



NATURAL WELLNESS

# Essential Oil DIYs for Summer



Bug Spray | Bug Bite Roller Remedy | After-Sun Spray | Cooling Spray | Scoopable Sugar Scrub

## DEET-FREE BUG REPELLENT WITH ESSENTIAL OILS

Serves: 4 oz

### Ingredients

- 4 oz spray bottle ([glass](#) or [plastic](#) see notes)
- 25-30 drops [Purify Cleansing Blend](#)
- 25-30 drops [TerraShield Repellent Blend](#)
- 20-25 drops [Peppermint](#)
- 25 drops [Cedarwood](#)

### Optional:

- 10 drops [Lavender](#)
- 10 drops [Eucalyptus](#)
- 10 drops [Arborvitae](#)

### Instructions

1. Combine essential oils in a 4 oz. dark glass spray bottle.
2. Add water to fill.
3. Insert spray top.
4. Shake well before each use.
5. Optional: add custom label.

### Notes

I prefer to [recycle doTERRA Fractionated Coconut Oil bottles](#) for this spray. Glass is generally best for essential oils, but thick sturdy plastic is a safer option when you combine kids with driveways, patios, & sidewalks.

## EASY DIY COOLING SPRAY

Beat the heat with this simple DIY cooling spray!

### Ingredients

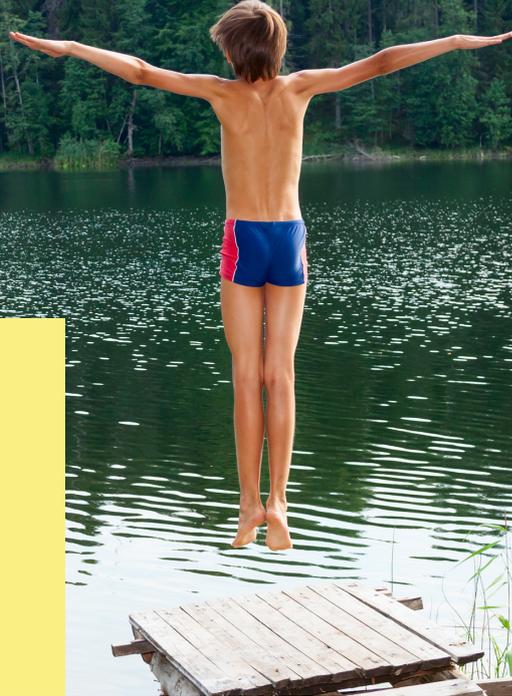
- 4 oz spray bottle (purchase [here](#) or [here](#))
- 4 oz witch hazel (two good options [here](#) or [here](#))
- 8 drops Peppermint essential oil

### Instructions

1. Fill a 4 oz spray bottle with witch hazel, allowing enough space to add 8 drops of essential oil and the spray top.
2. Add about 8 drops Peppermint oil.
3. Insert spray top.
4. Shake well.
5. To use: spray on the back of the neck and other pressure points, being careful to avoid the eyes.

### Notes

In general, I try to use dark glass bottles for essential oil recipes. If you're concerned about safety for kids, other good options include stainless steel or thick, food grade plastic. I actually [recycled doTERRA Fractionated Coconut Oil bottles](#) for my cooling sprays.



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### BUG BITE ROLLER REMEDY

#### Ingredients

- 5 ml roller bottle
- 5 drops On Guard
- 5 drops Lavender
- 5 drops Melaleuca
- 5 drops Lemongrass
- Fractionated coconut oil

#### Instructions

1. Add essential oils to empty 5 ml roller bottle.
2. Top off with FCO.
3. Insert roller ball.
4. Shake well.
5. Apply as needed to bug bites.

#### Notes

OR make it easy and use doTERRA's PastTense roller!

### AFTER-SUN SPRAY

Soothing skin relief after a day in the sun.

#### Ingredients

- 4 oz spray bottle
- 10 drops Frankincense
- 10 drops Lavender
- 10 drops Melaleuca (Tea Tree)
- 10 drops Roman Chamomile
- water

#### Optional:

- ½ tsp Vitamin E
- aloe vera juice or gel
- fractionated coconut oil

#### Instructions

1. Add essential oils to the spray bottle.
2. Add optional ingredients, if desired.
3. Fill with water.
4. Add spray top.
5. Shake well before each use.
6. Mist onto skin.
7. Follow with lotion.

#### Notes

OR make it easy and use doTERRA's PastTense roller!

### SCOOPABLE DIY SUGAR SCRUB

Keep your feet, hands, & elbows in tip top shape with this simple scoopable DIY sugar scrub! Recipe fills one 8-oz. container. Use a wide, shallow tub for best scoop-ability.

Serves: 8

#### Ingredients

- 1 cup granulated white sugar
- ¼ cup **coconut oil**, melted
- 1-8 to ¼ cup **fractionated coconut oil\***
- 20 drops essential oil (I used **grapefruit**)
- 8 oz container (I like **shallow plastic containers**)

#### Instructions

1. Mix sugar and coconut oils in a bowl. (Don't use plastic! Glass is best, or ceramic or stainless steel.)
2. Add essential oil and mix again.
3. Transfer to container.

#### Notes

\*I've also used a combination of FCO plus almond oil for the liquid oil in this recipe, and am guessing you could substitute other oils like jojoba, etc.