

Herby Lab
Wisdom Quest
Wildling Tribe Bug Away
Spray





Herby Lab Wisdom Quest

Bug Away Spray

Ingredients

- Water (250ml)
- Fresh lavender (a handful)
- Fresh peppermint (a handful)
- Fresh ribwort plantain (a handful)
- Witch hazel leaves or witch hazel solution
- Citronella essential oil (20 drops)
- Tea tree essential oil (20 drops)
- Lavender essential oil (20 drops)
- Carrier oil like sweet almond (50ml - optional)



Equipment

- A pan
- A fine strainer or cheesecloth or clean tea towel
- A spray bottle
- A funnel
- A glass jug or similar
- A spoon to stir

Method

- Add the fresh ingredients and water to the pan and put on the stove or fire.
- Bring to the boil then simmer for ten minutes
- Leave to infuse for 30 minutes then strain out plant matter and in to glass jug. Leave until tepid
- Add essential oils and carrier oil if using
- If using witch hazel solution add it now
- Stir the mixture well
- Pour into spray bottle using the funnel and label and date your bottle
- Use on pulse points or spray on arms and legs to stop bugs biting bugs and ticks coming near!

