



Poison Ivy and Essential Oils for Summer

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If only there had been a sign!

Now that you are already itching, don't despair. The following natural recipe will help you get through the summer and the dreaded poison ivy with very few discomforts.

[Recipe for Poison Ivy Lotion](#)

1. Place 4 ounces of Nature's Sunshine Aloe Vera Gel in a glass or plastic container.
2. Add the following essential oils:
 - 20 drops of roman chamomile (#3901-6)
 - 15 drops Eucalyptus (#3904-9)
 - 10 drops lemon (#3908-2)
 - 5 drops lavender (#3907-8)
3. Shake well. Apply as needed to poison ivy.

Each bottle of essential oils contains approximately 150 drops of oils. The bottle of Aloe Vera Gel is 8 ounces. This will give you plenty of oils to mix with the aloe to make a couple of batches over the summer.

Note: You can apply fresh lemon juice or lemon essential oil to any new poison ivy outbreaks (when the little bubble first appears). Either one will stop the itch immediately, and after a couple of applications, it will usually completely dry out the poison ivy. Use a Q-tip to place the lemon oil directly on the outbreak without covering a lot of the other uninfected skin. If you discover the poison ivy after you have been itching it and it is spreading on the body, you should use the poison ivy lotion instead. Applying straight lemon to irritated skin will result in further irritation.

Added Bonus:

This blend of oils can be used as a natural bug lotion to repel insects (just rub on your body when you are outside). It can be used as a rub for sore muscles, a tight chest or congestion from a cold.

Roman Chamomile and Lavender by themselves are wonderful to help you fall asleep. Mix a few drops into some of the aloe vera and rub it onto your feet and back just before bed. It is a great for relaxing muscles or leg cramps. It can be used to relax the abdomen and colon in babies and children suffering from colic or gas. A few drops mixed in the aloe and rubbed on the abdomen and back will work wonders in minutes, in most cases. It helps the child quickly fall back asleep as well.

Insect bites: Tea Tree oil is well known for applying to wounds to kill germs and promoting healing. It is also a natural bug repellent. Combine: 15 drops tea tree oil, 10 drops lavender and 5 drops eucalyptus oil. Mix in 2 ounce spritzer bottle (3936-9) with water. Spray on the body to repel insects (avoid the eyes).

Stop the itch now! Nature's Sunshine's Tei fu essential oil blend is an amazing product that will stop the itch of most insect bites or stings in just one application! It is also great for headaches and muscle aches and pains. See the attached document for a list of all its great uses. (1618-7)

Did you Know.... that a study conducted in France to see which oils could effectively destroy bacteria in the air, such as Streptococcus and Staphylococcus, as well as purify and deodorize the air, showed that Lemon oil was effective. It effectively destroyed 90% of the microbes within 3 hours! A German study also showed that small amounts of oils with expectorant properties such as lemon, eucalyptus and pine effectively relieved dry nervous coughs.

Aroma Ball Diffuser - is a great way to diffuse your oils, the Aroma ball plugs into any electrical outlet, it has a ceramic plate which heats up when plugged in. You place 10 drops of your favorite oil on a scent card and slide it onto the ceramic plate. The fragrance should begin to diffuse within 5 minutes and will last about 3 hours. One diffuser can cover 500 square feet. The great thing is that the Aroma ball heats the oil to the right temperature so it diffuses without degrading the oil so that all its properties stay intact. There are 10 scent cards included with your aroma ball, you can use them several times before disposing of them. (Stock # 3895-7)

Citrus Fresh Diffuser Kit - contains one Aroma Ball diffuser plus one bottle each of Lemon, Pink grapefruit, and Mandarin (fresh orange scent). This makes a wonderful gift as well! (Stock # 3949-4)

The summer season, just around the corner seems to awaken our senses in so many ways. From barbecue cooking on the grill and children splashing in a pool, to crickets chirping at night and the quiet hush of a beautiful sunset. Yes, there is no doubt that summer awakens our senses. So what better time, to once again draw your attention to the use of Essential oils and aromatherapy. I hope you try some of these wonderful oils, and add these healing scents to your upcoming summer days.

TEI FU **ESSENTIAL OIL**

“Tei-Fu Essential Oil” is a formula revised and perfected by a noted Chinese Herbalist some fifty years ago, based on an ancient formula dating back more than one thousand years to the era of the Tong Dynasty.

Tei-Fu is a blend of essential oils and rare flower distillates. It is a multi-million dollar product that is faster than aspirin for headache pain etc. Use when discomfort occurs anywhere!!

Historically, the following amounts have been used for the following problems:

- BURNS AND SCALDS: 2 or 3 drops.
- CUTS, WOUNDS, BLEEDING: 2-3 drops
- INSECT BITES OR STINGS: 2-3 drops
- HEADACHE (MIGRAINE, ETC.) massage 2-3 drops to temple area and 2-3 drops on back of neck.
- MUSCLE PAIN OR SPRAIN: rub 2-3 drops into area
- ARTHRITIS: 2-3 drops rubbed in hard on pain area.
- TOOTHACHE: 1-2 drops on cotton ball put in painful area
- ITCH, SWELLING, POISON IVY: 2 or more drops on affected area

- STIFF NECK: 1 or more drops in shoulder area.
- STOMACH PAIN: adults – 1-4 drops internally with water; children 12 and under – 1-2 drops internally with water. Also 1 or 2 drops externally rubbed on stomach area
- ALLERGIES, SINUS, STUFFY NOSE: smell or put on nose
- COLDS, COUGHS: 1-4 drops internally with water for adults; for children 12 or under - 1-2 drops internally with water or 2 or more drops on chest
- VOMITING: adults – 1-4 drops internally with water; children 12 or under – 1-2 drops internally with water. 2 drops to throat area.
- MOTION SICKNESS: same as above. Externally 1-4 drops on back of neck
- LONG DISTANCE DRIVING: 1-2 drops with water or directly on back of tongue

May God's blessings and guidance encompass your life,

Health and wellness to you and yours,

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