

# The Great Outdoors

What essential oils should I take with me when I'm leaving civilization?

This is a question we often get asked as people prepare to go hiking, fishing, camping, or whatever they're doing outdoors, away from civilization, where they need to take care of themselves to avoid serious situations. These are the oils I recommend and why. I've tried to keep this very simple as hikers need to keep loads light and these are often something sent with children/husbands who have always depended upon mom to tell them what to use and how to use it. (Hey! Don't give me a bad time! I live with oil people who can't seem to hold anything in their head other than the phrase, "There's an oil for that." They don't have a clue which oil, but they know there is one!)

## **Outdoors essential oils:**

### **Tea Tree**

- Insect repellent
- Insect bites
- Blisters
- Scratches, Scrapes, Mysterious Owies
- Disinfectant

### **Lemon**

- Hydration (add a drop or two to your water to help you hydrate)
- Water purifier (kills many of the nasties in your water)
- Disinfectant
- Avoid applying to skin that will be exposed to the sun, it is a citrus oil and can cause burning

### **Spice for Life Blend**

- Keeps you well! I advise you take at least one drop a day while on the trail in order to avoid catching colds. If you get a dousing make sure you take it immediately and after that several times a day if you feel like you're trying to get sick!

### **Di-gest Blend**

- Digestive issues always seem to come up when you are on the trail. This will fix many of them.

### **Lavender**

- Insect repellent
- Sunburns
- Use as a sunscreen
- Bug bites
- Helps calm you down. If you have a sweet child who tells ghost and goblin stories and freaks everyone out this will help. Use it to help calm someone who is injured.
- Use on all burns, not just sunburn. Someone always manages to get their fingers burned on those S'Mores.

### **Peppermint**

- Brings down fevers (Are you taking the Spice for Life?)
- Helps perk you up if you're getting tired
- Soothes tummy aches
- Apply immediately after falling to bruises to reduce the bruising. Also works on swelling. You can also use it on cuts and scrapes but it will sting! I recommend the Tea Tree for that, but sometimes it's what you grab that counts.

**Disclaimer:** The information that is shared herein is intended for informational purposes regarding Be Young 100% pure, therapeutic-grade, EOBBB guaranteed essential oils only. The statements contained herein have not been evaluated nor approved by the US Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein. **Copyright Traces 2011 (208-852-2295, www.TracesEtc.com)**

- Be very careful you don't rub your eye after applying Peppermint, it will sting!
- Helps with headaches, dilute, rub along the back of the neck, up behind the ears, and over the top of the forehead.
- Helps drain sinuses so you can breathe if you're afflicted with allergies (I recommend the Liver Cleanse if you're dealing with those).
- If you're getting overheated, add a drop to your bottle of water, it will help cool your whole body.

**Always carry a small bottle of Message Carrier Oil, too.** You'll need it to apply the Peppermint with, dilute all oils for small children, and help you cover a larger area in case of sunburns (or to help cover the large area as a sunscreen).

You'll also want to add to your must have list the Bug Buster Spray (this works fabulously to keep bugs away and has no DEET) and the Sunset Spray (sunscreen that doesn't cause cancer).

These are the absolute basic essentials. There are several other oils that I carry with me for personal reasons. I refuse to go without my Oregano; Chiro Touch always helps me with the creaks I get when traveling; Physical Touch always seems to be needed on our trips, and I always carry Mars and Venus blends when vacationing as it seems to make us all get along better. Feel free to add/subtract to make this as useful as possible for you. Quiet Scent is a good one if you're taking kids along; it helps if they get scared or too hyper. You may also want to consider throwing in some Clove oil if you're prone to toothaches.

We sell some small cloth carrying bags. They come with 14 of the little 5/8 dram bottles. (5/8 dram is approximately 1/4 of a 10 ml bottle.) These are very popular among those who travel (also those who have children who "share" their oils with mom by stealing her whole bottle). I carry one in my purse; they fit very nicely in a backpack, and are okay for flight travel because of the small bottle size.

**To order, for class information, or if you have questions contact:**

Debby or Penny Swann  
208-852-2295  
[www.TracesEtc.com](http://www.TracesEtc.com)