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).