

Nail News from Kathi's Hands and Feet

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Email: katheim2@yahoo.com (want a newsletter? Email us.)

From my private recipe book

Organic Insect Repellent:

Use 20 drops of essential oil to 2 tablespoons of carrier oils or alcohol

Essential Oils:

Cinnamon Oil - mosquitos

Eucalyptus Oil - mosquitos-ticks-lice

Citronella Oil – mosquitos

Castor Oil – mosquitos

Orange Oil – fleas

Rose/Geranium Oil – ticks & lice

(mix any combination in the ratio given above, spray or rub on)

Carrier Oils/Alcohol

Olive Oil

Soybean Oil

Sunflower Oil

Witch Hazel

Rubbing Alcohol

Sunburn Lotion

8oz Aloe Vera Gel (check the \$ store)

5 drops Clove Essential Oil

5 drops Peppermint EO

5 drops Lavender EO

(whisk together and rub on or "mist" for sunburn relief)

or Mist:

2 oz Distilled Water

9 drops Lavender Essential Oil

2 drops Peppermint EO

1 drop Spearmint EO

Hint: most Essential Oils "EO" can be found at health food stores like Whole Foods & Weber's.