



The Fragrant Thymes
July/August, 2022

Summer and camping season has arrived! Many have been looking forward to holidays and spending time with family and friends. Summer is a prime time for self – care. Whether you are soaking up some vitamin D by the pool or lake, savoring grilled goodies at the park or centering yourself in the great outdoors, capture the benefits of sunny days with essential oils.



Looking to relieve sunburn? Are you only relying on Aloe Vera gel? If so, think again! The anti-inflammatory properties of Lavender and Peppermint can reduce pain, swelling and scarring that may occur as a result of sunburn. Our After – Sun is a perfect solution to aiding in relief!

120ml bottle - \$10.75 + pst.

DIY After sun Spritz – 60ml of distilled water and 10 drops of Lavender officinalis. Shake and mist on sunburnt areas.

Wanting to keep those pesky bugs away? Hoping to use a more eco-friendlier bug spray that isn't full of potentially toxic chemicals, using essential oils is a great way to do just that!

DIY Insect Repellent – 120ml Spritz bottle

20 drops Citronella	10 drops Eucalyptus Citriodora
10 drops Lemongrass	15 drops Lemon
10 drops Peppermint	10 drops Spearmint
60ml Distilled water	
60ml Witch Hazel	

Needing to relieve symptoms of pain and swelling from insect bites? The Insect Bite Relief Roller Bottle has anti-septic, analgesic and anti-inflammatory properties to aid in bites/stings from wasps, horseflies, mosquitos, and stinging plants. For best results roll onto bite immediately and as needed.

Feeling stressed about packing for summer holidays, nervous about a new job or a promotion, or are you experiencing insomnia? Our Relaxation/Stress Relief Roller bottle includes oils of Mandarin, Lavandin, Ylang-Ylang and Roman Chamomile which are calming to the nervous system, allowing the body to feel more balanced. Easy to use, just roll onto inside of wrists, gently rub together and inhale 3 or 4 deep breaths.

All our Roller Bottles are \$5.50 +pst.

Lemon Essential Oil –

Nothing says summer better than the smell of fresh lemon! Adding a drop to your water can create a refreshing and purifying taste to your water. It's beneficial in relieving nausea and aids in travel sickness. Lemon essential oil has anti-septic and bactericide properties, which can be applied topically to help with insect bites, warts and cold sores. However, one thing to keep in mind with lemon is that it is phototoxic, which can cause sensitivity when exposed to sunlight. Use precaution for 24-48hrs after applying lemon to the skin before exposing to too much sun.

Peppermint Essential Oil –

The smell of peppermint can instantly alleviate bloating and nausea. It also repels bugs and insects which are common in the summer. Adding a drop of peppermint in carrier oil to the back of your neck can instantly bring a cooling relief. Peppermint is uplifting and stimulating, it helps with concentration, emotional fatigue and mental strain. Peppermints anti-inflammatory and analgesic properties helps relieve muscle aches and pains, lumbago and sciatica.

Tip: Never use essential oils in its raw undiluted form as it can burn the skin. Use a carrier oil such as cold pressed sweet almond oil to mix the above mentioned oils.

The Fragrant Garden Essential Oils

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