

# essential oil



## SUMMER GUIDE

### COOL DOWN

*In a 2oz spray bottle w/water  
add 20-30 drops Peppermint*

### SEASONAL RELIEF

*TriEase capsules or 2 drops  
each LLP in veggie cap or water shot*

### INSECT REPELLANT

*Pre-diluted, safe for kids, toxin-free*

### SWIMMER'S EAR

*1 drop behind ear on ear bone diluted,  
2-3x/day*

### SKIN SOOTHER

*Use on bites, burns,  
owies, stings.*

### AFTER SUN CARE

*Mix 15-20 drops each w/coconut oil  
in a 4 oz jar. + Peppermint for extra relief.*

