

# Surviving Summer



ESSENTIAL OIL-INFUSED RECIPES



# Surviving the Outdoors: Summer Sunshine

## DIY AFTER-SUN SPRAY

- 🔹 ½ CUP WITCH HAZEL
- 🔹 2 T PURE ALOE VERA GEL
- 🔹 10 DROPS LAVENDER
- 🔹 10 DROPS PEPPERMINT



## DIRECTIONS

Add all ingredients to a 4 oz. spray bottle. Shake well and apply generously to skin that needs cooling. Re-apply as needed.



# Surviving the Outdoors: Summer Sanity

## OUTDOOR SPRAY

- 2 OZ. WITCH HAZEL
- 2 OZ. DISTILLED WATER
- 20 DROPS THIEVES
- 20 DROPS LEMON
- 20 DROPS ROSEMARY
- 20 DROPS CITRONELLA



## DIRECTIONS

Mix together in a 4 oz. glass spray bottle. Shake before each use.

**NOTE:** Lemon is a citrus oil and can cause your skin to be more sensitive to the sun for a period of time after use.



# Surviving the Cookouts.

## Drinks

### POOLSIDE PUNCH

- ◆ 6 OZ. FRUIT PUNCH OR NINGXIA RED
- ◆ 4 OZ. LEMON-LIME SODA OR SPARKLING WATER
- ◆ 1 SHOT OF VODKA
- ◆ 1-2 DROPS ORANGE VITALITY



### DIRECTIONS

Combine ingredients and serve over ice.  
Omit the vodka to create a non-alcoholic version.



# Surviving the Cookouts.

## Drinks

### WATERMELON SPRITZER

- ◆ 3 CUPS CHILLED WATERMELON
- ◆ 1 CUP COCONUT WATER
- ◆ 1 DROP LIME VITALITY



### DIRECTIONS

Combine all ingredients into a blender and mix until pureed well. Pour into a glass and enjoy!



# Surviving the Cookouts.

## Drinks

### TROPICAL PARADISE

- 🍷 1 SHOT COCONUT RUM
- 🍷 1 SHOT VODKA
- 🍷 2 SHOTS PINEAPPLE JUICE
- 🍷 1 DROP TANGERINE VITALITY



### DIRECTIONS

Combine ingredients and serve room temperature or over ice. Omit the vodka and rum to create a non-alcoholic version.



# Surviving the Cookouts.

## Appetizers

### BERRY HONEY YOGURT DIP

- ◆ 2 CUPS PLAIN OR VANILLA GREEK YOGURT
- ◆ ½ C HONEY (DECREASE TO ¼ IF USING VANILLA YOGURT)
- ◆ 1 DROP CINNAMON BARK VITALITY



### DIRECTIONS

In a medium bowl, combine the yogurt, honey, and Cinnamon Bark Vitality essential oil. Stir well. Cover and refrigerate for at least one hour. Serve with assorted fresh fruit. Store in the refrigerator for 3-4 days.



# Surviving the Cookouts.

## Appetizers

### CAPRESE SALAD WITH LEMON-BASIL VINAIGRETTE

- 🍷 GRAPE OR CHERRY TOMATOES, HALVED
- 🍷 FRESH MOZZARELLA, CUT INTO CHUNKS
- 🍷 FRESH BASIL LEAVES
- 🍷 1 T RED WINE VINEGAR
- 🍷 2 T BALSAMIC VINEGAR
- 🍷 2 CLOVES GARLIC, CHOPPED
- 🍷 ½ C OLIVE OIL
- 🍷 SALT AND PEPPER TO TASTE
- 🍷 3 DROPS BASIL VITALITY
- 🍷 3 DROPS LEMON VITALITY



### DIRECTIONS

Place tomatoes, mozzarella, and fresh basil leaves in a bowl and set aside. Add red wine vinegar, balsamic vinegar, garlic, olive oil, salt and pepper, Basil Vitality, and Lemon Vitality to a blender or food processor and mix until combined. Pour vinaigrette over tomatoes, mozzarella, and fresh basil and stir gently. Serve immediately.



# Surviving the Cookouts.

## Main Dishes

### BLACK PEPPER TURKEY BURGERS

- 1 POUND GROUND TURKEY
- ½ C SHREDDED SWISS CHEESE
- ⅓ C BBQ SAUCE
- 10 DROPS BLACK PEPPER VITALITY
- ¼ TSP ONION POWDER
- ⅓ TSP GARLIC POWDER
- ⅓ TSP PAPRIKA
- ⅓ TSP SEA SALT



### DIRECTIONS

Mix ingredients together in a large bowl. Form ground turkey into patties and grill. Enjoy!



# Surviving the Cookouts.

## Main Dishes

### ROSEMARY OVEN-BAKED FRIES

- ◆ 5-6 LARGE POTATOES
- ◆ 1 T OLIVE OIL
- ◆ ½ TSP GARLIC POWDER
- ◆ ½ TSP SEASONED SALT
- ◆ 1 DROP ROSEMARY VITALITY
- ◆ SALT AND PEPPER TO TASTE



### DIRECTIONS

Preheat oven to 425 degrees. Cut the potatoes into thin strips and place in large bowl. Mix ingredients together and pour over potatoes. Toss until coated well. Bake for 20 minutes then increase the oven temperature to 450 degrees and bake for 10 additional minutes or until golden brown. Enjoy!



