



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