

Grade A Notes

Natural Health & Essential Oils

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Get Outside, Stay Comfortable:

Essential Oil Recipes for Gardeners

As we head into gardening season, this is the perfect time to pull out some of our favorite oils for outdoor support. Gardeners spend a lot of time in the places bugs love most - grass, soil, wooded edges, and shady damp spots. These simple DIY recipes are a practical way to use your Young Living oils before you head outside, helping you enjoy your garden time with more comfort and peace of mind. Whether you're planting flowers, pulling weeds, or just soaking up a beautiful day outdoors, a little oily preparation can make the experience so much better.

Recipe for Chiggers and Ticks

20 drops citronella
10 drops eucalyptus
10 drops lemongrass
5 drops basil
5 drops melaleuca

Fill a 4 oz plastic flip top bottle nearly full with coconut oil, massage oil base or V-6 mixing oil. Add 1 teaspoon of mixture. (Just a side note, although the recipe calls for massage oil, as someone recently pointed out, water in a spray bottle works much better.)

DIY Outdoor Spray

2 oz witch hazel or vodka
2 oz distilled water
20 drops citronella
10 drops peppermint
10 drops Lemongrass
5 drops Tea Tree (Melaleuca)

Instructions:

Combine all ingredients in a 4 oz glass spray bottle.
Shake well before each use.
Spray on exposed skin and clothing before going outside.

Our go-to favorite is Young Living's Purification blend—it's a must-have that we never leave home without.

One thing that I have found that really works great on ants of any kind is peppermint. Put peppermint across the door seal or places you know ants come in.

To get rid of moles in the yard, put some Peppermint Oil on a few cotton balls and push the cotton balls down into the mole holes. They don't like the smell of Peppermint Oil and will leave. ~ Diane

DIY Deer Fly Spray

2 oz witch hazel or vodka
2 oz distilled water
20 drops Purification
10 drops peppermint essential oil
10 drops Lemongrass essential oil
5 drops Tea Tree (Melaleuca) essential oil
Optional: 1 tsp vegetable glycerin

Combine all ingredients in a 4 oz glass spray bottle.
Shake well before each use. Spray on exposed skin and clothing before going outside. Reapply every 1–2 hours or after sweating.
Spray on hats, sleeves, and pant legs for added protection.

From Diffuser to Dinner: Fresh Ways to Use Lime

With a bright and refreshing citrus scent, Lime essential oil smells just like freshly sliced limes. Like all citrus essential oils, Lime is cold pressed from the peel to release its fresh, invigorating aroma. It is a wonderful oil for anyone seeking a little more positivity, inspiration, and brightness in their day. Its uplifting scent can help spark creativity, support mental clarity, and bring a cheerful boost to your mood.

Lime is also a beautiful addition to your skincare routine. When applied topically and properly diluted, it can help promote radiant, healthy looking skin. It blends especially well with other citrus oils such as Lemon, Bergamot, Grapefruit, Orange, and Tangerine, making it easy to create fresh diffuser blends, body care recipes, and household favorites. Lime is also an important ingredient in Young Living favorites like Thieves Fruit & Veggie Wash, Common Sense, and Stress Away essential oil blends. From freshening your home to adding a little zing to your recipes, Lime is one of those versatile oils that can quickly become an everyday favorite.

Because Lime is a citrus oil, it may cause photosensitivity. Avoid applying it to exposed skin before spending time in the sun.

Here are a few ways to use Lime Essential Oil

- Enhance radiant looking skin by adding a couple of drops of Lime to your moisturizer.
- Combine Lime, Geranium, Northern Lights Blue Spruce, Grapefruit, and Lemon Myrtle for an amazing Blue Volcano diffuser blend!
- For an extra boost of citrus throughout the house, add a few drops of Lime to your Thieves Household cleaner.
- Diffuse Lime with Peppermint essential oil for an energizing space that let's your creative energy flow.
- Add some zing to your favorite guacamole recipe by adding 1-2 drops of Lime Vitality.
- Diffuse Lime in classrooms or children's play areas for an environment that fosters imagination and joyful feelings.
- Enhance the flavor of meat and veggies by adding Lime Vitality to your favorite marinade recipe.
- To freshen your refrigerator, add several drops to a box of baking soda and keep it in the refrigerator to absorb odors.

Refreshing Limeade

3-½ cups cold filtered water (divided if making a simple syrup)
3 teaspoons liquid monk fruit (or 1 cup granulated allulose)
½ cup fresh lime juice (about 4-5 large limes)
ice for serving

In a small saucepan over the stovetop, combine 1 cup of the water (set aside the remaining 2-½ cups) with 1 cup of allulose (see recipe notes for using granulated monk fruit sweetener). Heat and stir until the sweetener dissolves, about 5 minutes. Remove from heat and let it cool.

Pour the remaining 2-½ cups of water into a pitcher. Add the fresh lime juice and the liquid sweetener (either the simple syrup you made or liquid monk fruit). Stir to combine.

Chill the limeade in the refrigerator or serve immediately over ice with garnishes of choice (optional).

Notes:

If using liquid monkfruit, you can easily sweeten this limeade at the very end. Start with 1 teaspoon and stir it in, then add more as needed.

For a more mild lime taste, substitute ¼ cup of the lime juice for fresh lemon juice (this tip also comes in handy if you don't have enough limes on hand!).

Add fresh basil or mint leaves right before serving otherwise the leaves will spoil after being submerged in water for a while.

Salsa

6 Tomatoes, diced in small chunks (Or one 14-1/2-ounce can of tomatoes)
3 or 4 seeded and minced jalapenos
3 Garlic cloves, minced
1 cup Cilantro, finely chopped
1/2 onion, finely chopped
1 lime, juiced
1 drop of Young Living Lime Vitality Essential Oil

Mix all ingredients together.

Serve with crackers or your favorite nacho chips.

Guacamole

2 ripe avocados, seeded and mashed with a fork
1-2 T red onion, finely chopped
2 cloves garlic, crushed/minced
1-2 drops Lime essential oil
2-3 dashes hot sauce
1 small Roma tomato, diced
1 t fresh cilantro leaves, finely chopped
Salt to taste

Directions: Add avocado to a small mixing bowl. Mix into the avocado the red onion, crushed garlic, diced tomatoes, chopped cilantro, and salt to taste. Add a little lime essential oil and taste; add more to taste.
Serve with tortilla chips.

Honey-Lime Marinade

¾ cup olive or other oil
½ cup soy sauce
½ teaspoon ground mustard
1 tablespoon honey
3 drops Lime Vitality essential oil
½ teaspoon freshly ground black pepper

Combine all ingredients and pour over chicken in a shallow glass bowl or baking pan.
Cover and refrigerate for 1-4 hours before grilling.
Discard marinade after use.

July Gifts with Purchase

Free with a 300 PV one-time and loyalty order
Super B™ supplement

Retail value: \$84.54

YL tip: Take 2 tablets daily with a meal. Take a few hours before or after taking other medications or natural health products.

Free with a 200 PV one-time and loyalty order

Lemon Myrtle essential oil, 5 ml

Retail value: \$53.95

YL tip: Add to your lotion for some citrus-scented love for your skin or diffuse it for a fun, cleansing scent.

Free with a 100 PV Loyalty Order

Lime essential oil, 15 ml

Retail value: \$18.75

YL tip: Diffuse with Vanilla oleoresin and Bergamot essential oil for a bright, tropical home aroma.

July Loyalty Rewards perk

Loyalty orders save 15 percent on Golden Turmeric—Mango Rose all month long. Available while supplies last!