

A long wooden pier with white railings extends from a sandy beach into the ocean. The pier is made of weathered wooden planks and leads the eye towards the horizon. The sky is a vibrant blue with scattered white clouds. The water is a calm, light blue. The overall scene is bright and summery.

SUMMER FUN + SAFETY  
have the most epic summer ever.

# SUMMER FUN + SAFETY

Plants have been used effectively for therapeutic benefits throughout history.



**PRE-HISTORY**  
Man uses plants to meet basic needs.

**2700 BC**  
Chinese use herbs and aromatic plants. Ayurvedic medicinal uses begin in India.



**0 BC**  
Frankincense & myrrh given to the Christ child.

**1910**  
Renee Gattefosse learns that lavender can be used to soothe skin.


**1943**  
Jean Valnet uses oils on injured soldiers.



**2008**  
dōTERRA® sets a new standard for purity with CPTG in response to unregulated essential oil standards that limit benefits.



**2014**  
CPTG® oils empower 1 million+ homes. Research continues to support the use of essential oils in holistic health care.

1,000,000+ 

## NATURAL SOLUTIONS USED

**3500 BC**  
Egyptians use plant extracts for health, cosmetic, & religious purposes.



**460BC**  
Hippocrates, the father of modern medicine, uses plants with his patients.

## MODERN MEDICINE DEVELOPED

**1916-1918**  
Epidemics spread, including the flu pandemic which kills 50 million worldwide. Polio & smallpox vaccines emerge.

**1940**  
Germ theory leads to improved cleanliness & nutrition. Many lethal epidemics decline.

**2013**  
Harmful side-effects, recalls, & deaths from prescription medication rapidly rise. Children are the largest growing group of medicated.



**2014**  
Major illnesses are on the rise. \$6.5 trillion a year spent on global symptom management healthcare.



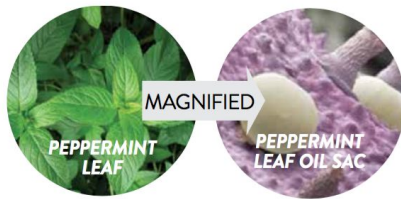
Now you can use the best that nature and modern medicine have to offer!

# WHAT ARE ESSENTIAL OILS ANYWAYS?

# SUMMER FUN + SAFETY

## NATURAL

Essential oils are natural aromatic compounds extracted and distilled from plants for health benefits.



**SUPER-CHARGED POTENCY**  
50-70x more powerful than herbs



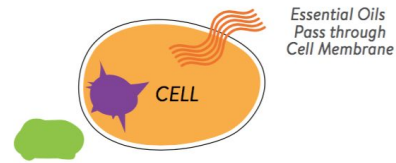
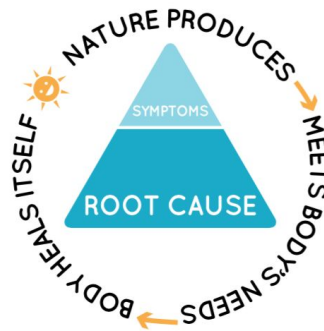
28 cups of peppermint tea



Oils are affordable -  
**Pennies per dose!**

## EFFECTIVE

Oils contain hundreds of different compounds, providing complex & versatile ability to combat threats without building up resistance.



Oils work with the body to address issues & root causes on a cellular level.

# WHAT ARE ESSENTIAL OILS ANYWAYS?

# SUMMER FUN + SAFETY

## SAFE

dōTERRA® sets a new standard for purity with CPTG® in response to unregulated essential oil standards that limit usage and benefits.

### Grades of Essential Oils

SYNTHETIC - Toxic chemical fragrances.

FOOD - Cooking extracts & flavorings.

THERAPEUTIC - Unregulated standard leads to misleading label claims, compromised quality, & marginal health benefits.

CPTG®

dōTERRA's  
QUALITY &  
PURITY  
Standard

Certified Pure  
Therapeutic Grade -  
World's highest quality  
essential oils and are verified safe for all  
ages & uses.

