



DIY

Summer Essentials

RECIPE BOOK



Summer Recipes

TABLE OF CONTENTS

DIY After Sun Spray.....	3
Summer Body Shimmer Oil.....	3
DIY Outdoor Spray	4
Bug off jars for the Verandah!.....	4
Lime and Coconut Foaming Hand Soap	5
Sweet Summer Shimmer Body Mist	5
Summer Perfumes	6
Mermaid Hair Spritz	7
Leave In Conditioner	7
Overnight Hair Mask	8
Happy Head Spray	8
Hair Perfume	9
Pool Hair Recovery Spray	9
Salty Beach Hair Spray	10
Natural Hair Spray	10
DIY Hair Highlights	10
Dry Shampoo	11
Hair Rinse	11
Summer Drinks	12-14
Summer Diffuser Blends	15-17
Summer Roller Blends	18





Summer DIY Recipes



When the mercury soars, we look for ways our Young Living products can help us beat the heat.

DIY After Sun Spray

Ingredients:

1/2 Cup Witch Hazel
2 Tbs Pure Aloe Vera Gel
10 drops Lavender Essential Oil
10 drop Peppermint Essential Oil

Method:

- Add all ingredients to a 120ml spray bottle.
- Shake well and apply generously to skin that needs cooling.
- Re-apply as needed.

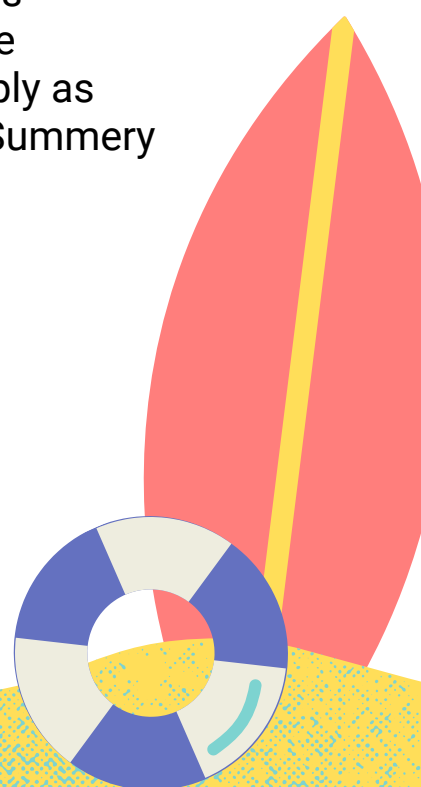
Summer Body Shimmer Oil

Ingredients:

1/2 tsp Young Living's Savvy Minerals Crowned All Over Bronzer
60mls Young Living's Cel-Lite Magic Massage Oil

Method:

- Mix all the ingredients in a 60ml Glass Dropped Bottle
- Shake and apply as needed for a Summery Glow.



Summer DIY Recipes

Enhance your outdoor activities even more with essential oils! Whether you're camping, hiking, or simply relaxing on the porch, here are some great DIY recipes to try.

DIY Outdoor Spray

Ingredients:

60mls Witch Hazel
60mls Distilled Water
20 drops Thieves Essential Oil
20 drops Lemon Essential Oil
20 drops Rosemary Essential Oil
20 drops Citronella Essential Oil

Method:

- Mix together in a 120ml 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.

Bug off jars for the Verandah!

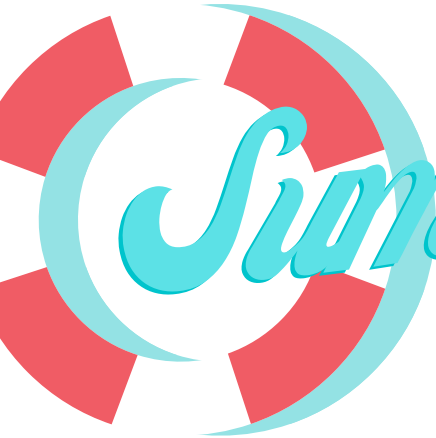
Ingredients:

Pink Himalayan Rock salt
Glass Jars
10-20 drops of Citronella Essential Oil

Method:

- Fill the jar with rock salt and drop Citronella essential oil onto the salt.
- Use some craft supplies and fly screen to create mesh tops. Attach the mesh with some cute ribbon as decoration.
- Leave out on your verandah before summer BBQs.
- Super quick and easy.





