

## PEPPERMINT FOR PESTS

Step 1: mix one part peppermint essential oil to 10 parts water in a spray bottle to rid your plants of ants. Spritz the mixture on foliage wherever you see the offending ants.

Step 2: dab cotton balls with a few drops of peppermint oil and place the balls in the corners of rooms to control ants. You can also tuck them between books and bookcases, or place them on your kitchen counters as well.

Step 3: hang a floral or herbal wreath in the kitchen and periodically sprinkle it with a few drops of peppermint oil. The scented wreath will not only serve as an air freshener during humid summer months, it will also deter mosquitoes and flies. A bowl of peppermint-based potpourri combined with peppermint essential oil will have the same effect.

Step 4: wear a homemade body oil of peppermint essential oil to keep flying insects at bay. Combine the peppermint with the essential oils of rosemary, citronella, eucalyptus or clove. Add the mix of essential oils to sweet almond oil at a rate of four drops of oil for every teaspoon of sweet almond oil. You can also mix peppermint oil directly into store-bought body lotion or oil.

Step 5: place a saucer of water containing a few drops of peppermint oil in a room plagued by mosquitoes. An essential oil burner filled with peppermint will also work well.

Step 6: dab cotton rags or balls into peppermint oil to scare mice and rats away. This method can work for both indoor and outdoor pest problems. Place the cotton balls in areas you see the droppings, like drawers, cupboards and such. Replace every 4 to 6 weeks. If the problem continues contact a local pest control expert and ask for an environmentally friendly treatment. If using this approach outdoors, place the cotton in protected and dry locations so you won't have to replace them every time it rains. This method is said to also work well with rabbits and squirrels.

Step 7: add 10 to 15 drops of peppermint essential oil into a spray bottle with 8 to 12 ounces of water. Spray around door frames, windows, small cracks, corners of the ceilings and bathrooms. Use peppermint essential oil without water for a more potent version. (Spiders don't like strong-smelling herbs like mint, lavender and orange. They hate peppermint oil). Do this a couple times a week during times you have a lot of spiders, once a week when not so many.

Step 8: grow peppermint around you house and garage. It will spread so you will have to keep a close eye on it and keep it only where you want it to grow. Spiders, mice and ants probably won't even come close enough to come in the house or garage.