- Plants harvested in their natural habitat
- Beyond organic, verified pure, free of fillers, pesticides, & foreign contaminants
- Stringent third party testing of every batch to ensure powerful benefits without harmful side-effects



## WHY DOTERRA?

# SUMMER FUN + SAFETY



**A** AROMATIC 

**When diffused or inhaled, essential oils can be very stimulating, calming, or soothing. Diffusing essential oils can also cleanse + purify the air.**



**I** INTERNAL 

**Essential oils can be safely applied for massage or topical benefit. Dilute with a carrier oil, such as fractionated coconut oil for maximum benefit.**



**T** TOPICAL 

**Certain essential oils have a rich culinary history + can be used as dietary supplements for targeted wellness. Use small amounts cautiously.**

ESSENTIAL OIL SAFETY

# SUMMER FUN + SAFETY

Essential oils are highly concentrated plant extracts + should be used with reasonable care. It is beneficial to have an understanding of the characteristics of various oils + necessary precautions.

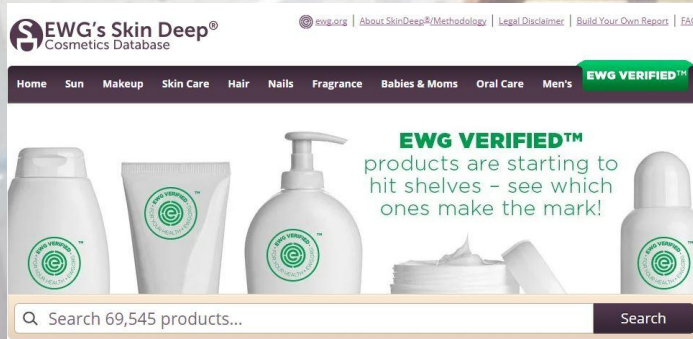
- never apply oils directly in the eyes or ear canal.
- dilute with oil, not water if applied in areas not suitable for essential oil application.
- always use a carrier oil with babies, children, + those with sensitive skin. some essential oils, such as citrus oils, are photosensitive, so wait a minimum of 6 hours before exposing skin where you have applied citrus oil to UV rays/sunshine.
- refer to labels for appropriate use (aromatic, topical, internal).
- use essential oils cautiously when pregnant; consult your healthcare provider.
- essential oils can provide support for a wide variety of health conditions, but those with critical health conditions or on medications should consult their healthcare provider.
- essential oils are highly concentrated; a little goes a long way.
- oils are flammable; keep away from flame, spark, or fire hazards.
- popular carrier oils : fco, jojoba, grape, almond, avocado, olive

ESSENTIAL OIL SAFETY

# SUMMER FUN + SAFETY

## sun protection

Sun protection is SO important! Make sure you're using a sunscreen for your family that will keep their skin protected + will keep them safe. Run your products through EWG's Skin Deep website, or use an app like "Think Dirty" to make sure what you're using is as safe as possible.



### EWG's Sun Safety Campaign :

Because we are stronger together, EWG, forward-thinking companies, + concerned citizens are teaming up to make a difference.



### EWG's Sunscreen Guide :

When you head outdoors this summer arm yourself with products from EWG's Best Sunscreen, SPF-rated moisturizers + lip products.



### Imperfect Protection :

EWG's analysis of UV protection offered by US sunscreen.



### The Trouble with Sunscreen Chemicals :

Many sunscreen chemicals are absorbed into the body + can impact our health.



### What's Wrong with High SPF :

FDA calls these products "inherently misleading".

SUMMER SAFETY

# SUMMER FUN + SAFETY

## sun protection

### TIPS: Sunscreen Should Be Your Last Resort



#### WEAR CLOTHES.

Shirts, hats, shorts and pants shield your skin from the sun's UV rays, reducing burn risk by 27%.



#### PLAN AROUND THE SUN.

Go outdoors in early morning or late afternoon when the sun is lower in the sky.



#### FIND SHADE — OR MAKE IT.

Picnic under a tree or take a canopy to the beach. Keep infants in the shade, reducing the risk of multiple burns by 30%.



#### DON'T GET BURNED.

Red, sore, blistered skin means you've gotten far too much sun.



#### SUNGLASSES ARE ESSENTIAL.

Not just a fashion accessory, sunglasses protect your eyes from UV radiation.



#### CHECK UV INDEX

The UV Index provides important information to help you plan your outdoor activities in ways that prevent sun overexposure.

# SUMMER SAFETY



# SUMMER FUN + SAFETY

FOR THE SAFETY AND CONVENIENCE OF OUR CUSTOMERS  
WE LABEL THE FOLLOWING ESSENTIAL OILS AND BLENDS  
AS PHOTSENSITIVE:



**BLENDS:** AromaTouch, dōTERRA Breathe, dōTERRA Cheer, Citrus Bliss, Elevation, dōTERRA Forgive, InTune, dōTERRA Motivate, dōTERRA OnGuard, Purify, Slim & Sassy, Sunny Citrus, and Zendocrnine.

