



DIY Insect Repellent Cheat Sheet

Fighting the battle of the bugs? Ditch the DEET and other nasty chemicals and whip up a quick batch of this natural repellent, courtesy of theprairiehomestead.com

Mix N' Match >>

BASE Options:

- + Raw apple cider vinegar
- + White vinegar
- + Distilled or boiled water

BOOSTER Options:

- + Witch hazel
- + Vodka
- + Real vanilla extract
- + Rubbing alcohol
- + Vegetable glycerin

BINDER Options:

- + Natural liquid dish soap
- + Castile soap
- + Epsom salts

There are a million-and-one ways to mix up your own DIY fly sprays, and their efficacy will depend on your location and what type of bug you are battling. So, don't be afraid to do some mixing and experimenting and use this formula to set yourself up for success!

The Formula

3 tablespoons BASE of your choice

2 tablespoons BOOSTER of your choice

¼ teaspoon BINDER of your choice

50-70 drops ESSENTIAL OILS of your choice

ESSENTIAL OIL Options:

+ Citronella
+ Patchouli
+ Frankincense
+ Arborvitae
+ White Fir
+ Cedarwood
+ Juniper
+ Pine
+ Juniper
+ Catnip
+ Lemongrass
+ Geranium
+ Patchouli
+ Peppermint
+ Lavender
+ Sandalwood
+ Tea Tree
+ Basil
+ Rosemary
+ Marjoram
+ Ylang ylang
+ Cilantro
+ Thyme
+ Eucalyptus
+ Lemon
Eucalyptus

Instructions:

Combine all of the ingredients in a 4 oz spritzer bottle (glass is preferred). Give it a brisk shake and spray wherever the bugs are biting.

* If using Epsom salts as a binder, mix the salts with the essential oils first, then add to the rest of the mixture.

Reminders:

- If you have sensitive skin, do a patch test before applying the repellent.
- Avoid spraying near the eyes or other sensitive areas.
- Reapply every several hours, especially after swimming or sweating.
- Avoid using citrus essential oils in your repellent mixes, as they may cause skin to become photosensitive.
- If one formulation isn't working for you, try another!

Where to buy my favorite essential oils: <http://theprairiehomestead.com/oil>

