



Repel Bugs Naturally!

American Mosquito Control Association discovered thyme essential oil had a 91% protection rate against female mosquitoes.

Peppermint, thyme, basil, geranium, lemongrass

Geranium

Cedar

Eucalyptus

Lavender

Citronella

Pine

Peppermint

all repel mosquitos

repels ticks

repels biting flies

repels flies, mosquitos

repels moths

repels flies, ants, gnats, mosquitos,

moths, nematodes, ticks

repels mosquitos, ticks

repels ants, aphids, bean beetle, flies, lice, moths,

spiders, mice

How to use:

Human Bug Spray (for the body)

Fill 8 oz. spray bottle 1/2 full with distilled or boiled water (allow to cool to room temperature)

It's best to use a metal or glass bottle for this, since plastic will erode when it comes in contact with any essential oil

Add 30 drops of Terra Shield or desired essential oils

Add witch hazel to fill almost to the top (witch hazel is a natural bug repellent)

Shake this mixture up well before use and spray over the exposed area of the body.

Around Doors, Vents, Other Entrances or anywhere insects might be getting in spray your essential oil blend directly in the area or on a cotton ball and place those cotton balls anywhere insects are likely to enter.

Around the Garden Apply your essential oil spray on a cotton ball and place around the garden, at the base of plants, etc.

Dog Flea Repellent In a 16 oz. spray bottle, put 4-6 drops of Rosemary and 4-6 drops of Purify; fill the remainder of the bottle with distilled water. Lightly spray dog, avoiding the eyes. Reapply as needed for flea prevention. Alternatively you can apply Terra Shield neat (no dilution) between their shoulder blades.

Cat Flea Repellent In a 16 oz. spray bottle, put 4-6 drops of Rosemary then fill the remainder of the bottle with distilled water. Lightly spray cat, avoiding the eyes. Reapply as needed for flea prevention. Alternatively you can apply Terra Shield neat (no dilution) between their shoulder blades.



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Dr. Philip Cameron, DC
Chiropractic Physician
Professional Applied Kinesiologist

Window Screen Repellent Repel bugs from getting in through your windows (especially no see'ums from crawling through screens), this works really well. Drop several drops of Terra Shield (or your own essential oils blend) onto a ribbon and hang on your screen (inside or out) repel insects and keeps them from getting inside.

Wasp Repellent

8 ounce sprayer bottle filled with 1/2 vinegar and 1/2 water and then add 40 drops of peppermint and 40 drops of lemongrass.

doTerra Terra Shield is a proprietary blend of 15 essential oils that works on repelling any biting insects for up to 6 hours. It's not just a natural mosquito repellent, but also works for ants, spiders, mites, fleas, and is especially good for no see'ums, (also known as biting midges). Not only does it work against biting insects, it also works to repel roaches, silverfish, and other household pests.