

All-Natural Springtime Support Kit:

Wounds, Rashes, and Skin Care, Bug Sprays and Bites,
and Flea and Tick Repellents

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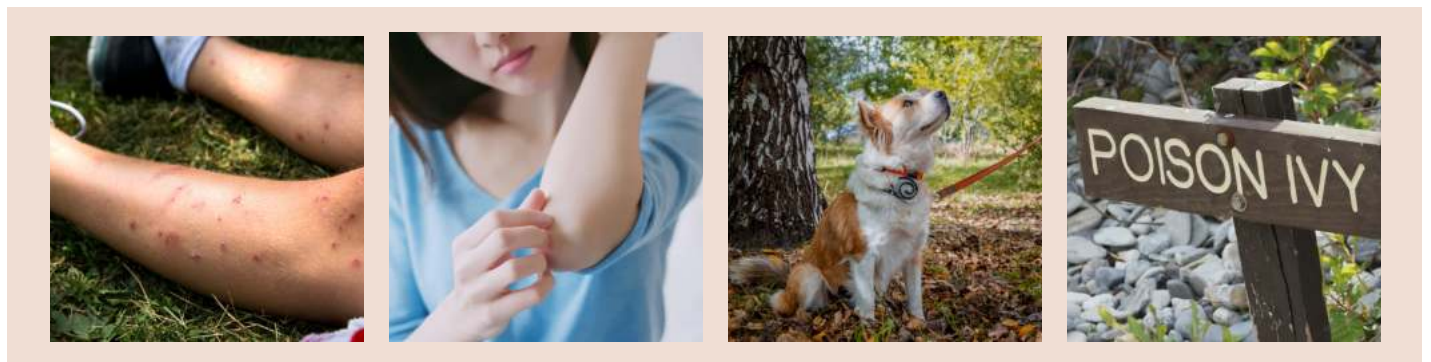
Springtime can feel like waking up in a new world. In a way, we are! The trees are flowering, the sun is shining, and we may be able to skip wearing a jacket on most days. But as we venture out into this “new world,” we’ll likely also encounter some of the familiar and forgotten challenges that go hand-in-hand with springtime bliss.

In this article, we want to provide you with all-natural support for some of your springtime woes so that you can get back outside and enjoy all that spring offers. Some common concerns include bug bites, rashes from plants, and pet fleas or ticks. Read on for recipes and our top recommendations to support you, your home, and your pets this spring.

1. Oatmeal Soap

Being outside can take a toll on your skin. Not only should you be wearing sunscreen regularly, but you should also consider how you will nourish your skin so that you can return to the outdoors revitalized and ready to face the elements. Our top suggestion is to either purchase or make all-natural oatmeal soap.

Colloidal oatmeal or finely ground oatmeal is used in skincare products.[1] It contains antioxidants, anti-inflammatory, and cleansing properties. It also has oils that nourish the skin and water-absorbing properties.[2] Natural oatmeal products are also easy on most sensitive skin types and can help with soothing sunburns, dry skin, and reactions to plant rashes or bug bites.





However, if you have been diagnosed with Celiac Disease, oatmeal products could trigger a rash, so consult a healthcare professional before using them.[1]

To make your own oatmeal soap, purchase an all-natural melt-and-pour soap base, such as goat milk, molds,

and organic oatmeal. You'll need one pound of soap and two teaspoons of colloidal oatmeal, which is finely ground oats.[3] You can create colloidal oatmeal at home using a coffee grinder or food processor. You'll know it's fine enough when you place a tablespoon in warm water, and the result is a milky white color with no pieces floating or sinking to the bottom.[1],[2] For soapmaking supplies, you'll need a microwave-safe measuring cup or double boiler, a spoon, soap molds, and craft paper to wrap them in.

First, cut the soap base into 1-inch cubes and place them in your microwave-safe measuring cup. Next, melt the soap base in the microwave in 30-second increments until small chunks remain and then in 10-second increments until liquified.[1] Allow the liquified soap to sit for five minutes, then add in your finely ground oatmeal powder, stir, and quickly pour the liquid into the molds.[4] Allow to cool for a few hours at room temperature, then remove from the mold and wrap in the craft paper. Write details about your soap on the craft paper, such as the type and creation date.

2. Citronella Candles

Citronella candles can help keep pesky mosquitoes away on warm spring nights. Making them is a similar process to making soap. First, purchase one pound of all-natural soy candle wax, all-natural premade wicks for soy wax, wick stickers, a candle thermometer, citronella oil, a metal candle-making pour pot, and three 8-ounce glass jars. Most of these supplies can be purchased at your local craft store. Then, gather or buy a metal spoon and six chopsticks.

