



LOW-TOX SUMMER
ENTERTAINING

Jacque's
RECIPES

WELLNESS-INSPIRED IDEAS FOR BACKYARD GATHERINGS

1. Vitality Oil–Infused Beverage Recipes

Lemon-Lime Sparkler:

- 1 quart sparkling water
- 2 drops Lemon Vitality™
- 1 drop Lime Vitality™
- Fresh mint



Berry Cooler:

- 1 quart filtered water
- Handful of muddled berries
- 1 drop Orange Vitality™
- Ice + basil leaves

Cucumber Chill:

- 1 quart filtered water
- 1 drop Peppermint Vitality™
- Cucumber slices + lemon wheels



WELLNESS-INSPIRED IDEAS FOR BACKYARD GATHERINGS

DIY Bug-Free Patio Spray

- 4 oz distilled water
- 1 tsp witch hazel
- 5 drops Citronella
- 3 drops Lemongrass
- 3 drops Lavender
- 2 drops Peppermint

Shake before each use.

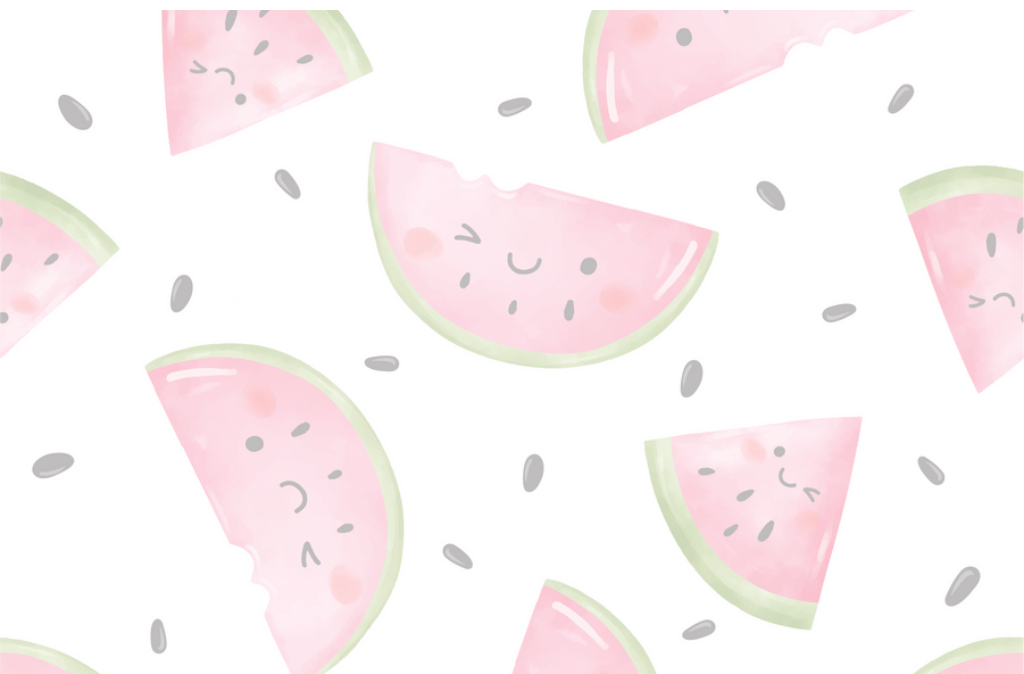
**Spray onto seating areas, linens, or
patio corners.**



WELLNESS-INSPIRED IDEAS FOR BACKYARD GATHERINGS

Real-Food Wellness Snacks

- Watermelon wedges with Lime Vitality™
- Guacamole with Lime Vitality™ + cumin
- Hummus with Lemon Vitality™ and fresh herbs
- Veggie skewers with balsamic + 1 drop Basil Vitality™ in the glaze



WELLNESS-INSPIRED IDEAS FOR BACKYARD GATHERINGS

Aromatherapy Scents for Summer Gatherings

Diffuser Blend for Summer Freshness:

- 3 drops Citrus Fresh
- 2 drops Lavender
- 2 drops Purification



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Enjoy
SUMMER