

## Essential Oil “recipes”

I learned from Youngevity essential oil trainers...

TIP: When I find a workable essential oil recipe, I put a label on the bottle that outlines the ingredients & how to make it. That way I can easily refill it when it is done.

Here are 2 often-used recipes I can recommend to you –

*...but I MUST insist on telling you this FIRST:* I only recommend Youngevity essential oils for these recipes. Why? Because they are 100% pure therapeutic essential oils, free of additives, extenders or chemicals. You need pure EO for these recipes to work.

Remember, you are only using a few drops at a time so these bottles of EO will last you a long time.

Here’s my link to purchase these EO’s, just sign up for preferred customer status (free) to get wholesale prices: [mccuneenterprises.youngevity.com/us\\_en/dashboard](http://mccuneenterprises.youngevity.com/us_en/dashboard)

### **Insect Repellent Spray**

- 4 drops Eucalyptus Citriodora Essential Oil
- 4 drops Basil, Sweet Essential Oil
- 4 drops Lavender Maillette Essential Oil
- 4 drops Rose Geranium Essential Oil
- 4 oz purified water
- Mister/spray bottle.

First add water to your mister/spray bottle, and then add the essential oils. Shake well before and while you are spraying.

### **Chigger or Mosquito Repellent**

- 5 drops Lavender Maillette Essential Oil
- 5 drops Eucalyptus Citriodora Essential Oil
- 5 drops Basil, Sweet Essential Oil
- 5 drops Rose Geranium Essential Oil
- 2 oz Jojoba Blending Oil

Mix all the oils well together – rub mixture on legs and feet or other exposed skin (yes, these are the same EO’s as the spray but using higher concentration and the Jojoba oil and rubbing it on exposed skin allows for a stronger effect).

*Credit to Youngevity trainers – shared by Candy McCune*