

SRC NEWSLETTER

Skagway Recreation Center (SRC)

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Natural Essential Oil Bug Sprays



Essential oils make great natural bug sprays and are much better for you than commercial brand repellents that contain harmful chemicals and cancer causing agents. Using essential oils not only makes your bug dope smell fantastic, but can also elevate your mood and help heal minor cuts and abrasions.

Natural Bug Spray Recipes

Whether you're going on a camping trip, or sitting on your porch these bug sprays will protect you from annoying insects. You can make your blend with equal parts distilled water and witch hazel or a favorite light carrier oil like avocado or jojoba. I prefer using oil because you don't have to apply as often.

Woody Scented Bug Blend

4 oz. glass spritz bottle
5 drops cedarwood essential oil
5 drops rosemary essential oil
5 drops eucalyptus essential oil
5 drops peppermint essential oil
Fill with carrier oil and shake well



All Natural Uplifting Bug Spray

4 oz glass spritz bottle
10 drops lemongrass oil
6 drops eucalyptus oil
4 drops citronella oil
Fill with carrier oil and shake well



Spicy Bug Dope

4 oz glass spritz bottle
5 drops basil oil
7 drops cinnamon oil
3 drops thyme oil
3 drops pine oil
Fill with carrier oil and shake well



You can also make a water based spray to keep bugs and insects out of your vegetable or flower garden. One simple recipe that works great uses distilled water and Thieves essential oil from Young Living.

Applying natural bug sprays work the same way as the ones you buy in the store with one huge difference.... when you spray them on your body before going outside, you don't have to worry about dangerous chemicals seeping into your skin and clothing!

When purchasing essential oils make sure they are therapeutic grade and contain no synthetic additives. And be sure to check out some simple uses for common oils on the back page!

Happy blending!

Katherine Nelson, Director

WARNING- ESSENTIAL OILS CAN BE DANGEROUS

It's important to realize that many essential oils are volatile compounds, which means they can be potentially toxic to pets or children at certain concentrations. Cats can be especially sensitive to essential oils. Keep in mind that what is safe for you to use isn't necessarily safe to use on or near your pet. Your pet can inadvertently inhale, lick or eat these essential oils, and the oils can even be absorbed through your pet's skin. Your pet reacts differently to these substances than you do, so it's important that you talk to your veterinarian before using them around your furry family members.

Tea Tree Essential Oil

Tea tree oil, made from the leaves of the *Melaleuca alternifolia* plant, has a fresh, camphor-like scent. Health experts refer to this essential oil as a 'medicine cabinet in a bottle', due to its antifungal, antibacterial, antiviral, anti-inflammatory, antiseptic, expectorant, insecticide and stimulant properties. You can use this essential oil to cure almost all topical infections and diseases. Just a few drops of tea tree oil mixed with carrier oil helps treat toenail fungus, dandruff, boils, warts, insect bites, and head lice. If you do not have sensitive skin then you can simply moisten a cotton swab, add a drop of tea tree oil, and dap it on the affected area.

Note: Never take tea tree oil internally, which can cause side effects including confusion, hallucinations, drowsiness, unsteadiness, severe rashes, vomiting, diarrhea and general weakness. This essential oil is not suitable for small babies or women who are pregnant or breastfeeding.

Rosemary Essential Oil

This essential oil has strong, fresh, camphor-like aroma. It is commonly used in cosmetic and housecleaning. You can use it as a part of aromatherapy to give a boost to your memory and treat mood swings and other psychological problems. Plus, it has potent antioxidant, antiseptic, anti-cancer and anti-inflammatory properties that help relieve respiratory problems, reduce muscle pain, soothe digestive uses, fight vaginal infections, reduce headaches, and treat coughs and so on.

Note: Avoid this essential oil during pregnancy and if suffering from epilepsy and hypertension. Also, do not use it if taking homeopathic medicines.

Lavender Essential Oil

Lavender essential oil is one of the most calming oils, having a delightful floral smell liked by most people. It has both physiological as well as psychological benefits. Its health benefits can be attributed to its antibacterial, anti-inflammatory, antiseptic and antidepressant properties. You can use this oil to treat anxiety, respiratory problems, minor burns, wounds, insect bites and stings, earaches, acne, hair loss and a number of women's health issues. Add a few drops to a carrier oil like olive oil and apply it on your body to repel mosquitoes. Put a few drops in a humidifier to get relief from a stuffy nose or chest congestion. You can even put a few drops on your pillow or handkerchief to combat insomnia, stress, and headaches.

Lemon Essential Oil

Lemon essential oil has a refreshing and soothing aroma nearly identical to the freshly peeled fruit. It comes from cold-press processing of the lemon peel, not the inner fruit. This essential oil has a myriad of uses to enhance your beauty, health and mood. It is a common ingredient in perfumes, scented candles, soaps, face washes and body lotions. Its health benefits are mainly due to its antibacterial, antiviral, antiseptic, antidepressant, antihistamine, carminative, sleep-inducing, detoxifying and astringent properties. It's refreshing smell improves mood and helps fight stress and anxiety. It is also effective for pregnant women during bouts of nausea and vomiting.

Rhubarb Sauce

Ingredients

1/3 cup sugar
1/4 cup water
2-1/4 cups sliced fresh rhubarb
1 teaspoon grated lemon peel
1/8 teaspoon ground nutmeg



Directions

In a small saucepan, bring sugar and water to a boil. Add rhubarb; cook and stir for 5-10 minutes or until rhubarb is tender and mixture is slightly thickened. Remove from the heat; stir in lemon peel and nutmeg. Serve warm or chilled over pound cake or ice cream. Great on Turkey as well! Refrigerate leftovers.

Nutrition Facts

1/4 cup: 64 calories, 0 fat, 0 cholesterol, 2mg sodium, 16g carbohydrate, 14g sugars, 1g protein.

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