

Natural Insect Repellents

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Herbal Insect Repellent Oil

- 1 part fresh [Pennyroyal](#)
- 1 part fresh [Thyme](#)
- 1/2 part fresh [Basil](#)
- 1/2 part [Neem](#) leaf (if available)
- [Tea Tree Essential Oil](#)
- [Citronella Essential Oil](#)
- [Olive Oil](#)

Pick your fresh [Herbs](#). Manually remove any dirt then set them in a sunny place until the [Herbs](#) are wilted.



[Elderberry Syrup](#)

Created for Planetary
Herbals by licensed
acupuncturist and clinical
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Using 1/4 cup as your part, measure 1/4 cup of [Pennyroyal](#) and [Thyme](#), and 1/8 cup [Basil](#) and [Neem](#) leaf into a crock pot. Pour in enough [Olive Oil](#) to cover the [Herbs](#) plus another inch of oil (approximately 1 cup). Turn the crock pot on low temperature and heat the [Herbs](#) for about 3 hours. An alternative way to prepare your oil extraction is to place the [Herbs](#) in a clear glass jar and set it in the sun for about five days. Shake it once or twice a day.

When you have finished heating your oil, strain your oil through a cheesecloth lined strainer. Squeeze out as much oil as possible. Measure out how much oil you now have. For each ounce of oil add 10 drops of [Citronella Essential Oil](#) and 5 drops of [Tea Tree](#) oil.

Pour into lotion bottle and label.

Make Your Own Natural Bug Repellents

All natural bug repellents are becoming more common over their toxic counterparts. Why not try to make up your own natural bug repellent and see the difference in the lack of fumes (some even smell really good!) and the cheaper price. Most all of these bug repellents incorporate [Essential Oils](#).

Tick Repellent

- 20 drops [Rose Essential Oil](#)
- 2 tablespoons vegetable or [Olive Oil](#)
- 1 tablespoon [Aloe Vera](#) gel

Mix the above ingredients together, shaking to blend them well, and keep in a glass jar. Use a few drops on your skin or clothing.

Tick Repellent #2

- 20 drops [Eucalyptus Essential Oil](#)
- 2 tablespoons vegetable or [Olive Oil](#)
- 1 tablespoon [Aloe Vera](#) gel

Mix the above ingredients together, shaking to blend them well, and keep in a glass jar. Use a few drops on your skin or clothing.

Mosquito Repellent

- 20 drops [Lemon Balm Essential Oil](#)
- 2 tablespoons vegetable or [Olive Oil](#)
- 1 tablespoon [Aloe Vera](#) gel

Mix the above ingredients together, shaking to blend them well, and keep in a glass jar. Use a few drops on your skin or clothing.

Mosquito Repellent #2



[Mushroom Glyco Nutrients](#)
NOW® Mushroom GlycoNutrients is a nutritional supplement designed to support



[Zenergize Immunity, Citrus](#)
Getting sick (or at least pretending to) was sort of fun back in the old da



[VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu



[Germ Defense Lozenges](#)
Germ Defense Lozenges are dietary supplements used to boost your immune sys

- 20 drops [Thyme Essential Oil](#)
- 2 tablespoons vegetable or [Olive Oil](#)
- 1 tablespoon [Aloe Vera](#) gel

Mix the above ingredients together, shaking to blend them well, and keep in a glass jar. Use a few drops on your skin or clothing.

Mosquito Repellent #3

- 20 drops [Lavender Essential Oil](#)
- 2 tablespoons vegetable or [Olive Oil](#)
- 1 tablespoon [Aloe Vera](#) gel

Mix the above ingredients together, shaking to blend them well, and keep in a glass jar. Use a few drops on your skin or clothing.

Black Fly Repellent

- 20 drops Sassafras [Essential Oil](#)
- 2 tablespoons vegetable or [Olive Oil](#)
- 1 tablespoon [Aloe Vera](#) gel

Mix the above ingredients together, shaking to blend them well, and keep in a glass jar. Use a few drops on your skin or clothing.

Black Fly Repellent #2

- 20 drops cedar [Essential Oil](#)
- 2 tablespoons vegetable or [Olive Oil](#)
- 1 tablespoon [Aloe Vera](#) gel

Mix the above ingredients together, shaking to blend them well, and keep in a glass jar. Use a few drops on your skin or clothing.

Lice Repellent

- 10 drops [Tea Tree Essential Oil](#)
- 10 drops [Rosemary Essential Oil](#)
- 2 tablespoons vegetable or [Olive Oil](#)
- 1 tablespoon [Aloe Vera](#) gel

Mix the above ingredients together, shaking to blend them well, and keep in a glass jar. Use a few drops on your skin or clothing.

Flea Repellent

- 20 drops [Orange oil Essential Oil](#)
- 2 tablespoons vegetable or [Olive Oil](#)
- 1 tablespoon [Aloe Vera](#) gel

Mix the above ingredients together, shaking to blend them well, and keep in a glass jar.



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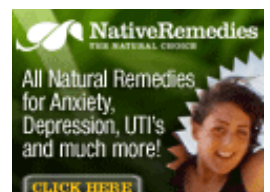
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Use a few drops on your skin or clothing.

Aphid Repellent

- 1 Tablespoon liquid dish Soap
- 1 Cup olive or vegetable oil
- 2 1/2 teaspoons water

Mix all together in a spray bottle. You can spray this mixture on flowers and on plants every 10 days, indoors or outdoors.

