

Natural Bug Repellent Spray

4 oz distilled water
40 drops citronella essential oil
20 drops tea tree essential oil
10 drops peppermint essential oil
10 drops cedar essential oil
10 drops lemongrass essential oil
5 drops basil essential oil

Put your essential oils into a sterile dark colored glass or plastic spray bottle first then fill the rest of the bottle with 4oz of distilled water, pure witch hazel, aloe vera juice, green tea brewed in distilled water, or any combination of these that you like. Shake the mixture before using and then spray on skin before heading out and be sure to keep it near by if you are out and about. You could easily make this a body oil if you'd like more staying power and don't mind a greasier feel, just replace the water with any carrier oil of your choice but be sure to avoid clothing.