INSECT BITES

1. **Charcoal Compress. In general we do not use charcoal on open lesions. The charcoal may give a tattoo effect on the skin. Charcoal is used for infection, inflammation and swelling.**
   Dissolve charcoal power in enough water to make a paste to cover the area to be treated. If you only have tablets handy you will need to crush them or use a blender to pulverize. Spread paste on a small piece of cloth or double layer of paper towel. Place over the area. Cover with plastic wrap, then finally a bowel.

2. **Hydrogen Peroxide. Dab on or spray on. Use the type for external use or internal use. We are using the plain 3% hydrogen peroxide which you can get from any drug stores. This is for topical application only, do not ingest.**

3. **Aromatherapy/Essential Oils:**
   Basil - wasp stings, snake bites (first aid treatment)
   Cinnamon - wasp stings, snake bites
   Eucalyptus - lice, mosquito repellent
   Garlic - scabies, tinea, wasp stings, insect bites
   Geranium - lice
   Lavender - insects, animal and adder bites, lice. For insect bites mix equal parts of lavender oil and alcohol.
   Lemon - snake bite, insect bites
   Pine - lice, scabies
   Rosemary - lice, scabies
   Sage - wasp stings, insect bites
   Thyme - lice, scabies, insect bites, snake bites
   Combination: Basil, patchouli, black pepper & cinnamon leaf. For wasps etc use one drop carefully applied after removing stinger. Dilute to 5% for application to larger areas of mosquito or black fly bites.

4. **Rubbing Alcohol. Use straight on the area. Like the hydrogen peroxide, it can kill bacteria from the bite. May need to use every few minutes until pain is gone. You can get this at any drug store. This is for topical application only, do not ingest.**