

# Insect Repellent Spray for People



Combine all ingredients in a spray bottle. Always shake prior to use.

## **Adults**

8 ounces of water

26 drops Peppermint essential oil

26 drops Lavender essential oil

13 drops Vanilla essential oil

26 drops Citronella or Rose Geranium essential oil

30 drops Lemon essential oil

*This is a very fragrant mixture. For a less fragrant mixture, substitute 3 ounces of water with organic soybean oil and use roughly one half (or more) of the amount of essential oils, depending on your preference.*

## **Children 5-13 Years of Age**

3 ounces of organic soybean oil

5 ounces of water

10 drops Peppermint essential oil

10 drops Lavender essential oil

5 drops Vanilla essential oil

10 drops Citronella or Rose Geranium essential oil

12 drops Lemon essential oil

# Insect Repellent Spray for People

## **Children Under 5 Years of Age, Including Infants**

3 ounces of organic soybean oil

3 ounces of Catnip hydrosol

2 ounces of Lavender hydrosol

1-2 drops Vanilla essential oil (optional)

***Note: Avoid getting in eyes, mouth, or nose. Never spray directly on the face, especially on children. Apply to hands first, then rub onto face.***