**Don't Bug Me insect repellent balm**

15g beeswax

10g cocoa butter

3.5 tablespoons sweet almond oil

20 drops geranium essential oil

20 drops lavender essential oil

15 drops lemongrass essential oil

1. Melt the beeswax and cocoa butter in a bain-marie, mixing well to combine

2. Remove from heat for a few minute, then add the essential oils

3. Pour into a mould then allow to solidify at room temperature. Store in the fridge

**Insect repellent spray**

3 tablespoons distilled witch hazel

2 tablespoons vodka

2 teaspoons glycerine

20 drops geranium essential oil

20 drops lavender essential oil

15 drops lemongrass essential oil

15 drops citrus seed extract

Combine the ingredients and store in a spray bottle in the fridge for up to 1 year. Other essential oils that could be used are citronella and lemon.

From 'Feeding Your Skin: Totally Natural, Chemical-Free Beauty for Healthy, Vital Skin' by Carla Oates Home Made Deodorant