

## July - Hot times, summer in the city...

Welcome to the wonderful month of July! Hot summer days that lead into wonderful summer nights. Being outside till late, eating dinner on the deck or patio. Slow and easy are warm summer days.

Those summer days can bring our heat index up. It can also bring up your animals heat index. As much as we love this weather, as always there is an eye to caution. Some things that are always good to have on hand you for you, your family and your pets:

1. Water! Add a drop of Lemon, Orange or Grapefruit Vitality Oil for a refreshing taste. Or a drop of Peppermint for some inside 'cooling'. Keep a separate container for your pup (with no EO) to keep them hydrated also!
2. Lavender/Peppermint Cooling spray. Lavender is calming for the skin and Peppermint gives a 'cooling' sensation to your skin. Spray on the underside or you pup's belly to cool them off. Make sure it is safely diluted!
3. Sun screen - don't leave home without it! A good non-toxic one is best. I use Young Living's sun screen and I love it!
4. Bug Spray - love summer, dislike bugs. Even in the heat of the day or when hiking, bugs are everywhere. Keep yourself and your pet safe with a non-toxic bug spray. Check out my Etsy shop for a nontoxic bug spray.

Just some options to keep in mind to keep everyone safe during our wonderful summer here in New England!

### Upcoming Events:

July 29<sup>th</sup> - Blueberry Festival @Charlton Arts and Activities Center

Thank you so much to all the lovely people that stopped by my table at the Lavender Days event in Holden on June 22/23. I met so many sweet and wonderful people! I hope you all enjoy your products and please drop me a line if you have any questions!

## July – oh how I've missed you!

It so nice out! The windows are open the birds are singing, and the bugs are a buzzing! The bees are back and pollinating like crazy! I've picked oregano (3 cuttings), basil (2 tiny cuttings), Rosemary and Parsley (2 cuttings)! I'm harvesting a boat load of Lavender to make Lavender infused oil, which I will use when I make my sore muscle cream and a new body oil I'm working on. The Lavender infused oil is also used when I make the Sleep Tight Rollerball. Some Lavender will go as decorations on Bridal Shower baskets and in Shadow Boxes.

A lot of you know that I'm everything 'non toxic'. I talk about it and talk about it. The one that is the biggest toxin is - dryer sheets. They are right up there with Febreze and any other air freshener. If they are in your home, take a look at the ingredients – but more important, take a look at the warnings. Check out the ingredients to see if you can pronounce them. Look some of them up and see what they mean, you will probably be amazed. A simple, economical and safer alternative is diffusing.

You can diffuse to keep your home smelling great and get the benefit of the Essential Oil. Replace dryer sheets with Wool/Alpaca Dryer balls. Place 1 or 2 drops on and get the scent from them. If you are worried about static cling, you can try:

- Add a safety pin to one or 2 of your dryer balls
- Add a tablespoon of Epsom salt to your wash

Both are good, non-toxic (there she goes again!) alternatives.

Another big 'toxin' are bug sprays. Essentials Oils in the right combination, work very effectively on mosquitos, knats, and even deer flies (blech!). I also use my bug spray on my pups to help deter ticks and fleas. Just an added layer to make them safe.

As I always say, knowing where the oil is sourced and how it is extracted is important.

I only use [Young Living Oils](#) because of their [Seed to Seal](#) promise.

Take a read through the process, it is very enlightening.

### Tips of the Month:

Essential Oils come in 2 sizes at 5ml and 15ml. A single 5 ml bottle of has 85 drops! A 15ml bottle has 250 drops! That's a whole lot of happy in a small little bottle. For a bottle of Lavender, it runs about .8cents for 1 drop. If you use 2 drops of oil to help support a restful nights' sleep – that's .16cents! Essential oils can be used for diffusing, to help support your belly if it's upset - Peppermint .9cents / 1 drop (always diluted). For non-toxic cleaner (there I go again!) use Thieves, .14cents a drop. You can also put a drop of Thieves Vitality in a cup of warm water to help support your immunity when you're feeling under the weather.

A typical cleaner is \$3 to \$4 - A 14.4oz bottle of Thieves cleaner is \$1.57 a quart which is .5cents an ounce. You need 1 capful, fill the rest with water in a 32 oz plastic spray bottle and clean everything. Not a bad deal for being plant based. It is very safe around kids and animals and smells amazing!

### Final Thoughts:

Workshops are a fun way to learn about Essential Oils. If you are interested in learning more about them, you can reach out to me for more information

Thank you for taking the time to read this Newsletter. Let me know if you have any questions. If you have something you are interested in learning, I will research and put in my next newsletter. The more we all know, the better we will all be. I welcome all comments and suggestions. Till next month.

If you are in need of a refill of an Essential Oil or rollerball/cream or interested in learning more about the Essential Oils, email me directly. If you need a refill head to my Etsy page or my website and you can re-order from there.

Enjoy the warmth and love of July!

You can reach me at:

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