

## Natural Flea Repellent Spray for Dogs



This is a lovely spray to use on your pet and its bedding to deter fleas and other parasites.

### Ingredients

- 1 litre of water in a solid based saucepan
- 1 large handful of freshly picked wormwood
- 1 large handful of freshly picked lavender
- 1 large handful of freshly picked rosemary

### Method

Step 1: Add herbs to the saucepan of water and slowly bring to the just on boil and simmer for 30 minutes

Step 2: Cool, strain and put into a spray bottle and spray away!

Step 3: Keep refrigerated and this will last you for a couple of weeks.

*Alternatively* dry some wormwood, rosemary and lavender and when ready mix the 3 herbs together and place in a little cotton bag and place in your pets bedding, it not only adds a lovely scent to their beds but deters all those little nasties!

As a qualified Animal Naturopath and Muscle therapist I have found that natural remedies, certain dietary vitamin supplements and herbal products can help your pet with their allergies and many other health issues. Contact me at K9 SWiM to discuss your dog's best natural health solutions.

**Sharon Osmond**