

Mosquito Repellents

Homeopathy:

- The homeopathic **Staphysagria** specifically acts as a prophylactic protecting against being stung by mosquitoes. If you're sensitive to being bitten by mosquitoes, take a dose every week. If you know you're going to be outdoors take a dose before leaving. Taking after being bitten may reduce redness and itching at the site of the bite.
- Another homeopathic, **Ledum**, is used to antidote the effects of mosquitoes. Take two to three doses over the first day or two immediately after being stung.



Essential Oils:

- Wash with **citronella** soap, and then put some 100 percent pure citronella essential oil (mixed with a carrier oil) on your skin. (Avoid while pregnant. May cause skin irritation.)
- **Catnip** oil externally (according to one study, this oil is 10 times more effective than DEET). (Avoid while pregnant)
- Clear **vanilla** oil mixed with olive oil.
- **Lemon Eucalyptus** - Mix 1 part lemon eucalyptus oil for every 10 parts of sunflower oil/witch hazel. Rub or spray on skin. (Avoid while pregnant.)

Other considerations:

- Avoid perfumed cosmetics.
- Wear loose-fitting, light-colored clothing.
- High-quality B-complex, or B1, my help (especially if you're a smoker).