

## NON-TOXIC INSECT REPELLENTS

Enjoy the warm ... free from the swarm! (and free from harmful chemicals!)

Herbalist Debra St. Claire suggests this insect repellent:

1/2 ounce citronella oil  
1/4 ounce lavender oil  
1/8 ounce pennyroyal oil  
1/8 ounce tea tree oil  
1/8 ounce jojoba oil

**NOTE:** Do not use this blend undiluted on your skin. To make an insect repellent that can also be used on your body, add 16 ounces of jojoba oil to the above list.

Other essential oils commonly found in natural insect repellents include: basil, calendula, cedar wood, citronella, clove, eucalyptus, garlic, geranium, lavender, lemongrass, peppermint, pine, rosemary, and thyme.

Have fun experimenting with your own recipe! I use the following to spray on skin and around the home:

### **ALTERNATIVE**

2 Cups Water  
25 drops Lemon oil  
25 drops Lavender oil  
25 drops Peppermint oil  
25 drops Citronella oil  
50 drops Eucalyptus oil  
Combine in a large spray bottle and shake well. Spray especially around entry ways.

### **CAUTION**

Be careful with volatile oils. Some, such as Eucalyptus and Peppermint, are too strong for the small lungs of children and can cause asthma-like symptoms; many essential oils shouldn't be used topically full-strength; most are harmful if ingested.

Search online "essential oils safety" for more details.

A good site for this is <http://www.aromaweb.com/articles/safety.asp>.

Insect attractants include: food (especially sugary drinks), flowers, dark and floral clothing, fruity and floral fragrances (in hair products, perfumes, lotions, sunscreens, and even scented laundry products).