

## Plant Care & Insects & Pests (Unit 6C)



**Transformations:** 

#### Help your plants. Deal with pests and some pest bites naturally.

- 1) Create Bug Be Gone Spray.
- 2) Which essential oils: (refer to your e-course for answers).
- a) deter ants-
- b) deter flies-
- c) deter mosquitoes-
- d) deter wasps-

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#### More Transformations-

3) Write down the formula for a mosquito repellent spray, using essential oils mentioned in the e-course. Specify dilution rates-refer to the e-course.



4) Name 1 essential remedy, from your e-course, unit 6C to apply to your body, if you get a bee sting.

5) Name 3 essential oils soothing for insect bites.

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# **Bugs- Be Gone- Spray**

2 cups witch- hazel
1 tsp. vegetable glycerin
20 drops lemongrass e.o.
10 drops catnip e.o.
10 drops rose geranium e.o.
10 drops Amorpha Fruticosa

Combine all ingredients in a 50 ml, glass spray bottle. Shake the mixture well, to combine. Shake well before each use. Apply to skin as often as needed. Do not spray in eyes. Do not use if pregnant, nor on children under 3.

# **Healing House Plants**



An insect control tip given to me by Bill, former aromatherapy student, who owned a plant business to keep aphids and other insects that might live in the soil of houseplants was to use **a little** hydrogen peroxide in the water, during your weekly watering.

It works very well! Hydrogen peroxide comes in different strengths, so check with your retailer before buying to get the perfect dose. Keep the hydrogen peroxide off of your skin!

And just a reminder that many house plants clean indoor air beautifully. In this era of printer ink, paints and other toxic fumes, and plants themselves can be your best allies.

Spider plant, dracaena, ficus, (weeping fig), peace lily, Boston fern, motherin law's tongue, aloe, snake plant and the bamboo palm are all great additions for their beauty and air-cleaning capacity!