

Summer Fun BUGS Essential Oils



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Summer can be so much fun! Swimming, hiking, playing outside until late at night and just enjoying the warmth of the sun.

There is one thing that can really “bug” you during the summer, yes you guessed it. BUGS!

Most of us reach for our can of bug spray. Did you know there are some toxic chemicals in those sprays?

+ Recent [bug spray](#) studies link chemicals in bug sprays to Parkinson's disease.

+ The Environmental Protection Agency has discovered chemicals that kill bugs can lead to infertility, birth defects, and miscarriages, stillbirths, learning disorders, aggressive behavior, cancer of the breast, prostate and lymphatic system.

+ The most common insecticide in store-bought bug spray is DEET (N, N-diethyl-meta-toluamide). This powerful insecticide is in over 400 repellents. It can peel paint, damage rayon and spandex, and melt plastic.

<http://www.consumersavvytips.org>

YIKES! What can we do? Are there some natural alternatives? YES!!



There are many essential oils you can use to make a natural bug spray. Specifically, **Citronella Essential Oil**. Citronella is the KING when it comes to bug repellent. And here is a wonderful recipe that you can try to help repel those pesky critters. It is gentle enough to use on dogs AND added benefit....you can use it to deter lice in kids hair!

1 oz. witch hazel or vodka

Blended with 5-10 drops each:

Citronella

Geranium

Sweet Orange

Ylang Ylang

Pour into spritz bottle and add 3 oz. water. Shake, spray.

This is a great recipe to use and is safe to diffuse as well on the deck.

One thing that I do is to purchase and plant geraniums all around my deck. I also put them in my gardens as well. They are a natural bug repellent AND look beautiful as well.



There are many essential oils out there that can repel and kill bugs in your home and in your garden! Be careful as not ALL bugs are harmful to your plants and gardens.

Use caution and only spray on plants when bugs AREN'T around that way it repels them and doesn't kill them. We do need most bugs! You can add some oils to your watering container or spray bottle with water. Shake before each spray.

- **Ants:** Peppermint, spearmint, garlic, citronella, orange, cedarwood
- **Aphids:** Cedarwood, hyssop, peppermint, spearmint, orange, cedarwood
- **Beetles:** Peppermint, thyme, garlic, cedarwood, orange
- **Caterpillars:** Peppermint, spearmint, cedarwood, orange
- **Chiggers:** Lavender, lemongrass, sage, thyme, cedarwood, orange
- **Cutworm:** Thyme, sage, cedarwood, orange
- **Fleas:** Lavender, lemongrass, peppermint, cedarwood, citronella, tansy, orange
- **Flies:** Lavender, peppermint, rosemary, sage, citronella, tansy, cedarwood, orange, lemongrass, lemon, thyme, tea tree, sandalwood, patchouli
- **Gnats:** Patchouli, spearmint, orange, citronella, tagetes, cedarwood, peppermint, eucalyptus, rose geranium
- **Mosquitoes:** Lavender, lemongrass, orange, citronella, tansy, cedarwood, peppermint, lemon, eucalyptus, thyme, rose geranium, clove, blue cypress, cinnamon, sage
- **Head Lice:** Lavender, tea tree, geranium, spearmint, peppermint, pine, thyme, orange, rosemary, cedarwood
- **Plant Lice:** Peppermint, spearmint, cedarwood, orange
- **Moths:** Cedarwood, hyssop, lavender, peppermint, spearmint, citronella, orange
- **Roaches:** Cedarwood, eucalyptus, cinnamon, thyme, orange
- **Slugs:** Cedarwood, hyssop, pine, garlic, orange
- **Snails:** Cedarwood, pine, patchouli, garlic, orange

- **Spiders:** Peppermint, spearmint, lemon, lime, orange, citrus, lavender, citronella, cedarwood
- **Ticks:** Lavender, lemongrass, orange, sage, thyme, citronella, tea tree, geranium, cedarwood, tansy, eucalyptus, sweet myrrh
- **Weevils:** Cedarwood, patchouli, sandalwood, orange

Don't let the bugs "BUG" you this summer. Take a natural approach to keeping those little buggers in line!



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