

Outdoor SURVIVAL



ESSENTIAL OIL GUIDE



www.WellnessSpoiled.com



Lemon Eucalyptus:

Lemon Eucalyptus oil is high in cleansing citronellal and citronellol, making this essential oil ideal for surface and skin cleansing. In addition, research suggests that Lemon Eucalyptus may provide antioxidant support when applied topically.



Citronella:

With powerful pest repellent benefits, Citronella oil keeps creepy-crawlers out of the house and off your skin and clothing. It is an ideal companion for camping, hiking, and trips to the great outdoors. The oil works by masking the human fragrances that insects find appealing.



TerraShield®:

TerraShield® provides the best defense for protection from the outdoors. TerraShield® Outdoor Blend contains a blend powerful essential oils and other plant oils known to provide natural outdoor protection safely. So, ditch those over the counter bug repellents and use this instead. PS this is excellent for animals to.



Purify:

Purify contains Lemon, Lime, and Pine essential oils, known for their powerful cleaning properties, along with Siberian and Austrian Firs to purify the air and protect against environmental threats. This is excellent as a bug repellent, also wonderful for mosquito bites and bee stings.



Lavender:

Whether you are trying to soothe skin irritation or merely nourish delicate skin, there are many uses of Lavender essential oil for skin. Lavender is excellent for seasonal support in combination with peppermint and lemon. Also, excellent at helping your body unwind at night under the stars.



DigestZen®:

DigestZen® is great to have on hand when stomach upset occurs and is safe and effective. Internal use of DigestZen® is a healthy, natural, and gentle way to soothe an upset stomach or maintain a healthy digestive system.



Breathe®:

doTERRA Breathe® maintains feelings of clear airways and easy breathing while minimizing the effects of seasonal threats. doTERRA Breathe® can be applied topically to the chest, back, or bottom of feet, or diffused at nighttime to calm the senses and promote a restful sleep.



Tea Tree:

Tea Tree oil is used on occasional skin irritations to soothe the skin and diffusing Tea Tree essential oil will help purify and freshen the air. Tea Tree is also excellent at cleansing wounds, and can be used for bacterial support.



Peppermint:

Peppermint oil helps alleviate occasional stomach upset and promotes healthy respiratory function when taken internally. Peppermint is also excellent at reducing occasional hot flashes, and can be used in combination with lavender, and lemon for seasonal support.



On Guard® Touch:

Perfect for both children and adults, doTERRA On Guard® Touch can be applied topically to the chest and bottoms of feet when seasonal threats are high and to experience its energizing, uplifting aroma. Use this pre-diluted blend for immune support.



Rescuer™:

Roll Rescuer™ onto your legs, hands, or shoulders after exercising or a long day of physical activity to provide feelings of comfort and relief. Rescuer™ can also be used for head tension, or owies.



Calmer™:

Calmer™ Restful Blend promotes a serene atmosphere, allowing bedtime to be a peaceful and welcomed experience. Rolling Calmer™ onto the bottoms of feet and the back of the neck helps create a stress-free mood when tensions are high.



On Guard®+ Softgels

doTERRA On Guard+ is a great way to strengthen and maintain healthy immune function when seasonal threats are high.



DigestZen® Softgels

doTERRA DigestZen® Softgels are a convenient and easy way to obtain the benefits of the proprietary DigestZen essential oil blend.



TriEase® Softgels

TriEase® Softgels were developed to protect against seasonal and environmental elements and to promote a healthy respiratory system.



doTERRA Serenity® Restful Complex Softgels

doTERRA Serenity® Restful Complex promotes relaxation and sleep.



Deep Blue® Rub

Deep Blue Rub® provides a comforting sensation of cooling and warmth to problem areas.



doTERRA Spa Lip Balms

doTERRA SPA Lip Balm is a natural formula containing plant oils, botanicals, and essential oils to hydrate and soothe lips.



Correct-X® Essential Ointment (aka owie blend)

doTERRA Correct-X® is a multi-purpose, natural ointment that helps soothe skin and enhance the natural process of skin returning to a healthy state after being distressed.



TerraShield® Spray Outdoor Blend

Apply TerraShield® on your skin for protection while hiking or camping or diffuse during outdoor events for an inviting atmosphere.



doTERRA Breathe® Vapor Stick

Quick on the go respiratory support.



doTERRA On Guard® Sanitizing Mist

doTERRA On Guard® Sanitizing Mist purifies hands by eliminating bacteria and other germs on the skin.

beach wave hair



Ingredients:

8-ounce spray bottle
1 cup hot water
2 tablespoons Epsom salt
1/2 teaspoon sea salt
1 teaspoon doTERRA Healthy Hold Glaze
1/2 teaspoon Fractionated Coconut Oil
5 drops Rosemary essential oil
5 drops Lemon essential oil

Note: Lemon oil is photosensitive and may lighten your hair if exposed to sun. Feel free to omit if desired.

Directions:

In a spray bottle, add doTERRA Healthy Hold Glaze and salts. Add Fractionated Coconut oil and essential oils. Top with water and shake. To use, spray generously on hair while scrunching with hands. Let dry.

after sun spray



Ingredients:

- 1 cup aloe vera juice (optional)
- ¼ cup doTERRA Fractionated Coconut Oil
- 8 drops Lavender oil
- 8 drops Tea Tree oil
- 8 drops Peppermint oil
- 8 Drops Frankincense
- 8 Drops Helichrysum

Note: You can find aloe vera juice at your local health food store. Instructions:
Combine all ingredients in glass spray bottle.
Shake to combine.

Tip: Shake before each use to incorporate all ingredients.

Spray onto skin as needed and enjoy its soothing benefits.

Owie Spray



This Owie Spray is an easy and effective way to soothe skin irritations.

Tea Tree cleanses and rejuvenates, while Lavender helps skin recover quickly. Frankincense is optional, but smells fantastic and also provides tremendous soothing properties.

Ingredients:

15 drops Tea Tree
15 drops Lavender
5 drops Frankincense
Fractionated Coconut Oil
glass bottle

Directions: Place essential oils in empty 15 ml glass bottle, add FCO to fill the rest of the bottle.

Shake well before each use. Spray directly onto irritated skin as needed.