**Wellness Mama Bug Spray Ingredients:**

* [Essential oils](http://carolynmaul.us3.list-manage2.com/track/click?u=8256b709272fcd4f1f4540047&id=9eb3510fca&e=384c9eedf0" \t "_blank): choose from Citronella, Clove, Lemongrass, Rosemary, Tea Tree, Cajeput, Eucalyptus, Cedar, Catnip, Lavender, Mint
* Natural Witch Hazel
* Distilled or boiled Water
* Vegetable glycerin (optional)

**How to make Homemade Bug Spray:**

1. Fill spray bottle (I used 8 ounce) 1/2 full with distilled or boiled water
2. Add witch hazel to fill almost to the top
3. Add 1/2 tsp vegetable glycerin if using
4. Add 30-50 drops of essential oils to desired scent. The more oils you use, the stronger the spray will be.     A recommended mix is: Rosemary, Clove, Cajeput, Lavender, Cinnamon and Eucalyptus… apparently it works great and smells good too!

**Or You Can Make Bug Spray From Dried or Fresh Herbs**

**Fresh or Dried Herbs Bug Spray Ingredients:**

* Distilled water
* Witch hazel or rubbing alcohol
* Dried herbs: peppermint, spearmint, citronella, lemongrass, catnip, lavender, etc. It is recommended to use at least one herb from the mint family.