



# AN OILY GUIDE TO GARDENING

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## TAKE BACK YOUR GARDEN

Combine 1 Cup Water, 1/2 tsp. All Natural Dish Soap (Thieves Hand Soap), and 10-12 drops of Young Living Essential Oils for insect problems according to this list into a spray bottle. Shake well before use.

**Peppermint:** Ants, Mosquitos, Flies, Fleas Roaches, Aphids, Beetles, Plant Lice, Spiders

**Purification:** Aphids, Mosquitos, Ticks, & Roaches

**Thyme:** Chiggers, Ticks, Beetles, & Cutworm

**Lavender:** Chiggers, Ticks, Flies, & Fleas

**Cedarwood:** Snail, Slugs, Moths, Fleas

## KEEP IT COOL

Beat the heat! Rub 2-3 drops of Peppermint Oil on the back of your neck, chest, and back. Or create your own cooling mist with 4 oz water, 15 drops Peppermint Oil, and 1 tsp. Witch Hazel.

## STAY HYDRATED

While soaking in the sun it's important to stay hydrated! Add 1-2 drops of Lemon, Orange, Tangerine, or Citrus Fresh Oils in your water! Citrus oils are very cleansing, promote happiness, and will boost your energy!

## CLEAN HANDS

Stuck on dirt can be hard to scrub off after a long day of digging. Use Thieves Foaming Hand Soap and 1-2 drops of extra Lemon Oil to remove stuck on messes!

## NIMBLE KNEES

Working in the garden means lots of kneeling, bending, twists, and turns. Ease sore muscles and reduce tension with our Deep Relief Roll-On and Cool Azul Pain Cream!



love & oils