Summer DIY Recipes



All recipes are for 10ml glass roller bottles.
Top with a carrier oil of your choice. I love to use
the Young Living V6 Vegetable Oil.



Lime and Coconut Foaming Hand Soap

Ingredients:

Foaming hand soap
dispenser
2 tablespoons castile
soap
2 tablespoons vegetable
glycerine
2 tablespoons
fractionated coconut oil
10 drops Lime essential
oil
Distilled Water

Method:

- Add all ingredients to
dispenser
- Top dispenser with
distilled water.



Sweet Summer Shimmer Body Mist

Ingredients:

30ml glass spray bottle
2-4 drops of Rose or Joy
EO
10 drops Grapefruit EO
1 tsp clear Mexican vanilla
1/2 tsp Gold Mica Powder
Top up with Vodka
(I use Ciroc)

Method:

- Add all ingredients to
the bottle and shake
well before use.



Summer Perfumes

DIY Perfume Spray Base Recipe

- Pretty glass perfume bottles
- 1 Tbsp V-6 Vegetable Oil Complex (or any unscented carrier oil)
- 2 Tbsp pure grade alcohol or vodka
- 30-40 drops of essential oils of choice
- 1 Tbsp distilled water
- Optional add-ins for beauty: dried flower stems, gemstones or fresh, organic flower petals.

Recipe Ideas

- Summer Citrus: 10 drops Grapefruit, 10 drops Orange, 5 drops Peppermint, 3 drops Lavender, 3 drops Roman Chamomile
- Anthro Inspired: 10 drops Grapefruit, 10 drops Bergamot, 5 drops Northern Lights Black Spruce, 5 drops Citrus Fresh
- Jasmine Aloe Mist: 25 drops Jasmine, 6 Tbsp aloe-infused witch hazel in place of alcohol and water. This is great for summer skin! The witch hazel will lock in moisture without drying skin, while aloe vera provides hydration without any greasy residue.
- Island Time: 5 drops Frankincense, 2 drops Patchouli, 7 drops each Lime, Bergamot, Orange, 5 drops Lavender, 2 drops Spearmint
- Flower Power: 5 drops each Rose, Jasmine, 7 drops each Tangerine, Lavender
- Vanilla Chai: 10 drops Vanilla, 3 drops Clove, 5 drops Cassia, 7 drops Stress Away
- Bougie Hippie: 10 drops each Jasmine, Neroli, Vanilla





Summer Hair



If you want long, luscious locks that are shiny, healthy and strong, then look no further!

Mermaid Hair Spritz

Bring out your inner mermaid with this daily hair spritz that strengthens hair, promotes shine and growth, and smells incredible.

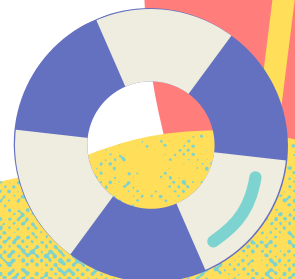
10 drops Rosemary Essential Oil
10 drops Lavender Essential Oil
10 drops Cedarwood Essential Oil
30mls Witch Hazel
Distilled Water
120ml glass spray bottle

Add essential oils to a glass spray bottle, then fill with alcohol-free witch hazel. Spray onto wet hair daily. You can also spray onto dry hair to refresh!

Leave In Conditioner

1 tbs Young Living Conditioner
7 tbs Distilled water
2 drops of Lavender essential oil
1 drop Geranium essential oil
1 drop Cedarwood essential oil
100ml glass spray bottle

Mix all ingredients into spray bottle.
Shake well.
Spray in wet hair for added moisture.



Summer Hair

Give your hair some extra love tonight! Lavender, Cedarwood and Rosemary are amazing for supporting healthy hair and growth!