# Surviving the Cookouts.

## Desserts

### LEMON SORBET

- 🍷 2 CUPS WATER
- 🍷 1 ½ C ORGANIC EVAPORATED CANE JUICE CRYSTALS
- 🍷 2 DROPS LEMON VITALITY
- 🍷 1 C FRESH LEMON JUICE



### DIRECTIONS

Create a syrup by combining water and cane juice crystals in a small saucepan. Bring to a boil and cook until the crystals are dissolved, stirring occasionally. Remove from heat and cool to room temperature. Combine syrup, Lemon Vitality, and lemon juice in a medium-sized glass or stainless steel bowl and mix until thoroughly combined. Cover and chill for 2-3 hours. Churn in an ice cream maker according to the manufacturer's instructions. Cover and freeze until ready to serve.



# Surviving the Cookouts.

## Desserts

### COCONUT LAVENDER POPSICLES

- ◆ 1 CUP COCONUT MILK
- ◆  $\frac{2}{3}$  C FROZEN BLUEBERRIES
- ◆ 1 T HONEY
- ◆ 1-3 DROPS LAVENDER VITALITY



### DIRECTIONS

Place all the ingredients in a blender and mix until well combined. Pour the mixture into popsicle molds and freeze for 4-6 hours.



# Surviving the Cookouts.

## Desserts

### STRAWBERRY MINT POPSICLES

- 3 CUPS STRAWBERRIES
- 1 LEMON, ZESTED
- ¼ C LEMON JUICE
- ¼ C HONEY
- 1-2 DROPS PEPPERMINT VITALITY



### DIRECTIONS

Place all the ingredients in a blender and mix until well combined. Pour the mixture into popsicle molds and freeze for 4-6 hours.



# Surviving the Cookouts.

## Desserts

### CHERRY LIME POPSICLE

- ½ C YOGURT
- 2 C PITTED CHERRIES
- 1 C WATER
- 1 T HONEY
- 2 DROPS LIME VITALITY



### DIRECTIONS

Place all the ingredients in a blender and mix until well combined. Pour the mixture into popsicle molds and freeze for 4-6 hours.



# Surviving the Cookouts.

## Desserts

### LEMON BERRY YOGURT POPSICLE

- 1 C YOGURT
- $\frac{1}{2}$  C BERRIES
- 1 T HONEY
- 1-3 DROPS LEMON VITALITY



### DIRECTIONS

Place all the ingredients in a blender and mix until well combined. Pour the mixture into popsicle molds and freeze for 4-6 hours.



# Surviving the Kids:

## Slime with Oils

### SUMMER SLIME

- 2 CUPS WHITE CRAFT GLUE
- 2  $\frac{3}{4}$  C HOT WATER, DIVIDED
- 3-4 DROPS BERGAMOT OR CITRUS FRESH
- CHOICE OF COLORED GLITTER
- $\frac{3}{4}$  TSP BORAX



### DIRECTIONS

Thoroughly mix glue, 1  $\frac{1}{2}$  c hot water, and 3-4 drops of essential oil in a bowl. Add colored glitter. In a second bowl, mix Borax and 1  $\frac{1}{4}$  c of hot water. Once both mixtures are thoroughly mixed and it's cool to the touch, combine them in one bowl and mix together by hand. Keep mixing, stretching, pulling and squeezing, and you will have the perfect batch of Summer Slime!



**Note:** To remove this slime from fabric, simply remove excess slime and douse area in white vinegar. Let sit for 3-5 minutes then scrape area with a spoon or butter knife. Wash with warm water and wipe with dry cloth.



# Surviving the Kids:

## DIY Lip Balm

### OIL-INFUSED LIP BALM

- 3 T COCONUT OIL, MELTED
- 5 T BEESWAX, MELTED
- 12 DROPS LAVENDER OR GRAPEFRUIT
- SMALL TINS



### DIRECTIONS

Melt coconut oil and beeswax in a double boiler. Stir every 30 seconds. Remove from heat and once cooled slightly, add essential oil(s). Stir gently and pour into small tins while still in liquid state. Let set until hardened; close lid. Store in a cool, dry place.



# Surviving the Kids:

## Bathtub Crayons

### OIL-INFUSED BATHTUB CRAYONS

- GLYCERIN SOAP
- ESSENTIAL OIL OF CHOICE  
(EX: STRESS AWAY, LAVENDER, SLEEPYIZE)
- NATURAL DYE
- SILICONE MOLD



### DIRECTIONS

1. Cut the glycerin soap in 1 oz. pieces.
2. Using a small bowl, melt a 1 oz. piece in the microwave for 15 seconds. Continue heating for 3-second increments until fully melted.
3. Add 1-2 drops of essential oil and stir.
4. Pour the glycerin mixture into each mold until it's almost full.
5. Add about 10 drops of dye to each mold. Add more until desired color is reached. Gently stir to blend. Repeat for as many colors as you want.
6. Let dry for 24 hours. Remove from molds and enjoy!



# Surviving the Kids: Monster Spray

## MONSTER SPRAY

- ◆ 3 OZ. WATER
- ◆ 1 OZ. WITCH HAZEL
- ◆ ESSENTIAL OILS OF CHOICE (EX: STRESS AWAY, LAVENDER, SLEEPYIZE)



## DIRECTIONS

Combine ingredients in a 4 oz. spray bottle. Shake before each use. Spray as needed before bed or to freshen the space.

