

Biting insects can put a damper on your outdoor fun, not to mention potentially transmit diseases like Lyme disease and West Nile virus. Keep the pests away with this chemical-free moisturizing bar recipe.

Bug Repellent Lotion Bars

Ingredients:

- 1 cup coconut oil
- 1/2 cup shea butter
- 1/2 cup beeswax + 2 tablespoons
- 1/4 cup fresh or dried rosemary leaves
- 1 teaspoon dried whole cloves
- 2 tablespoons dried or fresh thyme
- 1/2 teaspoon cinnamon powder
- 1/4 cup dried catnip leaf
- 1 (or more) tablespoons of mint leaf (optional but adds great scent)
- Optional: 1 teaspoon vitamin E oil to preserve; 10 drops each of lavender and lemon essential oil



Directions:

1. Using a glass bowl on top of a small saucepan, heat about 1 inch of water in bottom pan until starting to boil. Place the coconut oil, dried rosemary, cloves, thyme, cinnamon, catnip and mint in the top bowl.
2. Cover the bowl or top part of the double boiler and keep the water at medium/high temperature for at least 30 minutes or until oil has adopted a darker color and smells strongly of rosemary.
3. Strain the dried herbs out of the oil using a small mesh strainer or cheesecloth and pour the oil back into the double boiler. The oil will be reduced by almost half; you should have about 1/2 cup of the infused oil.
4. Add the shea butter and beeswax to the double boiler and stir until all have melted. Remove from heat, add the Vitamin E oil and any other essential oils and pour into molds.
5. Leave in the molds until completely set (overnight is best) or you can speed up the process by placing in the fridge. Rub the bars on exposed areas of DRY skin to protect against mosquitos.

Source: <https://wellnessmama.com/5170/bug-repellent-lotion-bars/>