Overnight Hair Mask

Made in 60ml glass eye dropper bottle

10 drops Lavender essential oil

10 drops Rosemary essential oil

10 drops Cedarwood essential oil

Fill half bottle with argan oil

Fill rest with fractionated coconut oil

Apply a few drops to fingers and massage in hair from root to ends 8 hours before you wash it.

Happy Head Spray

2 tbsp conditioner of choice

1/2 cup warm water

10 drops of Lavender, Lemon, Melaleuca Alternifolia (tea tree) and Cedarwood essential oil

3 drops Ylang Ylang Essential oil

Mix all these ingredients in a bowl
Funnel the mixture into an 240ml spray bottle.

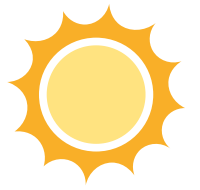
Shake, and then top up with water.

I prefer to use distilled water.

Leave for up to an hour before combing through with a nit comb.



Summer Hair



Give your hair some extra love tonight! Lavender, Cedarwood and rosemary are amazing for supporting healthy hair and growth!

Hair Perfume

Ingredients:

Royal Hawaiian Sandalwood
Hyrosol bottle
1 tablespoon Mirrah Hair Oil
5 drops Geranium Bourbon
3 drops Orange
3 drops Vanilla
2 drops Bergamot

Method:

Add oils into Royal Hawaiian Sandalwood Hydrosol spray bottle.
Shake mixture and spritz lightly onto dry hair.

Pool Hair Recovery Spray

Do you swim? Is your hair suffering as a result?

Ingredients:

10 drops Rosemary
10 drops Cedarwood
10 drops Lavender
10 drops Lemon

Method:

Add each of the oils to a small spray bottle with 1 tablespoon of fractionated coconut oil and fill with distilled water!

Apply to hair before and after swimming. Don't forget to wet your hair before getting in the pool as well which helps protect it from the chemicals.





Hair



Salty Beach Hair Spray

Ingredients:

- 1 cup distilled water
- 1 tbs sea salt
- 1 tsp Aloe Vera Gel
- 1 tbs Fractionated Coconut Oil
- 6 drops Lavender EO

Method:

- Combine all the ingredients in the spray bottle.
- Spray onto hair and scrunch to give hair that 'Beach' look.

Natural Hair Spray

Ingredients:

- 1 cup water
- 1-2 tablespoons white sugar
- 8 drops Cedarwood EO
- 6 drops Lavender EO
- 240ml glass spray bottle

Method:

- Boil water.
- Cool to room temperature.
- Combine all ingredients.
- You are ready to spray!

DIY hair highlights

Ingredients:

- 1 cup distilled water
- 15 drops Citrus Fresh EO
- 3 drops Frankincense EO
- 3 drops Ylang Ylang EO
- 3 drops Royal Hawaiian™ Sandalwood

Method:

- Combine the ingredients in a 300ml spray bottle.
- Shake and spray on hair.





Summer Hair



Now let's face it. We've got a lot on our plate! Sometimes, we don't have time to wash our hair! Because unlike men, washing our hair is not just a one step process! Try a dry shampoo or a Hair Rinse instead.

Dry Shampoo

Blonde Hair Ingredients

1/2 cup Corn Flour
2 tbs Bicarb soda
3 drops of Stress Away
Essential Oil Blend

Dark Hair Ingredients:

1/2 cup Raw Cacao Powder
2 tbs Corn flour
3 drops of Stress Away
Essential Oil Blend

Method:

- Combine all the ingredients in a bowl and spoon in to empty salt and pepper shakers or spice jars.
- Sprinkle a small amount on your scalp area.
- Leave for a few minutes and then comb out.

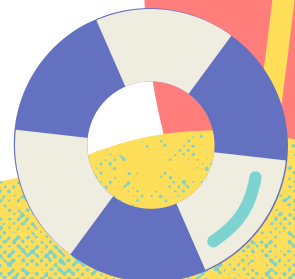
Hair Rinse

Ingredients:

1 cup water
2 tbs apple cider vinegar
2 drops Rosemary
Essential Oil
1 drop Melaleuca
Alternifolia Essential Oil

Method:

- Combine all the ingredients in a non breakable cup.
- Pour over hair after shampooing
- No need to rinse out as the vinegar smell goes away when your hair dries.



