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## DIY Mosquito Repellent

*Recipes for Homemade Natural Mosquito Repellent*

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It's summer (yay!) and that means it's time to protect yourself from disease-spreading, itch-creating critters like mosquitoes and ticks. But typical store-bought mosquito repellents are full of all kinds of nasty ingredients. Sure, **DEET** is an effective insecticide, but did you know that it can cause rashes, swelling, acute toxicity, and reproductive mutations in humans? It's also causing substantial harm to aquatic life, cats, dogs, and birds as it enters waterways around the world.

Of course, you don't want to be left vulnerable to the perils of mosquito bites (Lyme disease, malaria, and West Nile, oh my!), so we've got two homemade mosquito repellent recipes that will protect you without the health or eco-harm.

Photo credit: flickr / mabris1

## Neem & Coconut Oil Natural Mosquito Repellent

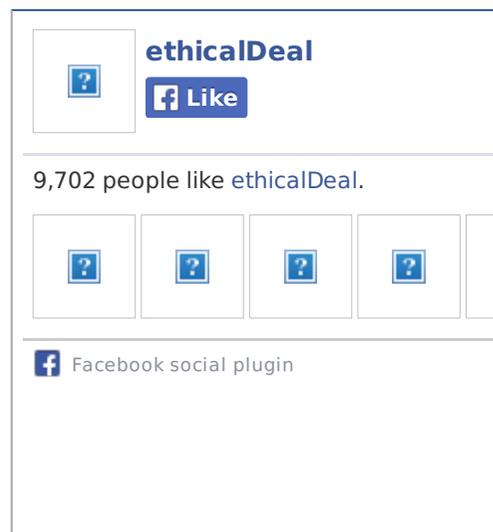
Neem oil, a natural herb, smells awful but is an excellent natural mosquito repellent (see these two studies on its **effectiveness** and **duration**). You generally buy neem oil in a concentrated form and then dilute it to make a homemade mosquito repellent with these ratios:

- 2 parts **coconut oil**

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- 1 part pure neem oil

Blend these two oils together in a blender and pour the mixture into a good quality container. You'll need to shake the container before each use and then apply as a moisturizing balm.

## Essential Oils Homemade Mosquito Repellent

According to another study on [oils extracted from plants](#), there are certain essential oils that perform as well as DEET in repelling mosquitos, including turmeric (*Curcuma longa*), kaffir lime (*Citrus hystrix*), citronella grass (*Cymbopogon winterianus*) and hairy basil (*Ocimum americanum*). The addition of some of the other essential oils (peppermint and rosemary) in this recipe simply add a more pleasant scent.

- 2 1/2 teaspoons coconut oil
- 30 drops lemongrass essential oil
- 20 drops eucalyptus essential oil
- 10 drops peppermint essential oil
- 10 drops tea tree essential oil
- 10 drops turmeric oil
- 10 drops kaffir lime leaf oil
- 10 drops citronella grass oil
- 10 drops hairy basil oil
- 5 drops rosemary essential oil
- 4 drops cinnamon essential oil
- 3 drops lavender essential oil

Neem oil can also be added to this recipe for an additional repelling boost!

Aside from creating one of these recipes, simple things like covering up, removing standing water from your property, and avoiding the outdoors during active mosquito times are natural mosquito repellents as well!

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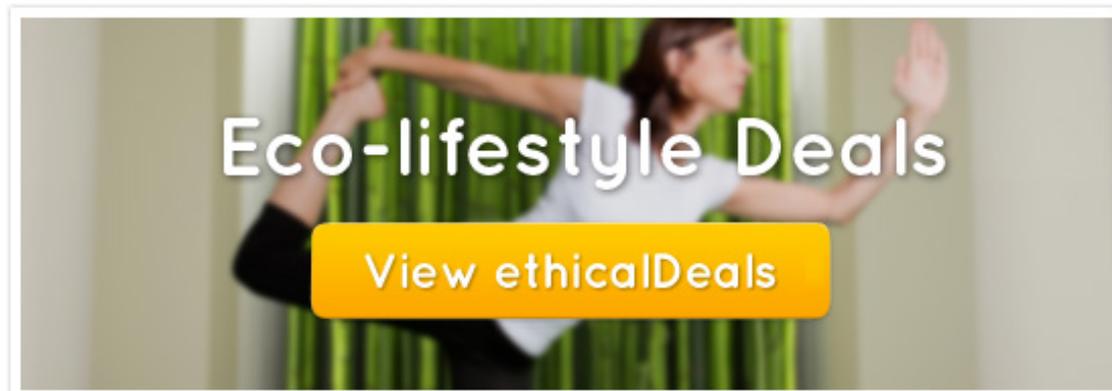
Maryruth has been seeking the keys to environmental justice - both at home and at work - for over a decade. Growing up adjacent to wild spaces, Maryruth developed a healthy respect (and whimsical appreciation) for things non-human, but her practical mind constantly draws her down to earth to ponder tangible solutions to complex eco-problems. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth's work by [visiting her site](#).

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