

## **Insect Bite**

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Bites from mosquitoes, spiders, gnats, ants, bees, scorpions, and other insects.

**Calendula- External** Purposes: In addition to calendula ointment, other types of herbs that will assist in lessening pain, itching, etc. are cedar, eucalyptus, and/or tea tree oils. They are readily available in oil, spray, & lotions.

**Citronella- External** Purposes: Citronella candles placed strategically around your yard will chase off the hungry mosquitoes.

**Goldenseal & Tea Tree Oil- External** Purposes: What better way to rid insects than using nature's own insect repellents such as goldenseal or tea tree oil. They are also good to relieve pain and itching.

**Lobelia & Charcoal Tablets- External** Purposes: Mixing lobelia and charcoal together (both can be obtained from your local health food store) can be used as a poultice which can remove discomfort caused from the insect bites.

**Pennyroyal Oil- External** Purposes: Pennyroyal Oil should only be used externally or as an aromatica. The smell tends to send insects to search for a better meal.  
Cautions: Do not use internally. Be very careful with this herb as it can be poisonous.