**SINGLES:** Bergamot, Cumin, Grapefruit, Kumquat, Lemon, Lime, Tangerine, and Wild Orange.

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ESSENTIAL OIL SAFETY

# SUMMER FUN + SAFETY

## sun protection

### SUN SCREEN OPTION 1

- 1/2 ounce beeswax
- 2 ounces shea butter
- 2 ounces coconut oil
- 2 tbsp non-nano zinc [approx 20 spf]

Melt all ingredients every tbsp of zinc adds 10 spf.

### COOLING MIST

- 8 ounces water
- 2tsp witch hazel
- 10d peppermint

Combine in a small spray bottle for instant cooling + a reviving blast.

### SUN SCREEN OPTION 2

- 1/2 cup olive oil
- 1/4 fractionated coconut oil
- 1/4 cup beeswax
- 2Tbsp shea butter
- 1tsp vitamin E oil
- 2Tbsp zinc oxide
- 12d helichrysum

Place all ingredients except zinc oxide + helichrysum essential oil into a glass mixing bowl. Fill saucepan with 2-3 inches of water + turn on medium heat.

Place glass bowl in saucepan + stir as ingredients melt. Remove from heat + add helichrysum + zinc oxide. Pour into a glass jar + store in a cool place.

### COOLING AFTER SUN WHIP

- 1 cup solid coconut oil
- 1/2 cup aloe gel
- 15d essential oils [ 5ea of lavender + peppermint, 5of either frankincense, tea tree, or roman chamomile]
- 15d your fave oil [lavender, ylang ylang, citrus bliss, serenity, geranium]
- 20d cedarwood
- Small glass jar

Place ingredients in a mixing bowl. Mix on medium high for approx 5-8 mins until the coconut oil is turning white + forming peaks. Store in glass jar below 75d so it doesn't melt.

### SOOTHING SPRAY

- 16oz glass spray bottle
- 1 cup aloe vera juice
- 1/4 cup fractionated coconut oil
- 1 tsp vitamin E
- 8 drops lavender
- 8 drops tea tree
- 8 drops peppermint

Combine all ingredients in glass spray bottle. Shake to combine.



SUMMER SAFETY

# SUMMER FUN + SAFETY

## lil' bugg#s

### BUG REPELLENT

- 10d lemongrass
- 10d lavender
- 10d geranium
- 10 peppermint
- Fractionated coconut oil

Mix essential oils in a small spray bottle, add coconut oil to fill. Shake well + spray on exposed areas of the skin.

### BUG PROTECTION

- 10d geranium
- 10d tea tree

Mix in a 2oz spray bottle.

### BUG REPELLENT SALVE

- ¼ cup coconut oil
- ⅛ cup shea butter
- 4tsp beeswax granules
- 12d citronella oil
- 8d rosemary
- 8d cedarwood
- 8d lemongrass
- 8d tea tree
- Small glass jar

Heat all ingredients except for oils in double boiler. Let cool 1 minute before stirring in essential oils.

### HOMEMADE BUG SPRAY

- ½ cup witch hazel
- ⅛ cup apple cider vinegar
- 40d essential oils [eucalyptus, lemongrass, citronella, tea tree +/- rosemary]
- 8oz glass spray bottle

Mix ingredients in spray bottle.

Avoid spraying in eyes + mouth.

### TERRASHIELD



[15ml essential oil blend : \\$10.50USD](#)

[30ml spray : \\$19.50USD](#)

### ESSENTIAL OILS FOR BUG BITES + STINGS

- Lavender
- Tea tree
- Roman Chamomile
- Melissa
- Basil
- Thyme
- Eucalyptus

SUMMER SAFETY

# SUMMER FUN + SAFETY

## bumps, scrapes, + bruises

### HEALING SALVE

- 2Tbsp shea butter
- 2Tbsp beeswax
- ¼ cup avocado oil
- 10d ea peppermint, cedarwood, geranium, ginger, bergamot, or geranium

Mix together + store in a glass jar.

### SCRATCH + SCRAPE SPRAY

- 20d lavender
- 20d frankincense
- 10d tea tree

Mix in a 20oz glass spray bottle, or in a jar to transfer to a roller bottle as needed. Top up with fractionated coconut oil.

### HEALING OILS

- Lavender
- Frankincense
- Roman Chamomile
- Melissa
- Helychrism

### CORRECT-X

dōTERRA

## CORRECT-X<sup>®</sup>

ESSENTIAL OIL OINTMENT

Correct-X is an all-natural topical ointment using powerful CPTG essential oils that assists in soothing various skin conditions.

