

The Green Leaf

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DIY BUG SPRAY

Time for outdoor family and friend get togethers. Time for outdoor adventures, swimming, camping, hiking, fishing and baseball. Finally, a break from the cold winter chill, fresh air days are back, warm rays, cool summer night breezes, and mosquitos... oh yeah, and ticks too. One of the dampers on summer is the annoyance of insects, itchy swollen bites, the fear of lime disease from ticks. Time for bug spray, but if you're like me, you dread the idea of spraying toxic chemicals all over your skin, your children, elderly relatives and those already battling illness. You want to protect yourself and the ones you love without the use of harsh chemicals, there are other options other than store bought chemical bug spray. Non-essential oil sprays and rubs are generally accepted as safe barring any allergy. I have gathered a few DIY bug recipes for you to try this summer.

<p>Easy Essentials Homemade Insect Repellent – Rub On</p> <p>Mix ingredients in a dark colored lotion or spray bottle:</p> <ul style="list-style-type: none">• 2 Tbs. oil of choice (avocado oil, grapeseed oil, coconut oil, sweet almond oil, neem oil)• 20 drops of essential oils (either a combination below or single favorite) <p>Fireside Campout: 4 drops cinnamon, 6 drops cedar, and 10 drops rosemary</p> <p>Sunny Meadow: 3 drops eucalyptus, 5 drops mint (peppermint recommended), 12 drops lemon</p> <p>70's Chic: 6 drops cedar, 4 drops patchouli, 10 drops lavender</p> <p>New Spring Blooms: 2 drops patchouli, 8 drops geranium, 5 drops rosemary, 5 drops lavender</p>	<p>Tick Repellent</p> <p>In a dark colored spray bottle, mix the following:</p> <ul style="list-style-type: none">• 2 cups of distilled white vinegar and• 1 cup of water.• 20 drops of your favorite essential oil/s. Eucalyptus oil, peppermint and citrus oils give off a strong crisp scent that is great at repelling ticks.• After mixing the solution, spray onto clothing, skin, and hair before going outdoors. Reapply every four hours to keep ticks at bay.
<p>Peppermint and Vanilla– Spray On</p> <p>Combine ingredients into the spray bottle, shake, and let sit at least overnight:</p> <ul style="list-style-type: none">• 1 cup witch hazel or rubbing alcohol• 1 Tbs. vanilla extract• 1 Tbs. cloves• 1 Tbs. peppermint extract• 1 spray bottle	

Information provided by:

<https://wellnessmama.com/2565/homemade-bug-spray/>

<https://wtaq.com/blogs/the-great-outdoors/158/home-made-tick-repellent-so-cheap-and-so-easy/>