Summer Drinks



Try these sweet summer treats!

Lemon Lime Slushy

Ingredients:

1/4 cup lime juice
1/4 cup lemon juice
1/2 cup water
27 ice cubes
3 tablespoons Stevia
2 drops Lemon essential oil
2 drops Lime essential oil

Method:

- Blend on high for 45-60 seconds or until well blended
- Serves 2

Citrus Fresh Fizz

Ingredients:

1 Ningxia Red sachet or
60ml
shot
2 drops Citrus Fresh
essential oil
Soda Water
Ice Cubes

Method:

- Add all ingredients to a cocktail glass.
- Stir with a stainless steel or paper straw.
- Sit back. relax & enjoy!



Summer Drinks

With all the parties and travelling it can be hard to keep on top of a healthy diet. That's why I love NingXia Red. A shot a day helps boost my energy so I can work, rest and play.

Sparkling NingXia Red Mocktail

- 60mls NingXia Red
- Berries of choice
- sparkling water

Put a few berries in the bottom of a champagne glass. Add sparkling water and NingXia Red. Enjoy!

NingXia Red Sangria

- 1/2 cup Red Wine
- 1/2 cup NingXia Red

Add ingredients to glass and top with sparkling water and your favorite fruit. Enjoy!

Energy Boost

- 30mls NingXia Red
- 1 drop Peppermint
- 1 drop Orange

Watch the Wait

- 30mls NingXia Red
- 1 drop Grapefruit

Ningxia Bomb

- 1 can of NingXia Zyng
- 30-60mls NingXia Red

Mix these ingredients into a glass with ice, stir, and enjoy!

NingXia Zyng is a light sparkling beverage with only 35 calories and 35 mg of naturally occurring caffeine.

You can always enjoy these individually.

Together they bring it to a new level!



Summer Drinks



You can add Ningxia Red to smoothies, juices, drink it straight, or even make fun things like popsicles and gummies with it. It's recommended that you consume 30-60mls a day and it's best served chilled.



Banana-Berry Protein Smoothie

Ingredients:

- 1/2 banana
- 1/2 cup frozen berries
- 1/2 cup spinach
- 1 scoop Pure Protein Complete
- 60mls NingXia Red
- 90mls orange juice

Method:

Mix all the ingredients in a blender until smooth.

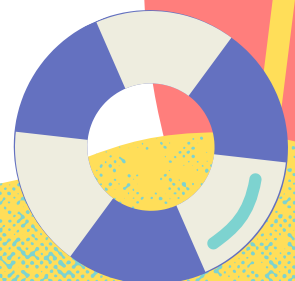
Green Goddess Smoothie

Ingredients:

- 60mls NingXia Red
- 1/2 cup almond milk
- 1 cup spinach leaves
- 1/2 banana
- 1 mandarin or orange
- 1/4 cup ice
- 2 Tbs plain or Greek yogurt (optional)

Method:

Mix all the ingredients in a blender until smooth.





Summer *diffuser blends*



As much as we love summer, a lot of heat can lead to a lot of stink. Clear the air by diffusing these fresh, clean-smelling blends of complementary oils and say see ya later to stuffy, smelly spaces.