- Petroleum free
- Includes plant-based ingredients that are valuable in promoting skin health
- Safe and easy to use
- Utilizes CPTG essential oils of Frankincense, Helichrysum, Melaleuca, Cedarwood, and Lavender

60110001	15 mL/.5 oz
\$16.00 retail	\$12.00 wholesale   10 PV

#### Interesting Fact:

*This multi-purpose, all natural ointment helps soothe skin and enhance the natural process of skin returning to a healthy state after being distressed.*



# SUMMER SAFETY

# SUMMER FUN + SAFETY

## beach day every day

### SEA SALT SPRAY

- 3.75oz warm water
- 1Tbsp sea salt
- ½ tsp olive oil
- 15d of your preferred essential oil [lavender, ylang ylang, citrus bliss, serenity, geranium]
- 20d cedarwood

Mix in a 20oz glass bottle + apply to damp hair.

### HAIR DETANGLER RECIPE

- 4oz bottle
- Distilled water
- 2Tbsp vitamin E oil
- 2Tbsp glycerin
- 6-10d lavender

Combine ingredients in a bottle + fill with water. Spray on wet or dry hair as a natural detangling spray or leave-in conditioner.

dōTERRA wellness advocate

DIFFUSER BLEND

*On the Beach*

10 drops Patchouli

3 drops Wild Orange

2 drops Ylang Ylang



SUMMER FUN

# SUMMER FUN + SAFETY

## hanging in the backyard

dōTERRA wellness advocate

### DIY | Summer Luminaries



In a glass mason jar, place

- 1-2 slices of lemon
- 1-2 slices of lime
- 1-2 sprigs of fresh rosemary

Fill the mason jar  $\frac{3}{4}$  of the way with water. Drop in 10 drops each of Arborvitae, Cedarwood, and Sandalwood—all oils that are known to repel insects. Swish around to distribute the oils. Add a floating tea light for a unique insect-repelling luminary.

## STAYCATION

*Diffuser Blend*

3 drops Balance  
3 drops Bergamot



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### TIP!

Add a drop of wild orange [or other preferred citrus oil] to flavour your fave summer beer.

SUMMER FUN

# SUMMER FUN + SAFETY

## diffuser blends

*Bright and Breezy*  
Diffuser Blend



- 3 drops Citrus Bliss®
- 2 drops dōTERRA Breathe®

dōTERRA | spa

*Summer Cedar*  
DIFFUSER BLEND



- 4 drops White Fir
- 1 drop Cilantro
- 4 drops Cedarwood

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*Tahiti*  
DIFFUSER BLEND



- 3 drops Wild Orange
- 2 drops Ginger
- 2 drops Ylang Ylang

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*Footprints in the Sand*  
Diffuser Blend



- 2 drops Tangerine
- 2 drops Sandalwood
- 2 drops dōTERRA Cheer™


dōTERRA | spa

*California Coast*

- 2 drops Frankincense
- 2 drops Cedarwood
- 1 drop Rosemary
- 2 drops Wild Orange

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Summer in the Alps  
Diffuser Blend



- 2 drops Lemon
- 2 drops Peppermint
- 1 drop Ylang Ylang

dōTERRA

*Sun-Kissed*  
DIFFUSER BLEND

- 2 drops Juniper Berry
- 2 drops Grapefruit
- 1 drop Wild Orange

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*Dreaming of Paradise*  
DIFFUSER BLEND



- 3 drops Citrus Bliss
- 2 drops Sandalwood
- 3 drops Grapefruit

dōTERRA

SUMMER FUN

# SUMMER FUN + SAFETY

## guide to grilling



### 1. Starters

- Use different plates and tongs for raw and cooked food.
- Use different cutting boards
- Microwave sponges for a few seconds
- Wipe Down food prep area with doTERRA On Guard®Cleaner
- Reduce food sticking by oiling your clean, hot grill with an oil soaked paper towel. Hold it with tongs and rub it over the rack.

### 2. Marinade

Use spices, herbs, sauces, and essential oils to create flavorful marinades.

Tip: Marinade tender meats such as chicken, fish, or shrimp for 2 hours or less; tougher meats anywhere from 4 hours to overnight. Refrigerate marinating meats.

### 3. Tame the Flame

Keep a squirt bottle, filled with equal parts water and vinegar, near the grill to quickly douse any unexpected flare-ups.

