

Client: Loop Communications
 Source: Woman's Weekly (Main)
 Date: 27 June 2008
 Page: 19
 Circulation: 369926
 Size: 513cm2
 AVE: 11727.18

Beat summer bites and stings

Fed up of being eaten alive by mosquitoes and bugs? Xenia Gregoriadis rounds up the best repellents and prevention products – don't leave home without them!

Jungle Formula Body Spray (€4.99, from all good chemists and supermarkets)

Insect Repellent Formula Wipes, (€5, Marks & Spencer)

Bite & Sting Relief Liquid Pen, (€3.49, Boots)

Don't Bite Me! Patch (Deet free) (from €5.99, visit www.dontbitepatch.com)

Great for kids

DEETfree natural herbal insect repellents are chemical free and hypoallergenic. The range comes in two handy travel sizes, a cream, pump spray and roll-on, plus a bug fighting candle, (from €3.99; stockists, 01765 640060, or visit www.deetfree.com)



Useful tips

- Apply repellent at regular intervals, especially in hot, humid conditions when it may be removed by perspiration, and after swimming. Apply repellent over sunscreen when you're using both.
- Mosquitoes tend to be most active in the evening so wear loose-fitting long trousers and long sleeves at this time. Annoyingly, they are able to bite through tight clothing!
- Mossies don't like vitamin B1 or garlic so, while there's no real evidence to support this theory, many people swear by taking one or the other in capsule form for up to a fortnight before travelling.
- If you do get bitten, try not to scratch! Bites should be kept clean and dry to avoid infection. Steroid creams can help relieve itching.

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Insect Repellent Formula Click! Relief, (£3, Marks & Spencer). Hold Click! Relief over the bite and press the black button several times. An electrical discharge reduces histamine release by the body, relieving the urge to scratch

Bioforce Herbal Insect Repellent
CONTAINING NEEM & ESSENTIAL OILS
Repels Mosquitoes, Midges and Flies

Neem Herbal Insect Repellent from Bioforce, (from £4.50; stockists, 01294 277344 or visit www.avogel.co.uk)

Nelsons Pyrethrum Spray, it's a topical herbal remedy, (£4.50, from all good chemists and health food shops nationwide)

Repel Liquid Mosquito Killer
2 pin plug-in
Also mosquitoes
Keep around you for 24 hours

Repel Plug-In Liquid Mosquito Killer (£8.99, Boots)

Amywear is an intelligent fabric that can be used as a sarong, a neck tie or bed cover. It releases a natural mosquito repellent whenever you move, (from £7.99; stockists, 01707 228 646 or visit www.armywear.co.uk)

nelsons PYRETHRUM spray
INSECT STINGS