



Natural Bug Spray Recipe

It's that time of year again when the bugs are out in full force! What better to combat them than with your own natural bug spray!?

Below are two recipes, one using Polysorbate 80 and the other using Polysorbate 20. We liked the feel of Polysorbate 80 better during testing but you can use either! If you don't have either you can also substitute Poly 80 with Dawn Dish Soap, this would make it not natural but a great easy solution!

Skill Level: Easy

Duration: 5 minutes

Makes: 100 gram. recipe, can multiply out for bigger quantities

Ingredients - Poly 80 Recipe:

- 3 grams - Essential Oil Blend
- 3 grams - Polysorbate 80 or Dawn Dish Soap
- 3 grams - Leucidal Preservative
- 91 grams - Distilled Water or Hydrosol

Ingredients - Poly 20 Recipe:

- 3 grams - Essential Oil Blend
- 9 grams - Polysorbate 20
- 3 grams - Leucidal Preservative
- 85 grams - Distilled Water or Hydrosol

Equipment:

- Scale
- Measuring Cup
- Stirring Spoon
- Bottles with spray tops

Instructions:

1. Explore our recommended Essential Oil and Hydrosols below to pick out a blend that you love! We suggest 2-3 essential oils to blend giving you some depth to the fragrance of the spray. You can also decide if you want to use distilled water or a recommended hydrosol to give the spray an extra punch! We like to call bug sprays with hydrosol and essential oil EXTREME!
2. Weight and mix your chosen essential oils and polysorbate.
3. Weight and add water to the mixture then stir.

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4. Weight and add preservative to the mixture and stir again.
5. Package bug spray into bottles. Now it's ready to use!

Recommended Essential Oils:

- Citronella
- Lemon Eucalyptus
- Cedarwood
- Lemongrass
- Peppermint
- Geranium
- Lavender
- Rosemary
- Tea Tree
- Eucalyptus

Recommended Hydrosols:

- Lemongrass
- Peppermint
- Geranium
- Lavender
- Rosemary
- Tea Tree
- Eucalyptus