

DIY NON-TOXIC BUG REPELLENT

- 1. Citronella is the key ingredient in this blend. It is a natural bug repellent and insecticide and can repel mosquitoes up to a few feet away. It is also a natural antiseptic, meaning it can cleanse the skin of pathogens and bacteria.**
- 2. Lavender naturally repels insects and it's effectiveness has been comparable to DEET, a commercial bug repellent that is neurotoxic. Lavender is also anti-inflammatory and can offer relief to itchy skin.**
- 3. Cedarwood also possess insecticidal activity against adult mosquitoes and household insects.**
- 4. Tea Tree is an antibacterial, anti-inflammatory and antiviral essential oil. It is effective in repelling and killing ticks and mites.**

Yields 100 ml of Bug Repelling Solution

You will need:

1-2 drop citronella Essential Oil *
1-2 Drop cedarwood EO
1-2 drop lavender EO
1-2 drop Tea tree EO
45 ml witch hazel
45 ml grape seed or olive oil

Directions:

Combine all ingredients in a 100 ml glass (preferred) spray bottle and shake well.

Shake well before each use and always avoid eye area.

Reapply every 2 hrs as needed.

*NB: When it comes to essential oils, the concentration used will determine safety. Stick to 1-2 drops in 1-2 tablespoons of liquid or carrier oil. Test in a small area first for sensitivity. For adults dosages, use 5-10 drops.

For extra protection, it is recommended to spray clothing with the solution.