Summer Breeze

1 drop Spearmint
1 drop Bergamot
3 drops Tangerine

Relax & Uplift

4 drops Patchouli
3 drops Bergamot

Summer Chill

3 drops Lime
2 drops Bergamot
1 drop Joy™



Picnic Days

3 drops Peppermint
3 drops Purification®
3 drops Citrus Fresh™

Creamsicle

3 drops Lime
2 drops Tangerine
2 drops Citrus Fresh™

Lemon Refresh

3 drops Lemon
2 drops Raven™
2 drops Lime



Clean Home

4 drops Lemon
2 drops Orange
2 drops Purification®

Ocean Days

3 drops Lavender
3 drops Lime
2 drops Spearmint

Sunsation

4 drops Tangerine
2 drops Spearmint

Sunny Day Ahead

3 drops Tangerine
1 drop Dill
2 drops Lemon

Zesty Sunshine

4 drops Citrus Fresh™
2 drops Dill

Refreshing Days



1 drop Spearmint
2 drops Tangerine
2 drops Bergamot

Savoury

3 drops Tangerine
3 drops Coriander

January Breeze

2 drops Rosemary
3 drops Peppermint
1 drop AromaEase™



Summer *diffuser* blends



Summer Mist

3 drops Cedarwood
3 drops Frankincense
2 drops Spearmint

Summer Rays

3 drops Lemon
1 drop Frankincense
2 drops Peppermint

Mint Mojito

5 drops Lime
2 drops Bergamot
3 drops Peppermint

Beachy

2 drops Spearmint
2 drops Tangerine
2 drops Lemongrass

Poolside

4 drops Peace & Calming®
3 drops Lavender
3 drops Patchouli

Let's Do This

2 drops Lemon
2 drops Cedarwood
2 drops Rosemary

Serenity

3 drops Vetiver
5 drops Lavender
2 drops Ylang Ylang

Sunrise

2 drops Grapefruit
2 drops Orange
1 drop White Angelica™



Summer *diffuser* blends

Sunset

3 drops Ylang Ylang
2 drops Lavender
2 drops Orange

January Storm

3 drops Geranium
2 drops Grapefruit
1 drop Lime
1 drop Spearmint

Wildflower

4 drops Citronella
3 drops Lavender
2 drops Patchouli
1 drop Geranium

Dreamy Night

5 drops Lavender
4 drops Cedarwood
1 drop Vetiver

Summer Solstice

4 drops Clary Sage
3 drops Geranium
3 drops Cypress

Rise & Shine

3 drops Lemon
3 drops Citrus Fresh™
4 drops Peppermint

Aussie Holiday

3 drops Geranium
1 drop Lime
1 drop Spearmint

Happy Days

4 drops Stress Away™
4 drops Orange

Relaxation

2 drops Lavender
2 drops Copaiba
1 drop Frankincense





Summer roller blends

All recipes are for 10ml glass roller bottles.
Top with a carrier oil of your choice. I love to use
the Young Living V6 Vegetable Oil.

Summer Fun

7 drops Ylang Ylang
5 drops Northern Lights
Black Spruce
3 drops Orange

Summer lovin'

5 drops Lime
4 drops Basil
3 drops Jasmine
3 drops Bergamot

Summer Calm

2 drops Clary Sage
2 drops Frankincense
1 drop Bergamot
1 drop Grapefruit
1 drop Orange

Itchy Roller

25 drops Peppermint
25 drops Lavender
5 drops Tea tree
3 drops Copaiba
1 drop German
Chamomile

Car Trip

5 drops Peppermint
3 drops Lavender
2 drops Ginger

Apply to inner wrists
before car trips, boat rides
or rollercoasters.
Bring wrists close to nose
and breathe deeply.

Cool Off

3 drops Peppermint
3 drops Spearmint
2 drops Eucalyptus
Radiata
2 drops Lavender

Apply to back of neck and
upper chest to help cool &
refresh your body.



Summer Fun

Kim Thomson is a Certified Clinical Aromatherapist, Educator and Author. Kim wants to help you to learn to use essential oils safely with your family.

She's also the mum of two beautiful girls who inspire her to make the world a healthier place. Kim has been using essential oils since she was a teenager, but after buying them to use during her home birth she became interested in learning more about them, so she went on to study aromatherapy.

Her passion is helping women to enjoy better health naturally. Kim developed her own wellness business while working in a high-powered government job, so she knows all about the joys and challenges of balancing career and family. It can be hard to find accurate information as a busy mum, so she's tried to make it simpler through her series of e-books, e-courses and videos.

This book is a great introduction to using essential oils in your home. To learn more about essential oils or purchase them, make sure you check out www.hotoilymumma.com.au

Enjoy your summer !!!

Kim xo



