

Homemade Natural Bug Spray

The following recipe is courtesy of Nic Abraham. For more wellness tips, visit [her website](#).

Ingredients

- 1/2 cup of distilled water
- 1/2 cup of witch hazel
- 1/2 cup of basil leaves
- 25 drops of eucalyptus essential oil
- 20 drops of lemongrass essential oil
- 7 drops of peppermint essential oil

Instructions

1. Place the water in a pot and bring to a boil. Remove the pot from the heat.
2. Add the basil and witch hazel. Let it sit for about four hours.
3. Add in the essential oils and mix lightly.
4. Drain out the basil leaves and pour into a spray bottle.