

NATURAL INSECT REPELLANTS

One great option is to pot up an insect repelling super container for your outdoor living space. It's an easy, safe and affordable way to add a little extra protection against those pesky biters!

THE BEST HERBS FOR KEEPING INSECTS AT BAY

Catnip. The active ingredient in Catnip is 10 times stronger at repelling bugs than DEET!

Lemon Balm, Lemon Thyme. Lemon scented herbs are highly effective at deterring mosquitos-and smell great!

Lemon Grass. This lemon-scented herb actually contains Citronella! Rub on your arms and legs to ward off mosquitos.

Pennyroyal. Tie a bunch of this herb to a bandana around Fido's neck to keep away fleas, ticks and mosquitos.

Patchouli. Crush these leaves and rub on skin for protection against the biters.

Rose Scented Geranium. An excellent tick repellent-tuck leaves in pant cuffs and collars.

Lavender. A beautiful herb that keeps away flies; place dried lavender in the home to keep out silverfish.

Santolina. A great herb to repel flies.

Mint. All types of mint will deter all kinds of different pests-and great for the Mojitos too!

Pot all of herbs up in any container with adequate drainage and locate it where you will have easy access. It can't work if you don't use it. All herbs do best with at least half a day of direct sunlight, although mint can tolerate lower light than other herbs.

Crush leaves and rub oil directly on skin or follow a recipe for making a natural spray.

Dried herbs hung in closets or doorways are great for keeping pests out of the house.

Mix different herb combos together to find a mixture that works for you and your bugs!

GOOD SENSE GUIDELINES

Be sensible and always test a small area first before rubbing an herb all over your body.

Do research before using on elderly, small children, or pregnant women.

