

Bug Bite Clay

Combine in a small container or bowl:

bentonite clay	¼ cup
cornstarch	1 Tablespoon
baking soda	2 Tablespoons
peppermint oil	10 drops essential oil
water	¼ - ½ c. Used to moisten the mixture.
optional:	5 drops lavender essential oil to soothe the skin

Notes

Storage

Keeps well in a covered container for up to a week. If it dries out, just add more water.

Application

Use your hand to apply to bug bitten areas. Also useful as a barrier on stomach, chest and other areas to prevent bugs from biting. It's messy but it WORKS!

In the wild, horses will roll in natural clay deposits to deter biting insects.

Clean up

Washes off easily with plain water. It will also dry and can easily be brushed off. Bonus: it cleans the coat!

Natural and Safe

All ingredients are natural and safe for ingestion.