

Natural Insect Repellent



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Any season is bug season, Bugs multiply at astounding levels and pester any plans in the fresh air. If you're anything like me, then you are also certain that mosquitoes and other biting insects are out to get you and may keep you indoors instead of enjoying the outdoors.

Bugs should not keep us from a walk around the park or neighborhood, a relaxing getaway on your favorite hike, or enjoying a barbeque with family and friends. Before you get to the point of banishing yourself indoors, try this all-natural approach to a safe and hazard-free bug spray with 100% pure, therapeutic-grade essential oils from the World Leader Young Living Essential Oils.

Items needed:

- Amber or cobalt glass spray bottle, 8 oz. □
- Distilled water, 4 oz. □
- Unscented witch hazel, 4 oz. □
- [Thieves® essential oil blend](#) □
- [Purification® essential oil blend](#) □
- [Melaleuca](#)

[alternifolia essential oil](#)• [Citronella essential oil](#)• [Lavender essential oil](#)• [Lemon essential oil](#)• [Peppermint essential oil](#)• [Idaho tansy essential oil](#)

Preparation:

- Fill an 8-oz. spray bottle with 4 oz. of distilled water
- Add 4 oz. of witch hazel
- Add 10 drops of Thieves, Purification, and *Melaleuca alternifolia* essential oils
- Add 5 drops of lemon, lavender, peppermint, Idaho tansy, and citronella essential oils

Shake well before each use and spray a light layer on skin and clothing

This natural alternative to store-bought bug sprays will keep you free from harmful chemicals and other unnatural ingredients—not to mention the pleasant aroma that will be with you as you enjoy the nature around you.

Unused natural insect repellent may be stored in a dark bottle, away from heat or sunlight. Heat may weaken the properties and quality of your blend so that it is no longer effective against the outdoor biting critters. Also, should you happen to get bit, apply your recipe, or one drop Young Living Purification blend or lavender undiluted directly to the bite and help take the itch away.



To avoid deterioration and protect the aromatic and therapeutic properties of your essential oils, store them in amber or cobalt blue bottles. Dark glass such as amber or cobalt helps to keep out deteriorating sunlight. Clear glass bottles are not harmful to essential oils, but clear glass does not protect the oils from damaging sunlight. Avoid

storing pure essential oils in plastic bottles as the essential oil will eat at the plastic, and the essential oil will become ruined over a short period of time.



However, if by chance you find yourself outside without bug spray, Purification is an amazing after-bite reliever that minimizes itching and redness, so be sure to keep some handy wherever you go.



Thieves was created based on research about four thieves in France who covered themselves with cloves, rosemary, and other aromatics while robbing plague victims. This proprietary essential oil blend was university tested for its cleansing

abilities. It is highly effective in supporting the immune system and good health.*



Purification can be used directly on the skin to cleanse and soothe insect bites, cuts, and scrapes. When diffused, it helps to purify and cleanse the air from environmental impurities including cigarette smoke and other disagreeable odors.



Melaleuca alternifolia is highly regarded for its wide range of uses. It supports the immune system* and is beneficial for the skin. Commonly known as Tea Tree Oil.



Citronella (*Cymbopogon nardus*) essential oil is popularly used as an insect deterrent. Traditionally it has also been used to prevent food spoilage due to fungus and bacteria.



St. Maries Lavender (*Lavandula angustifolia*) is highly regarded for skin and beauty. It may be used to soothe and cleanse minor cuts, bruises, and skin irritations. Lavender is great for winding down before bedtime, yet it has balancing properties that boost stamina and energy. This lavender is grown on the Young Living Lavender Farm in St. Maries, Idaho, where the plants are carefully nurtured and cultivated.



Lemon (Citrus limon) has a strong, purifying, citrus scent that is revitalizing and uplifting. Lemon consists of 68 percent dlimonene, a powerful antioxidant. It is delightfully refreshing in water and may be beneficial for the skin. Lemon may also be used to enhance the flavor of foods. Lemon essential oil is cold-pressed from the rinds of lemons. Jean Valnet MD estimated that it takes 3,000 lemons to produce one kilo of oil. In his book, *The Practice of Aromatherapy*, Valnet wrote that lemon is a tonic for supporting the nervous and sympathetic nervous system.* Lemon has an approximate ORAC of 6,619 (TE/L). TE/L is expressed as micromole Trolox equivalent per liter.



Peppermint (Mentha piperita) has a strong, clean, fresh, minty aroma. One of the oldest and most highly regarded herbs for soothing digestion, it may also restore digestive efficiency.*

Jean Valnet MD studied peppermint's supportive effect on the liver and respiratory systems. Other scientists have also researched peppermint's role in improving taste and smell when inhaled. Dr. William N. Dember of the University of Cincinnati studied peppermint's ability to improve concentration and mental sharpness. Alan Hirsch MD studied peppermint's ability to directly affect the brain's satiety center, which triggers a sensation of fullness after meals. This powerful essential oil is often diluted before topical application. Peppermint may also be used to enhance the flavor of food and water. Peppermint has an approximate ORAC of 373,455 (TE/L). TE/L is expressed as micromole Trolox equivalent per liter.



Idaho tansy (*Tanacetum vulgare*) has a pungent aroma that stimulates a positive attitude and a general feeling of wellbeing. This oil has been used extensively to deter pests. Listed in E. Joseph Montagna's *The Herbal Desk Reference* on herbal formulas, tansy is soothing to the skin. This oil is grown and distilled at the Young Living Farms.