

Plants for bug problems

Herbs that repel insects

Lavender	Citronella	Marigolds
Mints	Rosemary	Geraniums
Catnip	Lemongrass	Thyme
Lemon Balm	Bee balm	Basil

Essential oils that repel insects

Particularly effective against ticks!	{	Lavender	Rosemary
		Cedarwood	Thyme
		Kunzea	Citronella
		Peppermint	Lemongrass
		Spearmint	

Custom wishlist
for bug repellent oils

Make your own repelling y mixing a 50/50 solution of witch hazel and water with your essential oils of choice!

Remedies for bites and stings

- Undiluted lavender oil helps itchy bites quickly!
- Plantain (*Plantago major*) leaves can be mashed and put directly on bites and stings to draw out venom, promote healing and ease itching and pain - you can also make a plantain salve!
- Baking soda paste made with baking soda and water, Is soothing for bee/wasp and nettle stings

