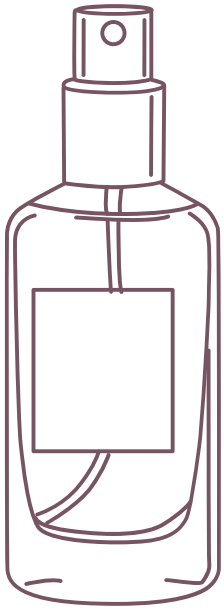
Bug Off Spray



INGREDIENTS

- *1 oz. witch hazel (infuse with catnip for more potency)*
- *1 oz. grapeseed oil*
- *35 drops citronella essential oil*
- *20 drops peppermint essential oil*
- *15 drops lemon essential oil*
- *15 drops lemongrass essential oil*
- *15 drops cedarwood essential oil*

DIRECTIONS

Add all ingredients into a 2 ounce spray bottle. Shake to combine. The oil in this recipe is to keep the essential oils on your skin, if you only use the witch hazel or just add essential oils to water they evaporate too quickly so always use the oil as part of the recipe. Mix all the ingredients together and pour into a spray bottle. Shake well before each use and apply every 2 hours or so.

BUG REPELLING ESSENTIAL OILS

- *basil*
- *bergamot*
- *cedarwood*
- *citronella*
- *clove*
- *eucalyptus*
- *geranium*
- *lavender*
- *lemon*
- *lemongrass*
- *Melaleuca (alternifolia - tea tree)*
- *palo santo*
- *patchouli*
- *peppermint*
- *rosemary*

Another way to utilize the bug repelling properties of these oils is to apply a few drops to some ribbons and hang them around the area you want to keep clear of insects. Apply them straight to your clothing, behind your ears, knees and the joint of your arm. Place a few drops on cotton balls and place under beds, in drawers, closets, or other areas that creepy crawlies like to hang out.

BUG REPELLING HERBS

These herbs can be used to make an herbal hydrosol, tea, infuse into an oil, witch hazel or Vodka to make your own bug repellent spray. You can also plant these herbs around areas of your home in which you would like to ward of bugs.

.

- *basil*
- *catnip*
- *lavender*
- *lemon balm*
- *mint*
- *rosemary*
- *sage*
- *thyme*

