



HOW TO MAKE A BUG BITE ROLL ON

You never know when you're going to get bit or stung by an insect and most anti-itch or bug bite creams are not very convenient to carrying around. However, in just a few minutes you can make this bug bite roll on that is small enough to carry in your purse or pocket and effective enough to work for bites from insects such as mosquitos, wasps, and biting flies.

Supplies

10ml roll on bottle

Carrier oil - olive oil, grapeseed oil, sweet almond oil, or coconut oil

20 drops Lavender essential oil

(Or 15 drops Lavender and 5 drops Tea Tree essential oil)

To make the roll on, remove roller ball from bottle and put 1 teaspoon of the carrier oil of your choice into the roller ball bottle. Add 20 drops of lavender essential oil and top off with more carrier oil. This will make a 10% dilution. Replace roller ball and lid, and label bottle.

To use, roll on bite as soon as possible. Reapply as needed.