

Gardening & Essential Oils

A guide by Dee Sefcik
The Limitless Athletes



- Pest control
- Companion planting
- Attracting pollinators
- Bug spray
- Splinter removal
- Hand soap
- Weed control
- Animal deterrent
- Plant revival

Gardening is not just about plants—it's a therapeutic lifestyle. Gardening aligns beautifully with a natural wellness lifestyle, and essential oils make the process easier, safer, and more effective.

Foundations of Essential Oils for Gardening

Essential oils are potent, safe, and versatile. doTERRA oils are uniquely pure—free from pesticides and contaminants. They're highly concentrated: one drop of peppermint equals 28 cups of tea! When gardening, it's important to avoid 'greenwashed' products that appear natural but contain harmful chemicals. **Oils like peppermint, cedarwood, and basil provide powerful pest control and promote plant resilience.** Always dilute oils with water and Castile soap before applying, and spray in the morning or evening to avoid plant burns.

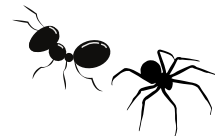
Top Garden Challenges & Natural Solutions

Organic gardening welcomes some pest activity, but **essential oils help manage infestations safely.** Common garden pests like aphids, beetles, slugs, ants, and caterpillars can be repelled using blends of peppermint, cedarwood, rosemary, basil, thyme, and clove. If pests have taken over, combining oils with other techniques—like beer traps for slugs—can improve results. I recommend using **“Back to Eden” gardening to mimic nature and preserve soil health, emphasizing that healthy soil microbiomes (like gut health) prevent pests and promote strong plant growth.**

Essential Oil Spray Recipes for Pest Control

Essential oils provide powerful yet safe pest control solutions, making them ideal for organic gardening. Here are specific recipes and tips for managing common garden pests:

- **All-Purpose Garden Spray:** Peppermint, Tea Tree, Lavender, Rosemary, Clove + Castile soap + water
- **Ants & Spiders:** Peppermint alone is highly effective



- **Slug Spray:** Cedarwood and Rosemary, applied at plant base, paired with beer traps
- **Beetles:** Rosemary, Thyme, Cedarwood, Peppermint



- **Caterpillars:** Peppermint, Cedarwood, Basil




- **Aphids:** Rosemary, Cedarwood, Basil, Peppermint, Clove



TIPS: Always dilute oils with water and Castile soap. Apply sprays in the morning or evening to avoid leaf burn. Start with spraying the base, work up to foliage if needed.

Companion Planting with Essential Oils


Companion planting involves growing certain plants near each other to enhance growth, protect from pests, or improve crop yield. If garden space is limited or you don't have the companion plants readily available, using essential oils offers an effective alternative. Instead of physically planting companion plants, you can mimic their beneficial effects by adding their corresponding essential oils to your watering routine.

 Carrots & Rosemary



 Tomatoes & Basil




 Lettuce & Cilantro or Thyme




 Onions & Peppermint or Spearmint



 Peppers & Marjoram or Geranium



 Fruit Trees & Basil, Marjoram, Melissa



How to use oils for companion planting:

- Add a few drops of the appropriate essential oil into your watering can.
- Water the plants directly at the base (avoid leaves unless specifically beneficial).
- Repeat this weekly or as needed.



Attracting Pollinators & Ladybugs Naturally

Pollinators and beneficial insects such as butterflies, bees, and ladybugs play essential roles in the health and productivity of your garden. Encouraging their presence naturally supports plant growth and improves garden yields.



Wild Orange attracts butterflies and general pollinators

Spray diluted Wild Orange around garden areas, on plants, or nearby flowers.



Lemongrass attracts mason and honey bees

Apply lemongrass diluted in water directly onto bee houses or nesting areas to encourage bee activity.



Dill (when available) attracts ladybugs, which eat aphids

Dill's scent naturally attracts ladybugs, providing organic pest control.



TIPS: Use an outdoor diffuser or spray diluted EOs around your garden regularly. Spray around pollinator-friendly plants & where you want beneficial insects to gather. Apply weekly or more depending on weather conditions (after rain or heavy watering).

Garden Wellness Toolkit



Natural Bug Spray for Humans

Protect yourself naturally from insects while gardening or spending time outdoors by using an effective, toxin-free bug spray made from powerful essential oils. This blend offers safe protection from mosquitoes, flies, and other biting insects without harmful synthetic ingredients.

Ingredients (for a 4 oz glass spray bottle):

- 10 drops each: Peppermint, Lemon Eucalyptus, TerraShield
- 8 drops each: Lemongrass, Citronella
- 6 drops Cedarwood
- Approx. 2 oz Witch Hazel
- Approx. 2 oz Distilled Water



Instructions:

1. Add essential oils to the spray bottle.
2. Fill halfway with Witch Hazel and the rest with distilled water.
3. Shake well before each use.

