

Gardening with Essential Oils

Alyssa Streleckis

Agenda

- ▶ What are essential oils?
- ▶ 3 cool things about essential oils.
- ▶ 3 ways to use essential oils.
- ▶ What are they good for?
- ▶ Did you know?
- ▶ Ideas and Recipes
- ▶ Testimonials
- ▶ List of Pest Repellants
- ▶ Solutions for YOUR body!

What are essential oils?

- ▶ Essential oils are the essence of a plant, a gift from the earth, distilled and prepared for you to harness the power of nature.
- ▶ Inside many plants (inside the roots, seeds, flowers and bark) are concentrated, highly potent chemical compounds. These natural compounds are essential oils.
- ▶ They give plants their scent, protect it from hazardous environmental conditions and even assist it with pollination, among other important functions and benefits.
- ▶ How they work- *Read from Essential Life Book Introduction.

ESSENTIAL OILS *made easy*

3 cool things ABOUT ESSENTIAL OILS

SAFE

- 100% natural and safe. No side effects and no addictions.
- Extracts from plants with amazing health benefits.
- Certified Pure Therapeutic Grade®. Pure and potent.



50-70x
More powerful
than herbs!

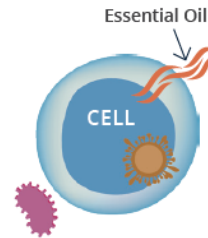


PEPPERMINT A T I

- Energizing
- Promotes clear breathing
- Cools the body
- Relieves head tension

EFFECTIVE

- More effective than modern approaches to health problems.
- Essential oils permeate the cell membrane.



ON GUARD A T I

- Promotes healthy immune function
- Soothes sore throat
- Cleansing for home and hands

AFFORDABLE

- More affordable than traditional medical care
- Pennies per dose
- Save hundreds of dollars a year in medical costs



LAVENDER A T I

- Calming for the mind
- Calming for the skin
- Antihistamine

3 ways to use dōTERRA ESSENTIAL OILS

AROMATIC

Diffuse or inhale to:

- Positively affect mood
- Cleanse the air
- Support the respiratory system



A



WILD ORANGE

A T I

- Energizing
- Invigorating
- Uplifting to the mood



BREATHE

A T

- Helps lungs & sinuses
- Promotes clear breathing day and night

TOPICAL

Apply to affected area for:

- Localized benefits
- Dilute with fractionated coconut oil for best results



T



DEEP BLUE

A T

- Soothes achy muscles and joints
- Eases head tension



DIGESTZEN

A T I

- Relieves upset stomach, motion sickness or nausea
- Use at mealtimes for improved digestion

INTERNAL

Enjoy a few drops:

- In water
- In veggie caps
- Under your tongue



I



LEMON

A T I

- Cleanser for body
- Cleanser for home



FRANKINCENSE

A T I

- Promotes calm feelings
- Anti-aging
- Helps cells perform optimally

**These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*

What are they good for?

- ▶ Since long ago, people have used essential oils and plant parts to improve their health and physical well-being. We've continued to explore their benefits today, finding that essential oils can be integrated into daily life for a plethora of purposes.
- ▶ Curious about how you might use essential oils in your everyday life? Essential oils can be used to
 - ▶ Support good oral hygiene
 - ▶ Reduce appearance of skin imperfections
 - ▶ Promote healthy digestion
 - ▶ Cleanse and purify the air
 - ▶ Promote an uplifting atmosphere
 - ▶ Maintain healthy respiratory system and clear breathing
 - ▶ Promote restful sleep
 - ▶ Aid in reducing pain
 - ▶ And more!



Disclaimer

- ▶ Today I'm talking about doTERRA essential oils as these are the ones I trust.
- ▶ Purity is critical if you are using them topically, internally and aromatically. Also, if want them to 'behave as nature intended'.
- ▶ Why do I trust doTERRA? www.sourcetoyou.com is why. They are the only company with full transparency- you can check the number on the bottom of your bottle on this site for testing results.

Did you know??

- ▶ 85% of all plant disease is fungal related?
- ▶ Unfortunately, there are pests and fungal diseases that can impede growth or reduce the harvest of producing plants.
- ▶ Rather than turning to harmful chemicals to address these challenges, try all-natural solutions and keep your garden organic!

