

INSECT REPELLENT



This concoction was used by thieves during the Black Plague to prevent illness. This can also be used as a tincture for any illness (1 TBSP in water, several times a day) because of its antiviral and antibacterial properties.

Supplies

- 1 - 32 oz. bottle of White Distilled Vinegar or Apple Cider Vinegar
- 2 TBSP each of dried Sage, Rosemary, Lavender, Thyme, and Mint
- 1 quart-sized glass jar with air tight lid
- 1 Spray bottle

Optional: 1 tincture bottle

Instructions

- Wash herbs and hang upside down to dry.
- Once herbs have dried fully, measure out 2 TBSP of each herb into jar.
- Pour vinegar over herbs.
- Seal the jar tightly and store on counter or in a place you will see it regularly. Shake well at least once daily for 2-3 weeks.
- After 2-3 weeks, strain herbs out and store in spray bottles or tincture bottles. Preferably in the fridge.
- To use on skin, dilute to half with water in a spray bottle.



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