



## HERBAL INSECT REPELLENT

With summer here mosquitoes, sand-flies and midges can make their unwelcome presence felt.

To protect my skin I make up a very simple herbal mix, consisting of

I use, witchhazel as a base with a few drops of the essential oils of lemon myrtle oil and lavender oil.

This needs to be well shaken before use.

I find this to be very effective and it smells pleasant.



I apply it to my skin both before going outside, or after being bitten.

Witchhazel among other things is not expensive and is easy to use.

It is good to use on bruises as long as the skin is not broken. It has an astringent and anti-inflammatory action too.

Lavender is an excellent antiseptic and is soothing.

The lemon myrtle (an Australian Native Rainforest tree *Backhousia citriodora*) has anti-fungal, anti-microbial and antiseptic properties. It is strongly perfumed and blends pleasantly with the Lavender.

Take care not to get in the eyes.

I enjoy using this herbal remedy.

*Janet Fairlie-Cuninghame.*