**Source: Garden Section of The Essential Life Book, p442 6th edition

Natural Garden Spray

Ingredients

16 ounce spray bottle

15-20 drops Peppermint oil

Water



- ▶ One of the trickiest parts of building and maintaining a healthy garden is keeping pests out. Conventional insecticides contain harmful chemicals that could be dangerous to pets or family members. Luckily, essential oils contain powerful properties that can help keep your garden bug-free, the natural way. This simple DIY uses the power of Peppermint oil to ward off unwanted visitors, keeping your home and garden happy.
- ▶ **Instructions**
 - ▶ Fill a 16 ounce glass spray bottle with water, leaving an inch or so of room at the top.
 - ▶ Add 15-20 drops of Peppermint oil and shake well before each use.
 - ▶ Apply spray to every plant in your garden, making sure to cover the stems and undersides of leaves as well. Spray again after each rainfall.
- ▶ **Note:** To help kill weeds, you may substitute eight ounces of water for eight ounces of vinegar in this DIY. If you choose to do so, do not apply directly to garden plants, and use white vinegar only. Apple cider vinegar emits a sweet smell that fruit flies love, and can make a pest problem much worse.

Fungus Suppressant

Ingredients

small spray bottle
20 drops Tea Tree
Water



► Instructions

- Spray directly onto infected plants and surrounding soil once or twice weekly. Do this at dusk (do not spray leaves of plants in the hot sun!)

**Source: Garden Section of The Essential Life Book, p442 6th edition

Ant and Critter Deterrent

Ingredients

4 oz spray bottle
¼ c witch hazel
10 drops peppermint oil
water



Pests



► Instructions

- Spray on ant trails and all areas ants have populated. Can also be sprayed on door jams for spiders!
- OR 5+ drops of peppermint on cotton balls and place at entrances of burrows and holes.

Easy Pollinator Attractor

Ingredients

spray bottle
5-6 drops wild orange essential oil
1 c water

► Instructions

- Spray on flowers and buds to attract bees for pollination.

**Source: Garden Section of The Essential Life Book, p442 6th edition



Pollinator Attractor

- To attract pollinators such as bees and butterflies to your garden, fill an small bowl with water and add a few drops of one or a few of the following:

- Wild Orange
- Lavender
- Marjoram
- Basil
- Helichrysum
- Fennel



Want some more complex recipes??

More Recipes!

Source: Restorativechiro.com

► Garden Spray

- This spray wards off a variety of garden pests such as aphids, squash bugs, flies, ants, beetles, chiggers, ticks, roaches, and more.
- In an 8 ounce spray bottle, combine 6-8 drops of each:

- Cedarwood
- Clove
- Lemongrass
- Peppermint
- Rosemary
- Thyme



- Fill to the neck of the bottle with clean, filtered water and secure spray nozzle. Shake well before applying. Spray the dirt at the base of the plant or the plant itself in the morning or at dusk.
- To give this pest deterrent even more power add neem oil, which is a natural insecticide. Neem oil dissolves the waxy coating on hard to kill garden pests which eventually dehydrates and kills them.

► Pets and Rodents

- Reminder: To dissuade mice and other rodents, place a couple drops of peppermint essential oil on cotton balls and place near any visible holes, burrows, or nests; or place where you are having a rodent problem.
- Additionally, dogs and cats often like to visit the garden. To discourage cats, use Rosemary essential oil and for dogs Black Pepper. Simply spray the oils diluted in water around the garden. Another option would be to whisk several drops of oil together with water and soak strips of cloth in the solution. Hang or place the cloth strips strategically in your garden to deter cats or dogs from coming by.



Testimonials

from doTERRA's seasonal magazine

Essential Oils and Plant Companionship

I have been an organic farmer for 35 years. I have been using essential oils in my gardens since I have been with doTERRA®. I teach the organic portion of "The Master Gardener" class for my local area. My class this year will include the wonderful uses of doTERRA essential oils in the garden—not only for pest management, but also for plant vigor and growth. I don't use any chemicals in my garden at all and love sharing new and safe ways to enjoy gardening! I have substituted doTERRA essential oils for companion plants—the results are amazing! For example, basil is a great companion plant for tomatoes. I use Basil essential oil in my watering can to give the plants a dose that can be absorbed through the root system, or I use it as a foliar spray. This helps to give the tomato plant great vigor for growth and plant resistance. - Kay Pittman



Ants No More

Last summer, I was attacked by ants. They had colonized near my strawberry patch. I panicked a little—I hate ants!—and dowsed the suckers in a solution of water and Peppermint. The next day, the ants were completely gone! I was impressed by how fast it worked. Plus, even though I did go a little overboard (a few sprays would have worked), I know Peppermint is safe for my strawberries and me. -Elizabeth Sperling

Slug Away

Last year, I had the best luck getting rid of slugs using White Fir essential oil on my peppers. I have also used Peppermint oil for aphids and mystery bugs. Peppermint also works great for cooling your body off in the hot sun. I make after-sun spray with Lavender,

