

# Essential Oil Bug Repellent...That Actually Works!



## Simple Skeeter Spray

- ¼ cup Witch Hazel
- 30 drops Lavender Oil
- 20 drops Bergamot Mint Oil
- 20 drops Clove Bud Oil



## Super Six "Bug Off" Spray

- ¼ cup Witch Hazel
- 30 drops Lemon Oil
- 30 drops Bergamot Mint Oil
- 20 drops Lavender Oil
- 10 drops Virginia Cedarwood Oil
- 10 drops Rosemary Oil
- 10 drops Lemon Eucalyptus Oil

## Directions

1. Combine all ingredients in a small glass spray bottle.
2. Shake well before use.
3. Reapply as needed...I find about every 2 hours works well for me but experiment a little to find what works best for you!

Essential oil bug spray is generally safe for most people to use, unless of course you are allergic to one of the ingredients. Remember, just because a product is made with "natural" ingredients doesn't mean you can't have a reaction. My dermatologist once reminded me that poison ivy is "natural", but he wouldn't suggest anyone roll around it or rub it on their skin. Point well taken...and never forgotten! With that said, I would recommend testing the spray on a small area before use and consult with your doctor prior to use on small children or pets.



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