



## Recreation Recycles : Natural Bug Repellents

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If you are interested in non-toxic ways to keep the bugs away, here's some options using natural ingredients.

### Natural Bug Repellent Ingredients

- 30 drops geranium essential oil
- 30 drops citronella essential oil
- 20 drops lemon eucalyptus essential oil
- 20 drops lavender essential oil
- 10 drops rosemary essential oil
- 1 TBSP vodka (or rubbing alcohol)
- ½ cup witch hazel
- 1 tsp vegetable glycerin (optional)
- ½ cup water (or vinegar)

### Instructions

1. In a glass spray bottle, combine the essential oils.
2. Add the vodka or rubbing alcohol and shake well to combine.
3. Pour in the witch hazel and shake again to combine.
4. Add the vegetable glycerin. It isn't necessary but helps everything stay combined.
5. Add the water and shake again.
6. Shake before use.

Any combination of these essential oils work: citronella, clove, lemongrass, rosemary, tea tree, cajeput, eucalyptus, cedar, catnip, geranium, lavender, mint. 100 drops total is recommended. There are concerns about putting essential oils directly on your skin, especially with children. So this is best for put on clothing and gear, instead of skin.



Learn more about natural bug sprays and other recipe options at [www.wellnessmama.com](http://www.wellnessmama.com). Thanks to author, Katie Wells, who created this recipe!



# Natural Bug Repellents



## Considering planting plants in your yard that repel mosquitos.

- Lavender
- Citronella
- Marigold
- Basil
- Catnip
- Lemongrass
- Rosemary
- Peppermint



## Plants that repel other bugs:

**Flies:** Basil, mint, lavender, Rosemary

**Ants:** mint, peppermint, chrysanthemums

**Ticks:** catnip, lavender, chrysanthemums

**Spiders:** mint, lavender, Chrysanthemums

## Easy Repellent for Your Skin

Put 1 tsp of parsley in a mortar and pestle with 4 oz of apple cider vinegar. Mash until it is well combined. Let it set for at least 30 minutes. Strain it into a small spray bottle and spray on. This spray is fine for your skin and children. (ColorfulCanary.com)



## Other Options:

**Be diligent!** Make sure mosquitoes don't have a place to breed at your home. Eliminate standing water. Check all areas around your house, empty saucers, clean gutters, remove water from pool covers, buckets and trash cans, even from toys such as Frisbees left outside.

**Install a bat house.** Studies have shown a single bat can eat 1000 mosquitoes in an hour! Bat houses should be placed in an area that gets at least six hours of sunlight a day, and should be painted a dark color.

**Use a fan.** Strategically placing a fan on your deck or porch can keep mosquitoes away. They are weak flyers and can't navigate wind streams.

**Zappers are not really effective.** They seem like a good idea, but apparently, they don't attract the bugs that bite!



For more information on recycling, contact the Middletown Recycling Coordinator at 860-638-4855 or [Recycling@middletownct.gov](mailto:Recycling@middletownct.gov) or go to: <https://www.middletownct.gov/1139/Recycling-Presentations>



*\* In CT it is illegal to use pesticide misters! These are outdoor devices that spray toxic insecticides on a continual basis. (CT Public Act 18-24)*