitizer

To disinfect & clean on the go

1/3 bottle witch hazel
1/3 bottle aloe juice
1/3 bottle water
10 drops OnGuard
5 drops Wild Orange
* Shake before use





Summer Essentials

Natural Bug Repellent

To help deter the bugs

25 drops terrashield

10 drops lavender

5 drops geranium

5 drops cedarwood

* Other options (lemongrass, eucalyptus, peppermint, tea tree, patchouli)

1 tbsp witch hazel

Top with water

* Shake before use

Summer Fresh Purefume

To uplift and feel fresh

10 drops eucalyptus

10 drops balance

3 drops geranium

Top with carrier oil

Air Freshening Spray

To freshen rooms naturally

10 drops wild orange

10 drops eucalyptus

5 drops lemongrass

1 tbsp witch hazel

Top with water

* Shake before use

Cooling/Calming Mist

To help cool & calm the body

7 drops peppermint

7 drops lavender

4 drops geranium (optional)

4 drops clary sage (optional)

1 tbsp witch hazel

Top with water

* Shake before use

* Keep this spray in the fridge for extra cooling power

Garden Spray

To deter the critters in our gardens

20 drops of essential oils

Choose 1-3 of these oils: thyme, peppermint, clove, rosemary, basil, lemongrass, geranium, cedarwood, lavender, patchouli

1 tsp castile soap

Top with water

* Shake before use

Soothing Body Butter

½ cup shea butter

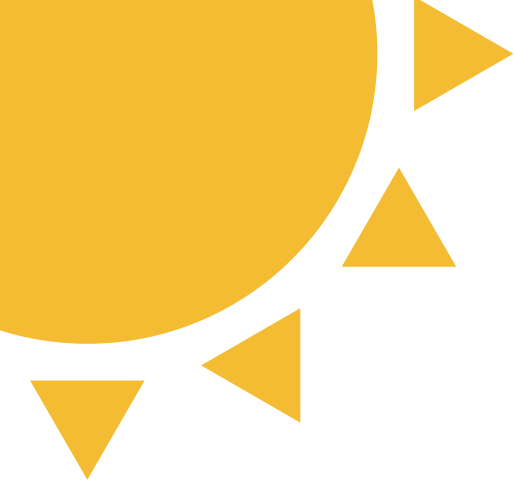
½ cup coconut oil

10 drops frankincense

10 drops lavender

5 drops geranium





Summer Essentials

Natural Sunscreen 1

To protect the skin

½ cup olive oil

¼ cup fractionated coconut oil (FCO)

¼ cup beeswax

2 tbsp of zinc oxide

2 tbsp shea butter

1 tsp vitamin E

8 drops helichrysum

4 drops lavender

Melt beeswax in olive oil & then mix in all other ingredients.

Natural Sunscreen 2

To protect the skin

¼ cup coconut oil

¼ cup shea butter

1 tsp carrot seed oil or

raspberry seed oil

2 tbsp of zinc oxide

3 drops Hawaiian sandalwood oil

2 drops lavender

Natural Sunscreen 3

To protect the skin

1 cup chemical free, scent free hand & body lotion

8 drops helichrysum

4 drops lavender

2 tbsp zinc oxide

Mix the sunscreen with a handheld blender. Store sunscreen in a glass jar with tight fitting lid or reuse a tube of lotion or FCO container with pump.

