

# *Sugar Beet* FOOD CO-OP

## NATURAL BODY COOLING

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## GARDEN SPRAY RECIPE

### Ingredients

16 oz Spray Bottle

Peppermint

Essential Oil

16 oz of Water

### Procedure:

Fill 16oz spray bottle with water, leaving an inch or so of room at the top

Add 15-20 Drops of Peppermint oil, close & shake well before each use.



APPLY SPRAY TO EVERY PLANT IN YOUR GARDEN  
& BE SURE TO COVER STEMS AND UNDERSIDES OF  
LEAVES. SPRAY AGAIN AFTER EACH RAINFALL

## Top 10 Essential Oils Available at Sugar Beet Food Co-op

[Summer Lavender] cooling + soothing for skin & insect repellent

[Peppermint] cooling +insect repellent

[Tea Tree] antibacterial + eases inflammation + insect repellent

[Citronella] insect repellent

[Eucalyptus] anti-inflammatory + antispasmodic + decongestant +  
deodorant + antiseptic+ antibacterial + stimulating

[Lemon] insect repellent + anti-fungal + astringent + antiseptic

[Lemon Grass] insect repellent + antibacterial

[Rosemary] insect repellent

[Catnip] insect repellent

[Geranium] lower stress levels, reduce + inflammation + relieve pain +  
improve kidney health + strengthen the immune system + ease digestion

(Information Not approved by the FDA, the above is not intended to diagnose, treat or  
cure disease, Always Consult with Your Physician first.)