

## This DIY Bug Repellent Will Save Your Skin This Summer

By: Adrianna Barrionuevo



Whether you're spending a weekend camping or enjoying happy hour alfresco, summer activities have us spending a lot of time outdoors. While SPF is always a must, another good rule of thumb is ensuring skin is properly protected with a bug repellent. If you've ever shopped for bug spray, you've probably noticed the seemingly endless list of chemicals many are made with, which can lead to irritated skin and can be toxic to the user and the environment.

Luckily, natural repellents are a great alternative. Not only are you fully aware of what you're putting on your body, but a DIY bug spray only takes a few minutes to make and is proven to be effective. According to naturopathic doctor Gabrielle Francis, mosquitos hate essential oils, which have antimicrobial properties that help make for a good bug repellent. Below is a list of the ingredients you'll need in order to blend up an effective and non-toxic formula that will keep bugs at bay and your skin safe.

Francis's recipe calls for the following ingredients:

20 drops of eucalyptus oil

20 drops of cedarwood oil

10 drops of tea tree oil

10 drops of geranium oil

2 oz. of a carrier oil, such as jojoba or almond oil

Once you've gathered your ingredients, simply mix them all together into an empty four-ounce container—and just like that, you've got your skin-saving summer bug spray.