

SUMMER ESSENTIALS WITH YOUNG LIVING®

SUMMER ESSENTIALS WITH YOUNG LIVING PART 1: OUTDOOR ADVENTURES

1. Enhance your outdoor activities the safe and natural way:

- Choose your products based the environment and the length of time you will be outside
- Daily protection for children, pets, and yourself
- Homemade wipes for cleaning outdoor spaces
- Outdoor hiking and day trips
- Camping and extended protection
- After care

2. Start your day with a Young Living custom shower gel:

- Add your own oils to Young Living shower and bath gel base:
 - Flora aroma: 12 drops geranium + 12 drops lavender + 12 drops palmarosa
 - Stimulating aroma: 8 drops rosemary + 8 drops basil + 8 drops lemongrass
 - Calming aroma: 12 drops marjoram + 12 drops vetiver + 12 drops clary sage (perfect for evening bathing)

3. Daily protection for children, pets, and yourself:

- For light protection combine in a 4 oz glass spray bottle with reverse osmosis or distilled water and apply every two hours:
 - 20 drops Purification® + 12 drops peppermint and spray clothes, chairs, gardens, grass, and outdoor picnic areas
 - 18 drops tea tree (melaleuca alternifolia) + 18 drops melaleuca quinquenervia + 18 drops lavender and spray directly on the skin
 - 24 drops cedarwood + 24 drops cypress and spray on pets

4. Enhance your backyard time and picnic space:

- Make your own homemade wipes for cleaning outdoor spaces:
- Purchase a new container (Omni Wipe from Abundandhealth4u.com) and use a serrated bread knife to cut a roll of paper towels in half
- Mix 2 capfuls of Thieves Household Cleaner + 6 drops cedarwood + 6 drops cypress + 2 cups of water in a glass measuring glass
- Place the ½ roll of paper towels (pull out cardboard center before adding in the liquids) in container and add the mixed liquid
- Use wipes for cleaning all outdoor spaces and camping equipment

5. Camping with Young Living:

- Clean camping equipment before and after use with wipes
- Add 3 drops of Purification to cotton balls and place in tent and bags
- Apply a thin layer of camping moisturizer to exposed areas including arms, legs, neck, and face - Mix in 2 oz eye dropper bottle 20 drops cypress + 20 drops cedarwood + 20 drops geranium in 1 1/2 oz of V6 carrier oil every eight to twelve hours
- Apply a thin layer of camping moisturizer to your pet's coat every eight to twelve hours

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6. Prepare for a full day outdoors with Young Living:

- For moderate protection and convenience choose premade products (purchase when in stock):
 - Young Living's Insect Repellent
 - Young Living's Animal Scents RepelAroma
 - Young Living's Mineral Sunscreen

7. Aftercare the safe and natural way:

- Meramour's Lung Meridian Balancing Blend cleanses and supports healthy skin = 50% lavender + 25% tea tree + 25% melaleuca quinquenervia
- To support a normal and healthy histamine response for an occasional bug bite or scrap apply a few drops of Lung Meridian Blend neat (undiluted) to the area
- If you suspect a tick bite, contact your doctor as soon as possible and apply Young Living's Raindrop® collection of oils to the area and spine

SUMMER ESSENTIALS WITH YOUNG LIVING PART 2: SUN AND FUN

1. Enhance your time in the sun with Young Living:

- Choose your products based the environment and the length of time you will be in the sun
- Daily protection for children and yourself
- Sun bathing and extended protection
- Outdoor hiking and day trips
- Aftercare

2. Start your day in the sun with Young Living:

- Drink four ounces of Ningxia Red - a high antioxidant diet can help your body tolerate the sun and reduce free radical damage caused by the sun
- Create your own Young Living sun-loving morning shower gel with 30 drops of lavender + 15 drops of frankincense + 15 drops of carrot seed
- Create your own sun-loving lotion using two tablespoons of Young Living's lavender lotion and add 4 drops of lavender oil + 2 drops of frankincense + 2 drops of carrot seed and apply early in the day

3. For extended time in the sun:

- Choose Young Living's Mineral Base Sun Screen
- Or add 4 drops of lavender oil + 2 drops of frankincense + 2 drops of carrot seed to another non-toxic mineral based sun screen
- Drink six ounces of Ningxia Red with at least 6 ounces of water
- Ingest 6 drops Vitality Lavender + 3 drops Vitality Frankincense + 3 drops Vitality Carrot Seed in a capsule before going out into the sun

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4. Enhance your outdoor beach hiking with Young Living:

- Protect exposed areas including face, neck, hands, and feet with Young Living's Mineral Base Sun Screen or add 4 drops of lavender oil + 2 drops of frankincense + 2 drops of carrot seed to Alba Mineral Base Sun Screen or another non-toxic mineral based sun screen
- Drink four ounces of Ningxia Red + 3 drops Vitality Frankincense
- Use the Purification® + peppermint spray for clothes, chairs, grass, and outdoor picnic areas

5. Aftercare the safe and natural way:

- Young Living's LavaDerm After-Sun Spray provides the highest level of post-sun protection
- Young Living's LavaDerm cooling mist provides a mild amount of post-sun protection
- For a skin-soothing gel apply a thin layer of 99% natural aloe gel or fresh aloe gel from the plant and add a few drops of the Lung Meridian Blend = 50% lavender + 25% tea tree + 25% melaleuca quinquenervia

SUMMER ESSENTIALS WITH YOUNG LIVING PART 3: EDIBLE TREATS

1. Ningxia Red Popsicles:

- Use silicon popsicle molds available on Amazon
- Option 1: 50% white grape juice + 50% Ningxia Red = sweetest
- Option 2: 50% water + 50% Ningxia Red = less sweet
- Option 3: 50% water + 25% Ningxia Red + 25% orange juice = tartest

2. Summer tea options:

- Weight management tea - Steep 3 bags of Slique Tea™ in 48oz of water, cool and refrigerate then serve over ice
- Steep 3 bags of Jasmine green tea in 48oz of water and place in fridge overnight then remove tea bags and add 3 drops Vitality Lemon + 1 drop of Vitality Lavender and serve over ice
- Steep 3 bags of black green tea in 48oz of water and place in fridge overnight then remove tea bags and add 3 drops Vitality Bergamot and serve over ice

3. Summer fresh cut apples fruit snacks:

- In the bottom of a glass or ceramic bowl mix essential oils with one tablespoon of water and then toss in apples
- Add 1 drops of Thieves® Vitality for cinnamon spicy apples
- Add 3 drops of Lime Vitality for tart apples
- Add 3 drops of Citrus Fresh™ Vitality for fruity and minty apples

4. Recipe ideas with Young Living:

- Available from Life Science Publishing
- Essential Gluten-Free Recipes – Tara Rayburn and Mary Vars
- Raw Some Recipes – Robyn Boyd
- Aroma Flavor – 500 ways to add essential oils to your recipes