



## **Insect Bites and Sprays**

### **Insect spray for the house and garden:**

3 drops spearmint  
3 drops orange  
2 qts water

Mix and spray on plants in the house and outside and in greenhouse to keep the bugs and aphids away.

### **Insect repellent**

Peppermint works great. Just rub it all over head, arms and legs.

### **Here is a list of essential oils you can use on bites:**

|                         |    |                 |
|-------------------------|----|-----------------|
| 1 drop thyme            | Or | 1 drop lavender |
| 10 drops lavender       |    | 1 drop birch    |
| 4 drops eucalyptus      |    |                 |
| 3 drops roman chamomile |    |                 |
| 1 Tbs V-6               |    |                 |

### *Over the Counter Products:*

Note: Lemon eucalyptus, citronella and lavender should not be used in children under 2 years old.

Repel Lemon Eucalyptus spray

Skeeter Beater

Kiss My Face natural tick repellent

California Baby Citronella products

Ambermin's Natural Source – available at Hopewell Pharmacy ([www.hopewellrx.com](http://www.hopewellrx.com))

***The above is intended as information and does not represent the only options in addressing this problem. Please contact your primary physician prior to beginning any treatment.***