

Bug Off!

Simple, Safe & Natural Insect Repellant & Anti-Itch Cream Recipe & Labels



INSECT REPELLANT RECIPE

8 oz. Water

20 Drops Eucalyptus Oil

OPTIONAL: 20 Drops Lemon Oil / 20
Drops Citronella Oil

Mix in spray bottle. Spray on
body and clothes before going
outside.



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ANTI-ITCH CREAM

2 TB Baking Soda

1 TB Water

4 drops Tea Tree Oil

Optional: 1 scant tsp. coconut oil

Mix well and place in sealed container. Dab onto bug bites as needed.