

Bug Spray Guide & Recipes

Step One: Fill 4 oz glass spray bottle with alcohol free witch hazel, leaving a little space at top (takes about 1/2 cup to fill).

Step Two: Add essential oils from one of the recipes below, or create your own blend from the bug spray essential oils list. For teens and adults, I like to use 40-50 drops of essential oils total, this makes about a 2% dilution level (for a 4 oz bottle). For kids, I use about 20-24 drops of essential oils total, this makes about a 1% dilution level (for a 4 oz bottle).

Step Three: Place spray top on and shake well. Shake well before each use. Be sure to label bottle and write date you made spray. Best if used within 1-2 months.

Essential oils for bug sprays: Citronella (*Cymbopogon winterianus*), Lemon Eucalyptus (*Eucalyptus citriodora*), Lemongrass (*Cymbopogon citratus*), Tea tree (*Melaleuca alternifolia*), Rosemary (*Rosmarinus officinalis*), Lavender (*Lavandula angustifolia*), Cedarwood (*Juniperus virginiana*), Arborvitae (*Thuja plicata*), Peppermint (*Mentha piperita*), Eucalyptus (*Eucalyptus radiata*), Geranium (*Pelargonium graveolens*), Basil (*Ocimum basilicum*)

#1 Kid Friendly Bug Spray

10 drops Citronella (*Cymbopogon winterianus*)
10 drops Lavender (*Lavandula angustifolia*)
1/2 cup alcohol free witch hazel
4 oz glass spray bottle

#2 Kid Friendly Bug Spray

10 drops Lemon Eucalyptus (*Eucalyptus citriodora*)
6 drops Lavender (*Lavandula angustifolia*)
4 drops Cedarwood (*Juniperus virginiana*)
1/2 cup alcohol free witch hazel
4 oz glass spray bottle

#3 Lemon Eucalyptus Insect Repellent

15 drops Lemon Eucalyptus (*Eucalyptus citriodora*)
15 drops Cedarwood (*Juniperus virginiana*)
10 drops Geranium (*Pelargonium graveolens*)
1/2 cup alcohol free witch hazel
4 oz glass spray bottle

#4 All Natural Bug Spray

15 drops Citronella (*Cymbopogon winterianus*)
15 drops Lemongrass (*Cymbopogon citratus*)
5 drops Lavender (*Lavandula angustifolia*)
5 drops Peppermint (*Mentha piperita*)
1/2 cup alcohol free witch hazel
4 oz glass spray bottle

#5 DIY Insect Repellent

20 drops Lavender (*Lavandula angustifolia*)
14 drops Lemongrass (*Cymbopogon citratus*)
14 drops Eucalyptus (*Eucalyptus radiata*)
1/2 cup alcohol free witch hazel
4 oz glass spray bottle

#6 Simple Essential Oil Bug Spray

40 drops Shield Me blend (20 drops for kids)
1/2 cup alcohol free witch hazel
4 oz glass spray bottle

[>Read full blog post here](#)

[>Buy spray bottles here](#)

