

# Naturally Bug-Free: 75 Nontoxic Recipes for Repelling Mosquitoes, Ticks, Fleas, Ants, Moths & Other Pesky Insects

Stephanie L. Tourles



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Protect yourself, your children, your pets, and your home from bugs — without using harsh or toxic chemicals! Herbalist Stephanie Tourles offers 75 simple recipes for safe, effective bug repellents you can make at home from all-natural ingredients. For protection from mosquitos, ticks, and other biting insects, there are sprays, balms, body oils, and tinctures, with scents ranging from eucalyptus to floral, lemon, vanilla, and woodsy spice. There are also recipes for pets, such as herbal shampoo, bedding formulas, and flea-and-tick collars and powders. And Tourles includes repellents for the home, such as sachets that repel moths, carpet powders that repel fleas and ants, and essential oil repellents to keep your pantry pest-free. A detailed ingredient dictionary explains the properties of all the herbs, essential oils, and other key ingredients.

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