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



## Synopsis

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 woody 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.

## Book Information

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## Customer Reviews

"Stephanie Tourles explains why single-chemical insecticides can be dangerous, while patiently showing how to use herbs and essential oils as potent protection from ticks, mosquitoes, and other nuisances." – Robert Tisserand, author of *Essential Oil Safety*, 2nd Edition "Stephanie Tourles unleashes creative, safe, and effective natural solutions that allow our dogs and cats to be itch-free and protected from fleas, ticks, and other pests without being exposed to harmful chemicals." – Arden Moore, America's Pet Health and Safety Coach and founder of Pet First Aid 4U

Herbal Formulas That Really Work Mother Nature gave us insects, but she also gave us the means to deal with them. Using herbs, essential oils, and other natural ingredients, you can make insect-repellent sprays and balms, sachets, pet shampoos, flea and tick powders, and cleaning products that are safe for you and your family. Use fragrances you love (but bugs hate!) to: Repel mosquitoes Keep ticks and fleas off your pets Protect your pantry Rid your closets of moths Dine outdoors pest-free

This book has lots of great recipes for homemade bug solutions. I am trying to convert from chemicals to more natural products for myself and my dogs so I find this book very useful in making that transition.

This is excellent! Lots of actual recipes with common ingredients, herbs, and essential oils. Very practical suggestions and ideas. I bought a bunch of them to provide to students in my herb classes! A great find.

Makes for interesting reading and good for those who would like some inexpensive and more natural ways to slow down the bug population.

Even though I haven't tried the recipes yet, they look good. I have tried many of the recipes in the author's other books and they all turned out great! No duds.

Very helpful book on how to make easy bug-repellant remedies.

Haven't finished it yet. But good so far

GREAT ideas!!!! Completely natural!!! Certainly safe for in-home use.

Great advice! I used one recipe that was very helpful in making a great smelling spray that keeps away all flying bugs plus ticks. The book is a great resource for getting rid of unwanted insects using non toxic materials. I highly recommend this book!

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