### 4. Grilling Vegetables

Best Vegetables for Grilling:

- Asparagus,
- Eggplant,
- Corn,
- Mushrooms,
- Onions,
- Peppers,
- Zucchini,
- Tomatoes

Tip: Soak wooden skewers in water for 20 minutes before grilling. Oil metal skewers to avoid food sticking.

### Directions

- Brush fresh veggies with oil and sprinkle with salt and pepper.
- Cook in closed grill over 350 to 400 (medium-high) heat turning occasionally for 4-10 minutes depending on the vegetable. Your goal is to achieve tender, slightly charred vegetables.

### 5. Heat it Up

Hold your hand about five inches above the grill. If you can hold it there for only 1 second, your grill is at high heat and you're ready to grill.

### 6. Grilling Meat

Use an instant-read thermometer to see if your meat is fully cooked. Place it onto the thickest part of the meat.

Safe Cooking Temperature:

- Steaks 145° F
- Sausage 165° F
- Ground Beef 160° F
- Salmon & Shrimp 145° F
- Poultry Breasts & Legs 160° F

# SUMMER EATS + TREATS



# SUMMER FUN + SAFETY

## guide to grilling

### ESSENTIAL MARINADES FOR MEAT, POULTRY, OR TOFU

#### LEMON PEPPER MARINADE

##### INGREDIENTS

1/4 cup beef broth  
3 tablespoons apple cider vinegar  
1/3 cup Worcestershire sauce  
1 teaspoon lemon pepper  
1/2 teaspoon onion powder  
1 teaspoon parsley (heaping)  
1 teaspoon garlic salt  
1 drop dōTERRA Black Pepper essential oil  
1 drop dōTERRA Lemon essential oil

DIRECTIONS: Mix and marinate for one hour.

#### ALL SPICE MARINADE

##### INGREDIENTS

2/3 cup beef broth  
1/3 cup apple cider vinegar  
2 cloves garlic (crushed)  
1 small onion (diced)  
1 drop dōTERRA Clove essential oil  
1 drop dōTERRA Marjoram essential oil  
1 drop dōTERRA Thyme essential oil  
1 drop dōTERRA Wild Orange essential oil  
2 tablespoons olive oil  
Salt and pepper to taste

DIRECTIONS: Mix and marinate for at least six hours or overnight.



#### CHILI LIME MARINADE

1 1/2 Tbsp fresh cilantro, chopped  
2 Tbsp honey or agave  
2 Tbsp water  
8d lime  
1 clove garlic, minced  
1 Tbsp lemongrass, minced  
1 Tbsp chili flakes  
1 1/2 Tbsp ginger, minced  
2 Tbsp coconut oil  
*\*recommended with shrimp*

#### INDIAN MARINADE

1C plain whole-milk yogurt  
2 Tbsp coconut oil  
1 tsp ground cumin  
1 tsp ground turmeric  
1/2 tsp ground coriander  
1d cinnamon or clove  
*\*recommended with chicken*

#### HONEY LIME FRUIT DIP

1C plain whole-milk yogurt  
2 Tbsp HONEY  
1-2d lime

#### SWEET + SOUR MARINADE

1/2 C balsamic vinegar  
1/2 C honey  
1/4 C light brown sugar, packed  
1/4 C low-sodium soy sauce  
2 garlic cloves, minced  
8d wild orange  
*\*recommended with pork*

#### BALSAMIC ROSEMARY MARINADE

1/2 C balsamic vinegar  
1/4 C olive oil  
2 tsp pepper  
2d rosemary  
*\*recommended with beef*

#### GRILLED PINEAPPLE

1/2 C brown or coconut palm sugar  
1/2 pineapple peeled, cored, + cut  
1 tsp ground cinnamon or 1d cinnamon essential oil  
*\*Mix brown sugar + cinnamon together in bowl. Pour mixture into a large ziplock bag. Place pineapple pieces in bag + shake until fully coated. \*Grill 3-4 minutes per side.*



# SUMMER EATS + TREATS

# SUMMER FUN + SAFETY

## summer dinner table



### Artisan Bread

Servings: 2-4    Prep Time: 15 min

Cook Time: 4-6 hours    Difficulty: Medium



#### Ingredients:

- ¼ cup of sour dough starter
- 1 ½ cups water
- 3 ¾ to 3 ⅞ cups of all purpose flour
- 1 ½ teaspoons salt
- 1 ½ tablespoons sugar, honey, or molasses

#### Instructions:

1. Preheat oven to 425°F.
2. Add everything to a large bowl, then squish the mixture with your hands until it is absorbed.
3. Let the dough rest for 30 minutes to an hour, then knead again.
4. Cover your bowl with a lid; leave for 3-12 hours or until its double in size.
5. Remove the dough from the bowl, place on a lightly floured counter, folding in the sides until it forms a ball.
6. Place a parchment liner in on enameled dutch oven, or any pot with a lid, and put the dough inside.
7. Let it rise for 1-2 hours more.
8. If desired, carefully slice the top to allow steam to release while baking.
9. Bake for 20 minutes with lid, then remove lid and bake for 20-30 minutes more.

