

June 3, 2009

Flying Bugs EVERY WHERE

The temperatures are warming and the humidity is rising and with those the flying insects and other pests are hatching and becoming a nuisance.

There are several essential oils you can use to help deter them from entering your living quarters or your patio area.

Everyone has heard about Citronella. Patios candles abound that are scented with citronella oil. But there are other essential oils that can work and you won't need to get sick of smelling citronella.

Eucalyptus Lemon (Eucalyptus Citriodora) is a proven insect repellent and although it does have a lemon smell it also has the clean crisp eucalyptus smell. Some folks may enjoy this smell in their patio.

Other essential oils that may be more pleasant include Geranium, Cedarwood, Pennyroyal and Lemongrass. Some folks swear that Eucalyptus and peppermint work too.

It never hurts to experiment and create your own personal blend. We know that a blend of Lemon, Cajeput, Geranium and Cedarwood works great to keep them away from us personally when used as a body repellent.

A blend of these same oils used in any Tart or Oil warmer and diffused should work the same way in a larger area such as a patio. Another tip would be to use any of these oils on a simple diffuser such as a Terra Cotta disc or cotton ball and set near door and window openings.

If you have a problem with bugs around the Picnic Table again, use a terra cotta disc or maybe even a Tealight tart/oil warmer (as a table center piece) and diffuse some oils to keep the bugs away from the picnic.

You could even try making mixing with distilled water and spraying around the yard, but because these areas are so very large, the effectiveness will be greatly diminished (not to mention very costly if you need to keep spraying every couple hours).

Try a few of these suggestions and let us know if they work for you OR if you have a blend of oils that you have used in the past to keep the flying pests away, let us know and we'll be happy to share.

Summer is way to short to have evenings and picnics ruined by those pesky little flying pests.

A Flying Insect Patio Blend for use in Any Diffuser

Lemon or Lemongrass - 15 drops

Cedarwood - 10 drops

Peppermint - 5 drops

Geranium - 5 drops

Mix the above essential oils together in a glass bottle. Then place several drops in any diffuser although this blend works best in a oil or tart warmer you can use it in a fan diffusers outdoors too. Add more essential oils to the diffusers as needed.

For our **Bug Off Spray** for your personal insect repelling needs go to <http://birchhillhappenings.com/aroma5.htm#bug>

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Aromatherapy Tip of the Week

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