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## SWEET-SCENTED SUMMER PROTECTION SPRAY

### INGREDIENTS:

- 4 ounces water
- 7 drops Lavender essential oil
- 4 drops Citronella essential oil
- 3 drops Lemon Eucalyptus essential oil
- 3 drops Cedarwood essential oil

### DIRECTIONS:

Place water and essential oils in a spray mister bottle. Shake well and use as a protecting body spray or to spray the air around your outdoor activities.

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## SUMMER SKIN CARE OIL

### INGREDIENTS:

- 2 ounces Grapeseed oil
- 1 ounce Jojoba oil
- 1 ounce Sweet Almond oil
- 15 drops Lavender essential oil
- 2 drops Peppermint essential oil
- 1 drop Rose Otto essential oil

### DIRECTIONS:

Mix ingredients and apply as a body oil. Soothing lavender, cooling peppermint and nourishing rose are especially beneficial after exposure to the sun.

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## CAMPING & OUTDOOR GEAR DEODORIZER

### INGREDIENTS:

- Muslin drawstring bag or re-usable cotton tea bag
- 1 cup of Vermiculite (a dust free, natural mineral potting soil additive available at garden centers or house plant departments)
- 9 drops Sweet Orange essential oil
- 9 drops Lemon essential oil
- 9 drops Peppermint essential oil
- 9 drops Tea Tree essential oil

### DIRECTIONS:

- Dribble essential oils over vermiculite, toss and fill drawstring bag.
- Stow filled bags with camping & outdoor gear before stowing.

### TIPS:

- Make multiple bags and place in tent or pop-up canopy before folding up. Tuck in folds of picnic blanket. Stow with beach paraphernalia.

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