

ALL NATURAL TICK REPELLENT

SUMMARY

Spring is a time of new beginnings. It also marks the start of tick season. Experts expect the warming climate to directly impact the tick population, and in turn increase the number of tick-borne illnesses such as Lyme disease, babesiosis, ehrlichiosis, Rocky Mountain Spotted Fever, and anaplasmosis. Prevention is the key to avoid tick-borne illnesses, and this starts with a plan and a good repellent.

Although DEET and permethrin are the most common insecticides used, both are powerful chemical neurotoxins that can directly impact the human central nervous system. In addition, while DEET is an excellent mosquito repellent, it is a fairly poor tick repellent.

So what can you do? Here's a natural, safe and effective formula you can make at home to repel ticks and help prevent associated tick-borne illnesses.



DID YOU KNOW?

Lemongrass essential oil contains compounds such as citronella and methyl heptenone which possess insecticidal, anti-fungal and antiseptic properties.

HOW TO DO IT

There are a number of natural DIY tick repellent sprays available, utilizing a great deal of different oils, soaps and formulas. This simple formula has been recommended by numerous physicians and experts.



1.



Half a Glass of Distilled Water

Add into a spray bottle with a minimum size of 5 fluid ounces.

2.



Add 20 Drops Lemongrass Oil

Various studies have shown lemongrass oil to be 50-95% effective at repelling insects for two to three hours^{1,2}.

3.



Add 20 Drops Eucalyptus Oil

Cineole-based eucalyptus globulus oil is still referred to as an effective insect repellent and biopesticide.

4.



Shake and Spray

Shake the bottle before each use and spray it on your clothes and shoes before going outside.

OTHER WAYS TO PREVENT TICK BITES

No repellent is 100% effective. Be sure to **wear light colored clothing that covers the skin and is breathable** (for hotter conditions). Nymphal ticks that are most likely to spread diseases are dark colored and about the size of a poppy seed, so they contrast better against lighter colors. **Use a lint roller** to remove ticks and other foreign objects from clothing before they reach skin. **Tick nymphs do not like sunny dry areas**, and congregate in leaf piles in shady, humid environments. These should be avoided and cleaned from your property. Like most health related issues, **vigilance is never overrated**. Inspect yourself frequently, take preventive measures (like using the natural spray above), and don't act careless when it comes to tick bites.