

# Five Non-Toxic DIY Natural Bug Repellent Spray

## 1. Simple 2 ingredient Mosquito and Biting Fly Repellent without Essential Oils

Items needed:

- Mortar & pestle
- Small handful of fresh or dried parsley (about 1 tablespoon. fresh is better)
- Apple cider vinegar 4 ounces
- Spray bottle, strainer, funnel

### **Directions:**

Simply crush & grind parsley with vinegar. Let sit for ½ hour or overnight. Strain and fill spray bottle. It smells like vinegar, however when dries smell goes away. You can also add an essential oil like peppermint or lavender as an option.

## 2. Essential Oil Bug Spray with 5 -6 ingredients

(safe for pets, kids over age 10). 5 different recipes listed below:

1. 15 drops lemongrass + 15 drops eucalyptus + 20 drops citronella
2. 20 drops lavender + 20 drops lemongrass + 10 drops peppermint
3. 20 drops rosemary + 20 drops cedar wood + 10 drops peppermint
4. 5 drops lavender + 10 drops basil + 10 drops rosemary + 15 drops spearmint
5. 5 drops eucalyptus + 20 drops lavender + 15 drops lemongrass

**Directions:**

On all above use 1:1 ratio of witch hazel and distilled water for base for example ½ cup each.

You can buy distilled water at grocery or make your own by boiling water then cooling to room temperature. Put in spray bottle. Shake well before use.

### 3. DIY Tick Repellent Spray

2 ounces liquid oil such as jojoba oil or grape seed oil  
(which is non-greasy)

15 drops geranium or rose geranium essential oil

15 drops tea tree oil

15 drops cedar wood oil

Use in glass spray bottle due to tea tree oil breaks down plastic.

**Directions**

Mix oil and essential oils together into spray bottle. Store in a cool, dark area when not in use. Should last 2-3 months.

Spray directly on skin before going outdoors.

### 4. Best DYI Natural Bug Spray

30 drops geranium essential oil

30 drops citronella essential oil

20 drops lemon eucalyptus essential oil (or 10 drops Lemongrass & 10 drops Eucalyptus oil)

20 drops lavender essential oil  
10 drops rosemary essential oil  
1 TBSP. vodka\* or rubbing alcohol  
½ cup natural witch hazel  
½ cup distilled water  
1 tsp. vegetable glycerin

**Instructions:**

Place essential oils in a glass jar. Add vodka\* or rubbing alcohol (60% or greater) and shake well to combine. This is a preservative, kills bacteria, molds, etc. and helps dissolve oils. Pour in witch hazel and shake to combine.

Add ½ tsp. vegetable glycerin. This helps everything stay combined (works as a emulsifier). Also feels good and softens skin. Add distilled water and shake again. Shake before each use as the oils and water will naturally separate some over time.

Pour into smaller plastic, glass, or metal spray bottle. Label and date.

\*60% ethanol by volume equals 120 proof vodka

**5. DIY Bug Spray Recipe Variations without using essential oils**

**Herbs for Repelling Insects**

Basil	Bay Leaves	Catnip
Cedar	Citronella	Clover
Eucalyptus	Garlic	Lavender
Lemon Grass	Mint	Rosemary
Thyme		

## **Fresh or Dried Herbs Bug Spray Ingredients**

- Distilled water
- Witch hazel or rubbing alcohol
- Dried herbs: peppermint, spearmint, citronella, lemongrass, catnip, lavender, etc. I recommend using at least one herb from the mint family and from the list above.

## **Fresh or Dried Herbs Bug Spray Instructions**

1. Boil 1 cup of water and add 3-4 tablespoons of dried herbs total in any combination from the above. I use 1 tablespoon each of peppermint, spearmint, catnip and lavender, and also throw in a couple of dried cloves.
2. Mix well, cover and let cool (covering is important to keep the volatile oils in)
3. Strain herbs out and mix water with 1 cup of witch hazel or rubbing alcohol. Store in a spray bottle in a cool place. You can keep in the fridge for an extra cooling spray.
4. Use as needed. Added bonus: it smells great and is very refreshing to the skin.

### **Facts:**

Essential oils last between 3-10 years if stored properly in a cool dark place. Durations vary by scent. For example Lavender last 3 years and Tea Tree can last 10 years.

You can buy essential oils at Kohls, CVS, and Health Food Stores. Prices range from \$5-\$15.