



it's a

YOUNG LIVING Summer

While you're outdoors in warmer weather, enjoy essential oil-infused goodness wherever you are! From grilled meats to cool tea treats, you can enjoy your favorite Young Living products during your backyard barbecue, a picnic at the park, or while camping. Here are a couple great summertime ideas!

LIME CHICKEN KABOBS

For an essential oil-infused barbecue experience, marinate your kabob meat in this tasty mix.

- ¼ cup olive oil
- 1 tablespoon lime juice
- 3 drops Lime essential oil
- 2 drops Rosemary essential oil
- 2 tablespoons minced cilantro
- ¼ teaspoon salt

Marinate approximately 4 chicken breasts in a sealed, refrigerated container for at least 4 hours.



LEMON-INFUSED SUN TEA

Cool off with this delicious tea featuring Lemon and Spearmint essential oils.



- 36 oz. water
- 5 black tea bags
- 4 drops Lemon essential oil
- 1 drop Spearmint essential oil

Allow to brew in a clear glass container for 3–4 hours. Serve in chilled glasses with a mint leaf garnish and plenty of ice cubes.

Make sure you have these useful products on hand at all your outdoor get-togethers:

- *Purification® Essential Oil Blend—Use topically to enjoy the outdoors annoyance free.*
- *Stress Away™ Roll-On—Apply for an aromatic reminder to be present in the moment and enjoy the company of your family and friends.*
- *Thieves® Waterless Hand Purifier—This portable hand cleanser is great to have at any gathering.*
- *NingXia Nitro™—Keep up with the kids with a Nitro boost.*

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