

Bug Repellant Rub

Summer can mean the smell of fresh flowers, outdoor Bar-B-Qs and BUG SEASON!!!

Here is a recipe by Larissa jones that may help keep the bugs away!

- 3 drops lavender
- 4 drops geranium
- 3 drops eucalyptus
- 2 drops lemon
- 1 drop peppermint
- 1 drop clove

Add one ounce of carrier oil and apply liberally to the skin. Eliminate the lemon if you will be out in the sun.