

Mosquito Deterrents using Essential Oils

Natural recipes take just seconds to mix up and can be varied based on what you have available.

Essential oils have many therapeutic properties that are well known for their ability to keep a person sting-free. As a general rule, they are best used two ways:

- 1) **Airborne Methods:** Lemongrass or Citronella or Cinnamon oil are recommended to keep insects at bay by airborne methods including paper strips at the windows, dribbled on light bulbs, or placed in diffusers.
- 2) **Applied to the body:** For direct application to skin and clothing, use Lavender oil to discourage insects from landing on your body. Lavender and Peppermint also help to reduce insect bite-induced itching and infection. Carry these oils with you at all times during the summer months especially while travelling or even for your jogging or walks outdoors.

Make Your Own Effective Insect Deterrent -- Combine the following ingredients in a small glass bottle filled with water:

- teaspoon of olive oil,
- 4 drops Thyme oil,
- 8 drops Lemongrass oil,
- 4 drops Lavender oil,
- 4 drops Peppermint oil.

Dab the oil combo directly on neck and legs, or add to spray bottle and spray on. Ankles are a prime target for mosquitoes. Cover the ankles with cotton socks and add a drop of Lavender to the tops of the socks. Also put drops of essential oils on bottom of pant legs.

Other Mosquito Deterrents

Combine

Lemon, Peppermint, Eucalyptus, and Lemongrass

Single oils:

Peppermint, Eucalyptus, Lemon, Lavender, Cedarwood, Idaho Tansy, Rosemary, or Patchouli.

Use the Ecuadorian oil –

Palo Santo by Young Living that is well known and well used in Ecuador to ward off mosquitoes and other insects.

Other Special Oil Blends:

Purification, Thieves, or Melrose Blends work very well. Make your own by combining Lemongrass with Citronella and Idaho Tansy in water! Spray where needed.

Another tactic is to use an essential oil diffuser in your home, cottage, or hotel room to diffuse selected oils into your immediate environment. For example, not only does Lavender oil deter mosquitoes, it is also known to encourage deeper and longer-lasting sleep.

For Best Results -- Choose Quality

Not all essential oils are created equal; some companies take shortcuts by extracting their oils using chemical solvents. Purity and quality is absolutely critical in order to obtain maximum results. Whatever is applied to your skin is absorbed into your bloodstream. Using high quality, organic essential oils is the best way to go.

http://preventdisease.com/news/16/060716_Effective-Insect-Repellent-With-Essential-Oils.shtml?utm_source=060716&utm_campaign=060716&utm_medium=email

Information provided by:

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Young Living oils can be purchased at the link provided