

# Spring picks on outdoor-ready ESSENTIAL OILS

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Gearing up for outdoor season and wondering what essential oils to stock in your spring kit?

Here's some of the things I'll keep handy - whether I am hitting the trail or the deep woods with my girl Hazel or just chilling with a fire in my backyard.



**Lavender:** Always! Bites, stings, rashes and irritations - dab this wonder oil on any and all of the above and be calm and relieved in minutes!

**Geranium:** Uhm...ticks? Need I say more? They are out. I promise. This oil should be diluted when applied to skin. I like to dab a "neat" (straight, with no carrier) drop or two on both of my pant legs when heading to the woods or through the grasses. Use it in your favorite repellent recipe.



**Citronella, cedarwood, lemon eucalyptus:** These are all repellents for a myriad of pests and useful in blending in your own mixes! Citronella and lemon eucalyptus are both widely used mosquito repellents. Cedarwood is great for repelling moths, spiders, gnats and fleas.



**Patchouli:** This is a great base-note oil to keep your blends grounded and working for the long haul.

## ALL-PURPOSE BUG REPELLENT

- 30 drops geranium or rose geranium oil (same thing; different brands will use either name)
- 30 drops lemon eucalyptus or eucalyptus citradora (same thing; different brands will use either name and not to be confused with your everyday eucalyptus globulus or radiata, which are more camphor-like and clearing for respiratory uses)
- 20 drops cedarwood
- 20 drops patchouli

In a 4 oz. mister bottle, add 1 teaspoon of witch hazel or Everclear and fill with water until there is a half-inch or so of space left at top for adding oils. Add essential oils; shake and spray.

*Enjoy the great outdoors!*