#### Tips:

1. Sour dough starter—*You can make your own by mixing 2 cups of flour, and one cup of water. Keep in a glass container with a loosely fitted lid, and leave on counter for 8-12 hours before use.*
2. Dough—*To add an Italian flavor, add 1 drop Oregano oil and two tablespoons of Italian seasoning.*
3. *If you are using a regular pot, it will take up to 15 minutes longer to bake.*

### Meatballs

Servings: 2-4    Prep Time: 5 min

Cook Time: 45 min    Difficulty: Medium



#### Ingredients:

- 1 pound ground beef
- 2 eggs
- 2 pieces of hearty bread
- 1 teaspoon salt
- 1 drop **Black Pepper oil**
- ¼ cup cooked red quinoa

#### Instructions:

1. Preheat oven to 350°F.
2. Crumble bread with your hands into a bowl, then add all other ingredients, and mix.
3. Form into 2 inch balls, and put in pot with about 3-4 inches of water.
4. Place lid on the pot, and bake for 20-30 minutes, or until cooked all the way through.

### Homemade Lemon Pasta

Servings: 2-4    Prep Time: 10 min

Cook Time: 45 min    Difficulty: Medium



#### Ingredients:

- 1 cup all-purpose flour
- ¾ cup semolina
- 1 teaspoon salt
- 1 drop Lemon oil
- 3 eggs
- 1 tablespoon olive oil

#### Instructions:

1. Combine dry ingredients together.
2. Mix wet ingredients in separate bowl.
3. Form a well in the center of your dry ingredients and pour your wet ingredients inside.
4. Fold with a fork until pliable.
5. Flour your countertop and place dough on top, kneading with your hands for 10 minutes until smooth.
6. You can now use a pasta machine, or roll it out with a rolling pin and cut into strips with a pizza cutter.
7. Boil in salted water for 2 minutes.

#### Tips:

*You can use all semolina or all purpose flour if needed.*

### Garden Marinara

Servings: 2-4    Prep Time: 15 min

Cook Time: 3 hours    Difficulty: Medium



#### Ingredients:

- 10 tomatoes
- ½ medium onion
- 2 cloves garlic
- ½ small zucchini
- ½ small yellow squash
- 1 red pepper
- 1 small carrot
- 5 basil leaves
- 1 teaspoon fresh rosemary
- ½ cup Italian seasoning
- 2 teaspoons salt
- 2 drops Oregano oil
- 1 drop Basil oil
- 1 toothpick Rosemary oil
- ¼ teaspoon ground pepper
- 1 tablespoon olive oil

#### Instructions:

1. Preheat oven to 350°F.
2. Chop all vegetables in 1 inch pieces and place on a cookie sheet.
3. Mix Italian seasoning, salt, and pepper in a separate bowl, and sprinkle over the chopped vegetables.
4. Combine Oregano oil, Basil oil, Rosemary oil, and olive oil into a small bowl, and pour over vegetables.
5. Bake for 2-3 hours, or until all vegetables are soft and translucent.
6. When done, let cool, and grind up in a blender.
7. Warm on the stove as needed.

#### Tips:

*You can add extra seasonings if needed.*

# SUMMER EATS + TREATS

# SUMMER FUN + SAFETY

yummmm...



## CUMIN RAINBOW SALAD

### Ingredients:

3 roma tomatoes, diced  
1 jalapeno pepper, seeded and diced  
1 red bell pepper, cored and diced  
1 orange bell pepper, cored and diced  
1 yellow bell pepper, cored and diced  
1 can black beans, drained and rinsed  
2 fresh corn cobs, cut corn off of cob  
1 cup chopped fresh cilantro  
2/3 cup chopped red onion  
2 tablespoons freshly squeezed lime juice  
1/2 teaspoon garlic powder  
1 drop of Cumin essential oil  
2 teaspoons salt  
tortilla chips

### Instructions:

Combine the tomatoes, jalapeno, bell peppers, black beans, corn, cilantro, and red onion in a large bowl. In a separate bowl whisk together lime juice, garlic powder, Cumin essential oil, and salt until combined. Pour the juice over the salsa and toss until well combined. Serve immediately, or cover and refrigerate.



