

JUNE OILS OF THE MONTH

"Sun and Bugs"
Collection (#67955)

Basil Lavender Vinaigrette

Ingredients:

- 1/2 cup raw apple cider vinegar
- 1/4 cup raw honey
- 1 capful of Cheri-Mins™
- 2 drops Lavender, Mailette Essential Oil
- 2 drops Basil, Sweet Essential Oil

Directions:

Mix ingredients and let chill for 30 minutes. Pour over your favorite green salad. It can also be used as a vegetable or meat marinade.

FOOD RECIPES



Lavender Chicken Breasts

Ingredients:

- 4 Chicken Breasts
- For the Marinade:
- 1/2 cup of raw honey
 - 1 tsp. Beyond Tangy Tangerine® powder or liquid
 - 1/4 cup lemon juice
 - 1 drop Lemon Essential Oil
 - 1 tsp. sea salt
 - 2 drops Lavender, Mailette Essential Oil

Directions:

Mix all marinade ingredients together. Put chicken in a shallow baking dish and pour marinade over chicken breasts. Cover baking dish and let chicken marinate in fridge overnight. The next day, bake or broil until done.



Lavender, Mailette
*is both cleansing and calming, it is excellent for supporting respiratory, skin, immune, muscular, and glandular systems.**

Spinach Basil Hummus

Ingredients:

- 1 can chickpeas
- 1/4 cup tahini
- 1 tsp. garlic powder
- 1-2 tbsp. lemon juice
- 1/4-1/2 cup water
- 1 ripe avocado
- 1 tsp. salt
- 2 cups raw spinach
- 1 drop of Basil, Sweet Essential Oil

Directions:

Put all hummus ingredients into a food processor and pulse until well-combined. (Begin with 1/4 cup of water and slowly add more if you'd like a thinner hummus). Scrape down the sides of the food processor bowl and continue to process until you achieve desired consistency. Scoop the hummus into a serving bowl and garnish with fresh basil. Serve with veggie sticks.

Gluten-Free Blueberry Lavender Muffins adapted from Gluten-Free and Loving It

Ingredients:

- 1/2 cup coconut flour
- 1/2 tsp. sea salt
- 1/2 tsp. baking soda
- 6 eggs
- 1/3 cup honey or other healthy sweetener
- 1 tbsp. pure vanilla
- 1 cup blueberries fresh or frozen
- 1-2 drops Lavender, Mailette Essential Oil

Directions:

Pre-heat oven to 350 degrees. In a small bowl, mix all dry ingredients together. In large bowl, mix all other ingredients except blueberries; blend well. Gently mix dry and wet ingredients in the large bowl. Gently fold in blueberries. Scoop batter in muffin tins with liners. Bake at 350 for 20 minutes. Cool and serve.



OUTDOOR RECIPES

Insect Repellent String

Ingredients:

- 10 drops Lavender, Mailette Essential Oil
- 10 drops Eucalyptus Citriodora Essential Oil
- 10 drops Basil, Sweet Essential Oil
- 2 oz. Jojoba or Grapeseed Blending Oil

Directions:

Take cotton yarn or string and roll it into a ball the size of a golf ball. In a small container, add all essential oils and either the Jojoba or Grapeseed Blending Oil and mix well. Then, roll the ball in mixture. You can also wrap around a stick to make thinner. The point is to soak all the string, rolling it around until it's all soaked up. Once all of the string is soaked, put it in a small salve container or jar until you are ready to use it. You can take it on picnics and camping trips. Unwind some string (cutting off around 8 inches at a time) and tie onto tent poles or tree limbs around picnic area or other outdoor areas, to repel insects. **TIP:** For outside weddings or parties, use colored yarn, tied in cute bows.



Basil, Sweet oil has a sweet, licorice-like aroma. It is thought to have many uses, including relief of minor respiratory and digestive issues, and minor pain.*



Sunburn Relief

OPTION #1

Ingredients

- 1-2 drops of Lavender, Mailette Essential Oil
- 1 squirt of Carrier Oil
- 1 drop of Peppermint Essential Oil (optional)

Directions:

Mix 1-2 drops of Lavender, Mailette and about a quarter size squirt of Carrier Oil (Grapeseed or Jojoba). Then, if you have it, add 1 drop of Peppermint in the palm of your hand. Rub mixture on location.

OPTION #2

Ingredients

- 5-6 drops of Lavender, Mailette Essential Oil
- 2 oz. Plant Derived Minerals
- 2 oz. distilled water
- 2 drops Tea Tree Essential Oil (optional)
- 1 drop Peppermint Essential Oil (optional)
- 1 drop Geranium, Rose Essential Oil (optional)

Directions:

Add essential oil(s) to a mixture of 2 oz. of plain, Plant Derived Minerals and 2 oz. of distilled water to a mister bottle. Shake well, and then spray on sunburn every 15 minutes for the first 2-4 hours or each time you feel the heat come back to your skin. Spray on daily until redness is gone.

Insect Spray

Ingredients:

- 4 drops Eucalyptus Citriodora Essential Oil
- 4 drops Lavender, Mailette Essential Oil
- 4 drops Basil, Sweet Essential Oil
- 4 oz. water

Directions:

Add water to a mister bottle, and then add oils. Shake before, and while spraying.



Eucalyptus Citriodora is widely used to support respiratory and seasonal health concerns.* It has a fresh, woody, earthy aroma.

Chigger or Mosquito Repellent

Ingredients:

- 2 oz. of Jojoba Blending Oil
- 5 drops Eucalyptus Citriodora Essential Oil
- 5 drops Lavender, Mailette Essential Oil
- 5 drops Basil, Sweet Essential Oil

Directions:

Mix all oils together, and then rub on legs and feet or other exposed skin.