Natural preventatives

Below is a list of natural pest preventatives. Excluding neem oil, the oils mentioned below refer to therapeutic-grade essential oils, which should be obtained from a reputable company, such as Young Living, Edens Garden, and the like. Carrier oils, such as coconut oil, almond oil, and grape seed oil are recommended to dilute the strength and aroma of essential oils. Water works as well.

anti-tick:

Peppermint oil

Lemongrass oil

20 drops Cypress essential oil diluted with water

20 drops rose geranium oil diluted with 2 tbsp. almond oil

anti-flea:

eucalyptus oil

lavender oil

lemon essential oil

lemon juice spray

Boil a pot of water and add the slices of a freshly cut lemon to it. Turn off the heat after the lemons has been added and cover the pot, letting the mixture steep overnight. Come morning, pour into an empty spray bottle.

Dr. Mercola’s Natural Flea and Tick Defense Spray

Can be found on Amazon, or

<http://products.mercola.com/healthypets/>

anti-mosquito:

lemon eucalyptus oil

6 parts vodka and 3 parts lemon eucalyptus.

100% argan oil

10-25 drops of peppermint or rosemary essential oil diluted in 2 tbsp. of coconut oil

All-in-one insect Repellents:

Mix 2 tablespoons of coconut oil with 10-25 drops of lemon eucalyptus oil, regular eucalyptus oil, or citronella oil.

neem oil: repels insects, and treats itchiness and irritation

Wondercide products. (Highly recommended)

<http://www.wondercide.com/?utm_source=google+adwords&utm_medium=ppc-search-only&utm_term=wondercide+modbroad&utm_campaign=JC-BRAND-Search&gclid=CI3ZloyMo70CFYZAMgodsx0ArA>

EVOLV&trade

[www.wondercide.com](http://www.wondercide.com)

Cedarcide

(Can be found on Amazon, or:

[www.cedarcide.com](http://www.cedarcide.com)

Herbal Bug-X

(Can be found on amazon, and a number of other sites via Google search.)

If you decide to mix a repellent of your own, make sure your dog is not sensitive to whatever therapeutic-grade oil you decide to use. Allergies are not likely, but possible. Just test by applying the essential oil or your chosen combo to one spot on the fur or skin. If all goes well for a day or few, apply a bit more to the general area of the body (i.e. belly, back, leg.) If anything unusual happens after application, you know you have an allergy or sensitivity on your hands. It’s best to apply one oil at a time so that if your dog does have a sensitivity, you will know the exact source.

Remove essential oils from the fur or skin with coconut oil, olive oil, or almond oil. Never use water to remove essential oils.

If you mix your oils in a spray bottle, mist your dog with it once or twice daily, or once before each walk. Be sure to cover all essential areas – belly, legs, chest, and around the neck. Rub oils onto your dog’s head so as to avoid spritzing to the face.

Coconut oil repels ticks, fleas, and mosquitoes, but it is best to use it in combination with essential oils for maximum pest prevention.

Put coconut oil in your hands and rub them together till it’s liquid. Then rub the dog upward from his tail to his ears, and from his paws up toward his shoulders. Also, rub it in his belly and on his sides. Then, comb and brush the oil through the fur. If you apply the oil this way, reapply weekly.

Make Your Own Insect Repellent

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There are a number of commercial products that use essential oils as their active ingredients. Since some oils work better against certain types of insects, combining two or more oils provides a broader range of protection. Mixing oils also appears to have a synergistic effect, making them more potent overall.

I don’t trust the safety of repellents containing DEET and other man-made chemicals. Commercial repellents using essential oil and other natural ingredients are a better option, however, they often have ingredients I don’t like putting on my skin, such as soybean oil. Soybean and other polyunsaturated vegetable oils are commonly used as the base in which essential oils are added, but these oils create an oily film and prematurely age the skin.

You can make your own natural insect repellent that can be just as effective as those containing DEET. Clove, citronella, lemon eucalyptus, and neem oils are among the most effective. Choose one of these as your primary active ingredient. Adding another oil from this group or one from the list at the beginning of this article will enhance the effectiveness of the repellent.

Essential oils can burn or irritate if applied directly to the skin, so they must be diluted with another, skin-safe oil. Coconut oil makes a perfect carrier oil. Coconut oil works better than other oils for this purpose, because of its soothing and healing nature it calms the irritating effects of the essential oils. This allows you the option to use a larger percentage of essential oil in the formula and thus make a stronger and longer lasting repellent.

A teaspoon contains 120 drops or 5 ml. You can make a 4 percent solution by combining 5 drops of essential oil with 1 teaspoon of coconut oil. For example, 3 drops lemon eucalyptus oil and 2 drops neem oil mixed in 1 teaspoon of coconut oil would make a repellent with more potency than those used in most the above studies. Below are some measurements for making your own insect repellent.

At 4 percent concentration:

5 drops essential oil + 1 teaspoon (5 ml) coconut oil

15 drops essential oil + 1 tablespoon (15 ml) coconut oil

60 drops (or 1⁄2 tsp) essential oil + 1⁄4 cup (60 ml) coconut oil

At 5 percent concentration:

6 drops essential oil + 1 teaspoon (5 ml) coconut oil

18 drops essential oil + 1 tablespoon (15 ml) coconut oil 72 drops essential oil + 1⁄4 cup (60 ml) coconut oil

At 10 percent concentration:

12 drops essential oil + 1 teaspoon (5 ml) coconut oil 36 drops essential oil + 1 teaspoon (15 ml) coconut oil 144 drops essential oil + 1⁄4 cup (60 ml) coconut oil

Rub the insect repellent onto exposed skin using care to avoid sensitive eye areas. You will need to reapply the product after swimming, heavy exercise, or if you sweat substantially as it will wash off the repellent. Unused repellent can be stored in a dark bottle away from heat or sunlight.

When only a few mosquitoes are out, the low concentration mixture should be adequate protection. However, when mosquitoes are out in full force the higher concentration will provide more complete protection.

Essential oils as well as neem and coconut oils are available at most health food stores. They are also available online.

If you are bitten, avoid scratching as this irritates the skin and increases the itchiness and can possibly create an opening that will allow bacteria to enter and cause an infection. Apply pure coconut oil (not the repellent) to the bite several times a day. The coconut oil will help nullify the toxic effects of the insect saliva, soothe the itch, and speed healing.

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Essential oils can be purchased through the following sites

[www.amazon.com](http://www.amazon.com)

Edens Garden Brand

[www.edensgarden.com](http://www.edensgarden.com)

[www.youngliving.org](http://www.youngliving.org)

<http://www.animaldoctormuskego.com/shop/essentialoils>

[www.oilyvet.com](http://www.oilyvet.com)