## ITALIAN SUMMER SKEWERS WITH ROSEMARY BALSAMIC REDUCTION

### Ingredients:

1 cup balsamic vinegar  
1/4 cup brown sugar  
1-3 drops of Rosemary essential oil  
1 large cantaloupe, cut into 1-inch cubes  
1 lb. thinly sliced good-quality salami (we used Tartufo Creminelli brand)  
40 small mozzarella balls

### Instructions:

1. Mix balsamic vinegar with brown sugar in a saucepan over medium heat, stirring constantly until sugar has dissolved.
2. Bring to a boil, reduce heat to low, and simmer until glaze is reduced by half; about 20 minutes.
3. Let cool and add desired amount of Rosemary essential oil.
4. Onto small cocktail skewers, thread prosciutto, mozzarella, and melon cubes. Place on a serving platter and drizzle with balsamic reduction and serve immediately.

Note: Thyme essential oil also works nicely in this recipe.

# SUMMER EATS + TREATS

# SUMMER FUN + SAFETY

yummmm...



## QUINOA DILL SUMMER SALAD

### Ingredients:

#### *Salad:*

- 2 cups uncooked quinoa
  - 6 sweet baby bel peppers
  - 4 mini cucumbers
  - 1 pound cherry/grape tomatoes
  - 1/2 cup feta cheese
  - 1/4 cup Greek olives
- #### *Dill Vinaigrette:*
- 3/4 cup apple cider vinegar
  - 1/4 cup extra virgin olive oil
  - 1/2 cup Greek yogurt
  - 1/4 teaspoon onion powder
  - 1/4 teaspoon garlic powder
  - 2 drops doTERRA Dill essential oil
  - 1 pinch of salt

### Instructions:

#### Salad:

1. Cook quinoa according to directions on package and let cool
2. Cut up all vegetables and combine with olives, cheese, and cooked quinoa
3. Toss with dressing and chill



## HERBED PASTA SALAD WITH BASIL VINAIGRETTE

### Ingredients:

- 1 (16oz) pkg. bow-tie pasta
  - 2 cups grape tomatoes, quartered
  - 7 oz fresh mozzarella, cubed
  - 1 medium sweet yellow bell pepper, diced
  - 1/2 small red onion, chopped
  - 1/2 cup of pickled banana pepper rings
  - 1 (2 1/4 oz) black olive slices
  - 8 slices salami, chopped
  - 1/2 cup fresh basil, thinly shredded
- #### *Dressing:*
- 3/4 cup olive oil
  - 3/4 cup red wine vinegar
  - 1 garlic clove
  - 1 tsp. salt
  - 1/2 tsp. pepper
  - 2 drops doTERRA Basil essential oil

### Instructions:

1. Cook pasta according to package instructions. Drain and rinse in cold water.
2. In a large bowl, combine all ingredients leaving dressing until last.
3. Mix dressing ingredients in a blender until emulsified.
4. Toss dressing with pasta until coated. Cover and refrigerate for one hour to allow flavors to mingle.
5. Serve in a large bowl and enjoy!

SUMMER EATS + TREATS

# SUMMER FUN + SAFETY

refresh.



## Lemon and Orange Granitas



Servings: 9  
Cook Time: 0 min

Prep Time: 15 min  
Difficulty: Easy

### Ingredients:

- 6 large lemons or 4 medium oranges
- Sugar/honey to taste
- 4 cups water
- 2-4 drops **Lemon or Wild Orange essential oil**

### Instructions:

1. Clean and wash fruit. Cut off the top quarter and slice a thin bevel off the bottom of the fruit, so they stand up straight.
2. Using a grapefruit knife, carefully remove and save the flesh and juice; be careful not to cut through the bottom. Stand the rinds on a plate or cookie sheet and freeze until solid.
3. Combine scooped out flesh and juice with essential oil in a food processor or blender; pulse until mostly pureed then press mixture through a fine-mesh strainer.
4. Stir in water; add sugar or honey one tablespoon at a time to taste. Pour mixture into large roasting pan or baking dish, large enough that the liquid isn't more than one inch deep.
5. Freeze for 1-3 hours. Remove mixture from freezer every hour and scrape with two forks to break up ice.
6. When the granita is frozen, rake until glittery. Scoop into frozen lemon or orange shells and serve.