Bug Repellent Cream

- 1/4 cup [Pennyroyal](#)-infused [Grapeseed](#) oil
- 1/4 cup mineral oil
- 1 tspn coconut oil
- 2 Tbsp [Beeswax](#)
- 1/8 tspn borax powder
- 1/4 cup distilled water
- 5 drops [Lemongrass](#) EO
- 3 drops [Citronella](#) EO
- 20 drops [Lavender](#) EO
- 10 drops [Rosemary](#) EO
- 10 drops [Eucalyptus](#) EO
- 10 drops [Pine](#) needle EO
- 20 drops [Cedarwood](#) EO

Melt together [Pennyroyal](#)-infused oil, [Beeswax](#) and coconut oil. While wax is melting, put distilled water and borax in a pint jelly jar, and microwave for less than a minute, to dissolve borax.

When [Beeswax](#) is melted, pour oil/wax mixture into borax/water mixture, and stir to blend. Add all the EO's, then put the lid on the jelly jar and SHAKE vigorously. Shake, then check, until mixture starts to become a cream (it wont take long).

Makes 1 pint.

Insect Repellent Oil for Ticks, Mosquitos

- 10 to 25 drops [Essential Oil](#) ([Pennyroyal](#), [Lemon Balm](#) {[Citronella](#)}, [Thyme](#), and [Lavender](#). Other choices include [Bergamot](#), [Cajeput](#), [Eucalyptus](#), [Rose Geranium](#))
- 2 tablespoons vegetable oil

Combine the ingredients in a glass jar; stir to blend. Dab a few drops on your skin or clothing, making certain to avoid your eyes. Makes about 2 tablespoons.

Preparation Time: A few minutes Shelf Life: 6 months Storage: Glass jar with a screw top

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Variation: Insect Repellent Oil for Ticks

10 to 25 drops [Essential Oil](#) of [Rose Geranium](#). Follow directions above.

[Rose Geranium](#) works wonders to repel ticks. Other [Essential Oil](#) choices to repel ticks include [Bay](#), [Eucalyptus](#), European [Pennyroyal](#), [Lavender](#), [Lemon Balm](#) ([Citronella](#)), [Myrrh](#), [Rosemary](#), [Tickweed](#) (American [Pennyroyal](#)).

Mosquito Chasing Oil

Ann Lovejoy, the noted Seattle gardener, writer and [Organic](#)-gardening proponent, has suggested a recipe for [Catnip](#)-and-[Rosemary](#) mosquito-chasing oil:

- 2 cups [Catnip](#), stemmed
- 1 cup [Rosemary](#), cut in 6-inch sprigs
- 2 cups [Grapeseed](#) oil

Roll [Herbs](#) lightly with a rolling pin and pack into a clean jar. Cover with oil, seal jar and place in a cool, dark cupboard for two weeks. Strain into a clean jar, seal and refrigerate. To use, rub on exposed skin.

One word of caution — before applying large quantities of any herbal repellent solution, patch-test yourself for any allergy to the [Herbs](#) by applying a small amount to your forearm for a couple of days; if there is no skin rash, redness or other reaction, you're probably safe to use the [Herbs](#) on a larger area of skin.

Removing Ticks

A School Nurse has written the info below — good enough to share — And it really works!!

I had a pediatrician tell me what she believes is the best way to remove a tick. This is great, because it works in those places where it's sometimes difficult to get to with tweezers: between toes, in the middle of a head full of dark hair, etc.

Apply a glob of liquid [Soap](#) to a cotton ball. Cover the tick with the [Soap](#) soaked cotton ball and swab it for a few seconds (15-20), the tick will come out on it's own and be stuck to the cotton ball when you lift it away.

This technique has worked every time I've used it (and that was frequently), and it's much less traumatic for the patient and easier for me.

Unless someone is allergic to [Soap](#), I can't see that this would be damaging in any way. I even had my doctor's wife call me for advice because she had one stuck to her back and she couldn't reach it with tweezers.

She used this method and immediately called me back to say, "It worked!"

Aromatherapy Insect Repellent



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Natural Choice*

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and Delivery**

- 8 ounces of [Carrier Oil](#) ([Almond](#) or olive)
- 40 drops [Pennyroyal](#) Oil
- 40 drops [Citronella](#) Oil
- 40 drops [Cedarwood](#) Oil
- 40 drops [Eucalyptus](#) Oil
- 40 drops [Aloe Vera](#) Oil
- 2 capsules of [Vitamin E](#) (preservative)

You can add 1/4 cup of rubbing alcohol and 1/4 cup of water to thin this out, but left as is will last longer.

All Natural Insect Repellent Spray

Ingredients:

- 8oz Distilled Water
- 1.5 tsp [Lemongrass](#) EO
- 2 tsp [Glycerin](#)
- 1/2 tsp [Citronella](#) EO

Directions

I add these ingredients directly to my 8oz spray bottles! Shake well before use!

Citronella Lotion

- 2 ounces distilled water
- 2 ounces [Olive Oil](#)
- 120 drops [Citronella Essential Oil](#)

A lotion is an emulsification of water and oil. To prepare: Put water into a deep mixing bowl. Begin to drizzle in the oil slowly and beat vigorously with a wire whisk. By the time all the oil is added you should have a nice creamy white lotion. Stir in the [Citronella](#) oil. Pour into a lotion bottle and label.

Easy Insect Repellent Lotion

Add to 8ozs of light unscented skin lotion

- 15 drops of [Citronella Essential Oil](#)
- 15 drops of [Eucalyptus Essential Oil](#)
- 10 drops of [Patchouli Essential Oil](#)

Mix up well and then apply to exposed skin.

Special Message



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- Scientifically Formulated
- ALL NATURAL
no side effects

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