Spray on skin, clothes, shoes, and hats before going outdoors.



Store in a glass spray bottle to protect the integrity of the oils.

TIPS: Reapply every few hours or after heavy sweating.
Can be used on children 3+ with half the oil amounts and extra dilution.



Splinter Removal: If you have a splinter, and it's one of those tiny ones that you just cannot get out—put a drop of **On Guard** on it, and cover it with a Band-Aid. Leave it overnight. It will push it out of the skin! Can also use **Frankincense** and **Melaleuca** in the same way.





Gardener's Hand Soap

Deep Cleaning + Natural Care

- 🧴 Use a foaming hand soap bottle
- 💧 Fill ⅓ of the bottle with distilled water
- ➕ Add the following essential oils:
 - 10 drops Lemon (cleansing + degreasing)
 - 10 drops Tea Tree (antibacterial + antifungal)
 - 10 drops Lavender (soothing for skin)

🥥 Optional: Add 1 tsp fractionated coconut oil for added moisture



Natural Weed Control with Essential Oils

While weeds are part of a natural garden, sometimes you need targeted help—especially around walkways or raised beds. I recommend a natural spot-treatment approach:

Weed Killer Spray

- 1 cup white vinegar
- 2 tablespoons salt (table or Epsom)
- 1 teaspoon Castile soap
- 10–15 drops Clove essential oil

(Optional: some also use Cinnamon oil for added effect)



Directions:

- Mix all ingredients in a spray bottle.
- Shake well before use.
- Spray directly on weeds, ideally on a sunny day, for best results.
- Avoid spraying desirable plants—this mixture is non-selective and can harm any foliage.



Natural Animal Deterrent

To naturally deter rabbits, cats, moles, and deer from your garden. Rosemary's strong scent disorients small mammals and is unpleasant to animals with sensitive noses. This is non-toxic, eco-friendly, and safe for kids and pets.



DIY Animal Repellent Method

- Use cotton balls or old rags
- Add a few drops of Rosemary essential oil to each one
- Place them strategically around garden borders, near burrows, or where pests are active



Refresh the oil every few days, especially after rain.

🌱 Plant Revival with DDR Prime

Revive struggling plants by adding DDR Prime. This cellular-supportive blend can help plants perk up within hours and appear noticeably healthier by the next day. Adding DDR Prime to vase water can also extend the lifespan and vibrancy of cut flowers.

🧴 Revival Method:

1. Fill a watering can with clean water.
2. Add 1–2 drops of DDR Prime essential oil blend.
3. Pour at the base of the plant—avoid leaves.
4. Let the plant absorb overnight or for 24 hours.



🌸 Results:

Visible improvement can often be seen within hours—**plants may perk up, regain structure, and appear significantly healthier** by the next day. This method can also be **applied to cut flowers**, with DDR Prime in the vase water helping to extend their lifespan and vibrancy.

🧬 Why It Works:

DDR Prime is formulated to support cellular repair and regeneration, making it uniquely effective for stressed plants. Its properties include:

- Antioxidant support
- Cell renewal
- Anti-inflammatory action (even in plant tissues)



☀️🐛 Sun & Bug Protection for Gardeners

When you're gardening, proper protection from the sun and insects is crucial.

Sun Protection:

I highly recommend **doTERRA's Sun line** for the following reasons:

- 🌱 Clean, vegan, and cruelty-free
- 🌊 Reef-safe with non-nano zinc oxide
- 😊 Gentle and effective for both adults and children
- ☀️ After Sun Spray soothes sunburn, reduces redness, and speeds skin recovery.



Bug Protection:

Essential oils offer powerful, natural protection from insects, avoiding harsh synthetic chemicals:

- ❄️ Peppermint oil cools overheated skin and repels bugs naturally.
- 💧 Lavender and Tea Tree blend quickly **relieves bug bites** and soothes skin irritations.
- 🧴 DIY Bug Spray Blend: Combine Peppermint, Lemon Eucalyptus, TerraShield, Lemongrass, Citronella, Cedarwood, and Witch Hazel for comprehensive protection.



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THANK YOU

I'm so grateful for the opportunity to share this information with you. I hope you enjoyed learning and found practical, natural solutions that align with your current wellness goals. If you'd like to continue the conversation or explore more resources, feel free to connect with me through any of the links below.

CONSULTATION

Do you have questions related to Foundational Wellness or what you learned about natural solutions? Schedule a time to chat with me.



Want to Make Gardening Easier—Naturally?

Scan a QR code below to view a curated kit with everything you need (all-purpose garden spray & natural bug spray) to support a healthy, thriving garden—naturally and toxin-free

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