## TrimShake Fudgesicle with doTERRA Slim & Sassy Chocolate TrimShake



Servings: 8  
Cook Time: 8 hours

Prep Time: 10 minutes  
Difficulty: Easy

### Ingredients:

- 1 14-ounce can coconut milk
- 1 teaspoon vanilla
- 2 tablespoons honey
- 3 tablespoons baking cocoa
- 3 scoops Chocolate doTERRA TrimShake

### Instructions:

1. In large bowl, combine all ingredients.
2. Beat until smooth.
3. Pour in popsicle molds and insert popsicle sticks in middle.
4. Place in freezer overnight.

### Tips:

Place your popsicle mold under warm water for a few seconds to help the fudgesicles come out more easily.

# SUMMER EATS + TREATS

# SUMMER FUN + SAFETY

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### Citrus Coconut Popsicles with Lime essential oil



Servings: 4

Cook Time: 40 min

Prep Time: 5 min

Difficulty: Easy

#### Ingredients:

- 1 can full-fat coconut milk
- 1 cup orange juice
- ½ cup (or to taste) agave or sweetener of choice
- 1-2 drops **Lime essential oil**

#### Instructions:

1. Blend coconut milk, agave, and Lime.
2. Pour mixture into Popsicle mold, dividing evenly.
3. Place in freezer for 10 minutes, then top with orange juice.
4. Freeze again for 30 minutes.
5. Insert Popsicle sticks. Continue freezing until firm.

#### Tips:

If you have any coconut shavings or lime wedges on hand, those add beautiful color and flavor to the Popsicles!

### Raspberry Limeade with Lime Essential Oil



Servings: 20

Cook Time: 5 minutes

Prep Time: 10 minutes

Difficulty: Easy

#### Ingredients:

##### Raspberry Puree:

- 2 cups raspberries
- 1/2 cup sugar or honey
- 1 cup water

##### Drink:

- Limes
- Sparkling water

##### Lime essential oil

Ice

#### Instructions:

1. In a small saucepan, combine 1 cup water, 1/2 cup sugar or honey, and 2 cups raspberries.
2. Cook until sugar has dissolved. Cool and strain.
3. To serve, add raspberry puree (around 2 tablespoons), ice, juice of one lime, and 1-2 drops Lime essential oil to a glass. Top with sparkling water.
4. Garnish with limes and raspberries. Enjoy!

#### Tips:

This recipe makes about two cups of puree and you only need to put 1-2 tablespoons into each cup. Therefore the 1/2 cup of sugar will be divided into about 20 cups of limeade. If you prefer, you could also substitute the sugar with honey or add more raspberries.

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## Strawberry Citrus Slush with Essential Oils



Print

**Servings:** 4

**Cook Time:** 1 minute

**Prep Time:** 5 minutes

**Difficulty:** Easy

### Ingredients:

2 cups fresh lemonade  
1 cup frozen strawberries  
1 lemon, juiced  
4 drops Lemon essential oil  
4 drops Lime essential oil  
3 cups ice  
3 tablespoons white sugar or 1/2  
teaspoon stevia.

### Instructions:

Combine all ingredients in blender.  
Blend until smooth or at desired consistency.  
Pour into cups and enjoy.

### Tips:

For a more "smoothie" like consistency, add 2 cups of  
strawberries and 2 cups of ice.

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**summer safety.**

**get in my belly.**

**the smells of summer.**



TerraShield Spray : \$23.50 [17PV]  
 Correct-X : \$13.00 [11PV]  
 Introductory Trio : \$21.20 [15.50PV]  
 Tea Tree : \$20.14 [20.14PV]  
  
 Total : \$77.84 [63.64PV]



Basil : \$21.20 [21.20PV]  
 Lime : \$13.78 [13.78PV]  
 Rosemary : \$14.84 [14.84PV]  
 Chocolate Trim Shake : \$41.87 [25.75PV]  
  
 Total : \$91.96 [75.57PV]



Arborvitae : \$22.00 [22PV]  
 Cedarwood : \$13.00 [13PV]  
 Citrus Trio : \$30.25 [25PV]  
 Ylang Ylang : \$33.25 [33.25PV]  
 Geranium : \$27 [27PV]  
 Lip Balm : \$6.50 [5PV]  
  
 Total : \$132.00 [125.25PV]

## SUMMER CARE PACKAGES