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NATURAL WAYS TO KEEP THE BUGS AT BAY

Mosquito repellents may be a holiday essential, but many of us have concerns about the effects of putting strong concoctions, such as the pesticide DEET, on our skin. Here's a round-up of the most natural ways to stay bite-free all summer...



→ **TO WEAR** Armywear is a new fabric impregnated with mosquito repellent that gives a protective no-bite zone of about 50cm against 3,000 types of insects. It's also totally safe for children. Armywear sarongs, £13.99, and kaftans, from £22.99, are available at Boots or visit www.armywear.co.uk to buy stroller covers, and even an Armybear, £19.99, above.

→ **TO SPRAY** Mosi-guard Natural has consistently been one of the most natural and effective repellent sprays. The active ingredient is Citriodiol, a naturally occurring

extract of lemon eucalyptus oil. It protects for up to ten hours against sandflies, ticks, midges and mosquitoes. It's widely available from stockists such as Boots and Tesco, in a cream, stick, roll-on and spray, for about £5.59.

→ **TO RUB IN** Mix citronella oil (Citronella Pure Essential oil, £4.19 for 10ml, from Holland & Barrett), extracted from the plant *cymbopogon nardus*, with a carrier oil and apply to skin. Also, try rubbing wild mint leaves, which contain the natural repellent pulegone, on your skin.