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First, place the wick sticker on the metal bottom of the premade wick. Then adhere the wick to the center of the bottom of the glass jar and prop the wick in between two chopsticks. After that, use a double boiler to melt the wax on the stove. Add in nine drops of citronella oil and stir.[5] Using a candle thermometer, wait until the soy wax reaches its pouring temperature, which varies by manufacturer, so check your packaging.[6]

You may need to carefully readjust the wick and chopsticks after pouring, so it's essential not to cut the wicks beforehand! Once the correct temperature is reached, pour the candlewax mixture into each jar, allowing about an inch between the wax and the brim of the container.[5] Let cool for 24 hours or until completely hardened. Lastly, trim the wicks to at least a quarter of an inch.[5]

3. Bug Spray and Tick and Flea Repellent

Bug spray is a necessity throughout the spring and summer months, especially in wooded areas or near water. For mosquitoes, your bug spray will contain witch hazel and oil of lemon eucalyptus, which is not the same as the essential oil variety, or lavender essential oil. Mix one part of your chosen oil with ten parts of witch hazel in a glass spray bottle.[7]

Former practicing veterinarian and natural health pet advocate Dr. Andrew Jones provides a solution for fleas and ticks for your pets. The following recipe appears on his YouTube Channel:[8]

Witch Hazel with Aloe – 125 ml (½ cup)
Liquid Coconut Oil – 30 ml (2 tablespoons)
Neem Oil – 2 ml (about ½ teaspoon)
Cedarwood Oil – 2 ml (about ½ teaspoon)
Castile Soap – 15 ml (1 tablespoon)

Combine all the ingredients above, stir, and then pour into a glass spray bottle. Store in a warm place so that the neem oil does not thicken. Shake before using and lightly mist on the back and side of your dog or cat, avoiding the face, nose, and eyes. Then using a flea comb, distribute the sprayed mixture throughout the fur on their neck, legs, and back. Repeat this process safely two to three times per week for a dog and only one time per week for your cat. [8]

You can also keep fleas at bay inside your home by spraying a 50/50 mixture of water and white vinegar on your wood floors and furniture. This same mixture can also be sprayed on your pet but avoid their noses. For carpets, you can create a mixture of equal parts of borax powder, inexpensive salt, and baking soda. Leave the mixture on for several hours, then vacuum and repeat the process in 12 to 22 days.

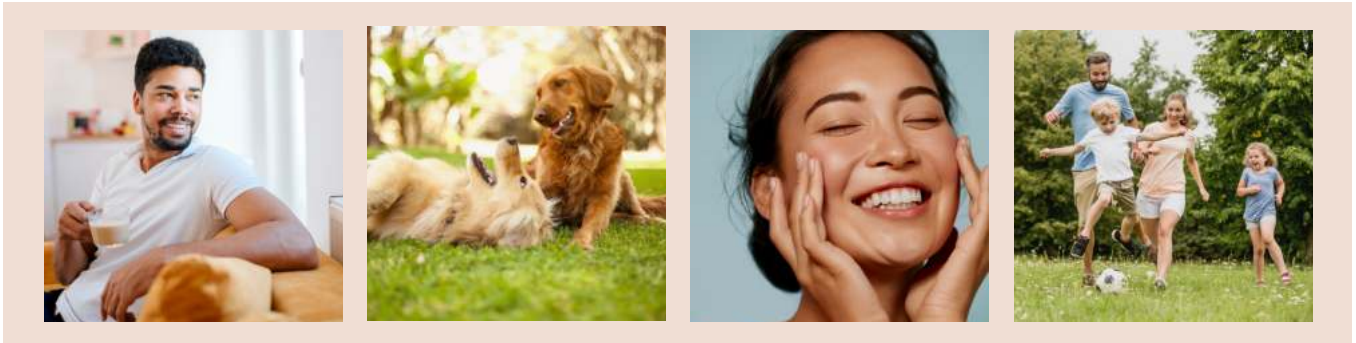
4. Wound Care

When bugs and plants get the best of you in the spring or summer, you'll need reliable wound care on hand. You can turn to oatmeal, aloe vera, and apple cider vinegar to relieve itching from bug bites. Another option is a baking soda, tea tree, and aloe-based spray. You can also dab vinegar right onto the bite, or if you have a lot of bug bites, you can either wet a washcloth with cold water and vinegar or soak in a cool bath with two cups of vinegar for 20 minutes. Keep in mind that hot baths can make itching worse.[9]

For rashes from plants, similar itch-relieving supports listed above can be used. For example, apple cider vinegar can relieve someone with poison ivy. Baking soda is beneficial for rashes or bug bites that ooze and hold moisture. Coconut oil is also a great general salve for rashes. If you're outside or don't have these ingredients on hand, a common "weed" called plantain can be made into a poultice, which is beneficial for poison ivy, bites, stings, and other minor wounds.

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Conclusion

Building an all-natural spring support kit can help you prepare for outdoor woes like bug bites, plant rashes, and fleas and ticks. Plus, these recipes let you enjoy the nice weather with your family and friends in a natural, healthy way! Store your springtime support kit in a convenient location, and feel free to share this knowledge with a friend.

To learn more ways to holistically assist your family and your community throughout the year, consider enrolling in our Certified Natural Health Professional program. This online program is offered year-round and can be completed in a few hours each week. Call 800-428-0408, option 2, to speak with an Enrollment Specialist or visit trinityschool.org/program/cnhp to learn more about becoming a Certified Natural Health Professional.

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References

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