Peppermint, and aloe juice. After a long day of working on my garden, Deep Blue® Rub comes in handy for the joints and muscles. I clean my hands with essential oil sugar scrub. I can't tell you how much I love using doTERRA in the garden. -Jamie Stitt

Bug Attack

My garden was being attacked by a beetle-like bug. It was eating away at everything, especially my favorite lily plant. I put a couple drops of TerraShield® in a spray bottle with water, sprayed the plants, and the beetle moved on! doTERRA was part of my inspiration for my garden. - Kristen Willis

dōTERRA[®] GARDENERS' JOURNAL

Essential oils can be valuable tools for every gardener. Whether you are trying to chase away garden pests, improve health and growth of the plants, or restore those gardener hands, essential oils can help. Here are some easy ways you can use essential oils to enhance your natural gardening experience.



Clean Greenhouse

I clean my greenhouse and garden tools with a mixture of 10 drops of Melaleuca in about 33 ounces of distilled water. We put this in a spray bottle and clean every inch of the greenhouse.

~Mailla Chan

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~Kristen Willis



FACT

Vinegar makes an effective natural herbicide and weed killer.

TIP

Apply Lavender to soothe irritated skin associated with certain plants or bugs.



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~Elizabeth Sperling



Essential Oils for Garden Pests



TerraShield[®]



Peppermint



Cinnamon



White Fir



Thyme



Geranium



Cedarwood



Lemongrass



Arborvitae

List of Pest Repellents

- ▶ 8oz water, ½ tsp castile soap and 12 drops of these essential oils (shake)
- ▶ Ants: peppermint, spearmint
- ▶ Aphids: cedarwood, peppermint, spearmint
- ▶ Beetles: peppermint, thyme
- ▶ Caterpillars: spearmint, peppermint
- ▶ Chiggers: lavender, peppermint, rosemary, sage, lemongrass, geranium
- ▶ Fleas: peppermint, lemongrass, spearmint, lavender
- ▶ Flies: lavender, peppermint, rosemary, sage, clove, geranium
- ▶ Gnats: patchouli, spearmint
- ▶ Lice: cedarwood, peppermint, spearmint, tea tree
- ▶ Mosquitoes: lavender, lemongrass, arborvitae, citronella, TerraShield
- ▶ Moths: cedarwood, lavender, peppermint, spearmint
- ▶ Plant lice: peppermint, spearmint
- ▶ Slugs: cedarwood
- ▶ Snails: cedarwood, patchouli
- ▶ Spiders: peppermint, spearmint
- ▶ Ticks: lavender, lemongrass, sage, thyme, geranium
- ▶ Weevils: cedarwood, patchouli, sandalwood

Solutions for you after a hard day of work!

► Allergies-

- Tri-ease OR 2 drops each lemon, lavender, peppermint in an empty veggie cap. You can also make a roller bottle or diffuse these oils for help with allergies!



► Distressed Skin

- Apply correct-x to cuts and scrapes



► Skin irritations

- Apply lavender to affected area for soothing relief



► Gardener's Handsoap

- Gardener's Hand Soap exfoliates, cleanses, and moisturizes all in one use!

► Ingredients

½ cup white sugar
3 tablespoons liquid castile soap
1 teaspoon almond oil
7 drops Clary Sage oil
5 drops Melaleuca oil

► Instructions

- In a small bowl, add all ingredients and stir until smooth and combined.
- Pour into air-tight container and keep next to sink for easy use.
- To use, grab a handful of soap and scrub dirt-covered hands. After you're done, your hands will be clean, soft, and exfoliated.



Solutions for you after a hard day of work!

► Muscle and joint discomfort

- Apply Deep Blue lotion or Deep Blue oil and carrier oil on muscle pain or take Deep Blue capsules internally daily.
- Give it a try on your shoulders!



► Sun Soothing Spray!

► Ingredients

- 1 cup aloe vera juice
- ¼ cup [doTERRA Fractionated Coconut Oil](#)
- 1 teaspoon vitamin E
- 8 drops [Lavender oil](#)
- 8 drops [Melaleuca oil](#)
- 8 drops [Peppermint oil](#)

► **Note:** You can find aloe vera juice at your local health food store.

► Instructions

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



Questions and Answers!

- ▶ If you'd like additional information
 - ▶ Feel free to talk to Gary and Su Bennett
 - ▶ Email Alyssa at astreleckis11@gmail.com
 - ▶ Check out my.doterra.com/alyssastreleckis
 - ▶ Visit www.doterra.com
 - ▶ Visit sourcetoyou.com