

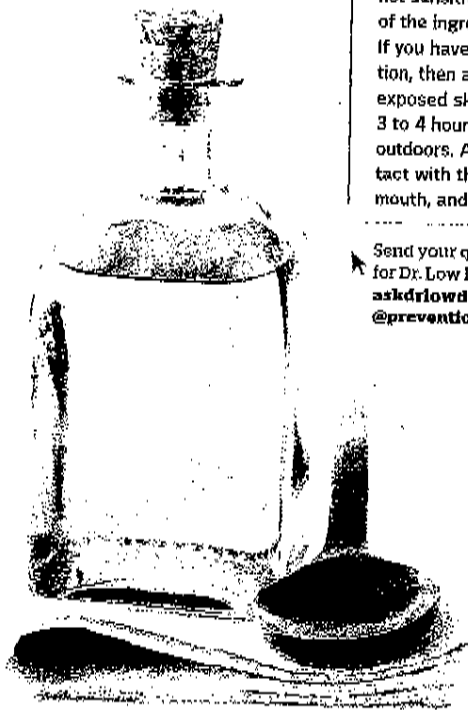


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Is Your Best Medicine*.

Repel Insects with Smart Scents

As the days are getting longer, the weather warmer, the whole world seems so alive—and you're itching to spend more time outdoors. Therein lies the rub: Dive-bombing mosquitoes can mess with the most heavenly evening. You can wear light-colored long sleeves and pants, drain any standing water, and keep windows and doors well screened, but **as long as you're breathing, you're mosquito bait.** That's because the buggers zero in on the carbon dioxide you exhale and are strongly attracted to certain aromas, including scented deodorant and smelly socks.

If I were heading out into the wilds of a dense tropical rain forest with swarms of skeeters, I'd grab the DEET. However, **gentler essential oils can be excellent allies** when it comes to keeping mosquitoes away. For my skin, I opt for lemon eucalyptus and geranium—both are highly effective and smell nice to friends and family while keeping biters at bay. Tip: Planting marigolds (*Tagetes* spp.), ageratum, and/or bee balm (*Monarda punctata*) also helps ward off flying vampires—they hate the smells of those pretty blooms.



Buzz-Off Oil

8 oz almond oil
¼ tsp lemon
eucalyptus
essential oil
¼ tsp geranium
essential oil
¼ tsp lavender
essential oil

Put almond oil in a bottle, add essential oils, and shake well. Apply a small amount to your arm and leave on for 30 minutes to make sure you're not sensitive to any of the ingredients. If you have no reaction, then apply to exposed skin every 3 to 4 hours when outdoors. Avoid contact with the eyes, mouth, and nose.

Send your questions
for Dr. Low Dog to
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