

Summer!

Hello to everyone! Summer is finally here! We're all ready for that outdoor bbq, summer picnics, and swim time at a lake or beach, laughing times with friends and family. Then we all stop and take a huge sigh. As we all take a deep breath and wonder if life will ever be so very simple again. Here are some ways that I've been working to help lighten up the mood build our immunity and keep the spirits up!

- Walking
- Exercising - whatever makes you 'dance'!
- Playing with my pups
- Going to the beach or lake
- Facetime with my family - it is fun to see how many of us can fit in one zoom session!
- Harvesting the garden - yum!
- Having an outdoor fire and cooking on the grill
- Roasting Marshmallows!

I've been diffusing happy Oils for months now. There is Orange, Bergamot, Lime or Lemon. During walks, any scratches can be healed up a little Lavender, which is also a calming oil to help with anxiousness that might be felt. Keeping your immunity strong by diffusing Tea Tree, Idaho Balsam Fir or even Myrrh (mix with Orange will add an additional boost!).

We do still have our normal annoying creatures that visit us each summer - mosquitos, deer flies/green heads and ticks. To keep those pesky little buggers away, there is Peppermint along with Citronella, Eucalyptus, Lavender and Lemongrass.

If you love flowers, there are so many fragrant varieties that you can grow that will boost our moods. Daisy's and Daylilies are bright and cheery. Lavender is great to grow and harvest. Dry those bundles, upside down and then put them in vases around the house or even outside to help keep mosquitos away.

Catnip is fun to grow for your fur friends. You can also dry it and put it little bags to give to your kitty to play with.

This year of 2020 is giving us all a run for our money. Staying strong and healthy and happy will help with our mental health. Our children will see us being happy without all the outside noise that sometimes gets in the way of life.

Let's embrace joy and compassion and support for each other.

Bug spray and bug lotion bars are a great option to help ward off bugs. Gardening soap and scrubs to help your hands and feet stay soft and smooth and clean! Different soaps to help uplift or unwind your day. Take a peek in my shop - lots of good clean items for you and everyone in your family!



Time in the garden means dirt on our hands, under our nails and everywhere else! This is a great exfoliant soap with chia seeds, hemp and oatmeal along with bentonite clay to help soothe and heal your skin.



With all the hand sanitizer we are using, hand cream has become an essential need in our homes. Soft and smooth made with Frankincense for that extra skin boost! Use on your nails to help support a healthy cuticle and watch your nails grow!



If you are spending time outside, either walking or hiking, you know that our biting friends are back. Try this great non-toxic, great smelling bug spray. With no after touch stickiness!



Roller balls are a great way to keep oils handy for ease of use. The uses are endless! From Allergy support to Happy Dance to Sleep support. These are some that are available and special orders are always welcome!

Final Thoughts:

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 it 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 or contact me via email for any special orders. Time for summer fun!

Peace and Love

You can reach me at:

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** Disclaimer – Always know where your oils are sourced from. I use Young Living Essential oils because they own all their farms, have a strong Seed to Seal promise and I know how they maintain their farms. Know your source and always be extra vigilant.

Disclaimer: I am not a doctor, nor do I try to be one. I cannot diagnose, cure or prevent any disease. I share my knowledge freely but it is not a substitute if you have a medical condition that persists. Please contact your physician if you do.