



# Get OUTDOORS with OILS!

Wherever this summer takes you, be prepared with oils!

## Too much sun? SKIN SOOTHERS

Lavender After-Sun Spray (prepared option): mix 20 drops lavender oil with 1 oz aloe vera juice in a spray bottle. Store in fridge.

(Need something NOW option): Dilute lavender, melaleuca or frankincense with fractionated coconut oil and apply frequently! (this trio may be used for most first aid skin irritation situations)

\*For a cooling effect, apply diluted peppermint with FCO.

**Keep COOL in the HEAT** with peppermint! Create a peppermint spritzer by adding a few drops of peppermint to a spray bottle. Spray the back of the neck to keep cool. (keep away from eyes.)

Another option is to apply peppermint directly to pulse points (wrists, feet and neck) or to bottoms of feet. May also add 1-2 drops to drinking water.



## REPEL pesky BUGS (without synthetic & toxic chemicals)

Many essential oils will deter insects: try clove, lavender, lemongrass, eucalyptus, peppermint, rosemary, thyme or white fir. The easiest option is to use doTERRA's repellent blend, TerraShield. It's a light, citrusy aroma. One application provides coverage that lasts up to 6 hours.

For **bug bites**, apply melaleuca or lavender directly to the affected area immediately.



**TUMMY TAMER** (for boating, windy rides, amusement parks, eating something that doesn't agree): Inhale peppermint directly from bottle or apply a drop in the palm of hands & cup over nose. Dilute peppermint or digestzen with FCO and apply to abdomen. Add a couple drops of digestzen or peppermint to a small amount of water.

\*A convenient option is to take 1 digestzen softgel.

## SOOTHE MUSCLES & JOINTS

following a hike, sporting event or yard work with Deep Blue rub or peppermint. \*Other suggestions: lemongrass, aromatouch blend, wintergreen, or black pepper.



Get rid of the **campfire smell** from laundry by adding a few drops of lemongrass or purify to your detergent.

## SAFETY TIP!

Bears love essential oils just as much as you do. Bears are naturally curious animals with a sense of smell 2,100 times greater than humans. They are attracted to sweet scents, such as peppermint and cinnamon. If you are spending time in bear country, you might want to exercise proper caution while using essential oils. Contact your local forest station for guidelines.

