



Flea Spray for Dogs

Recipe

1 Cup distilled water
1 tspn Apple cider vinegar
5 Drops Lavender EO
5 Drops Lemongrass EO

Mix everything in a spray bottle and shake before each use.
Spray lightly on your dog's coat (avoiding eyes & nose) and bedding every few weeks.

No harsh chemicals, no toxic residues – just clean, functional ingredients that repel fleas naturally.

The “How & Why”

Distilled water serves as the primary **carrier/base** and diluent in a flea spray. It makes up the bulk of the mixture (often 1-2 cups or more), allowing even distribution when sprayed on a dog's coat. Unlike tap water, distilled water contains no minerals, impurities, or contaminants that could cause residue, clog the spray nozzle, or interact undesirably with other ingredients. It ensures the spray is safe, stable, and gentle for topical use.

Apple cider vinegar (ACV) acts mainly as a **natural repellent** and skin conditioner. Fleas dislike its strong smell, taste, and acidity, so it makes the dog's coat less appealing for them to land on or stay on. It may slightly alter the skin's pH, creating a less hospitable environment for fleas (though it does **not** kill them outright). ACV also has mild cleaning/deodorizing properties and can help soothe minor skin irritation. Typical dilution is 1-4 tablespoons per cup or two of water.

Lavender essential oil functions as a **natural insect repellent** with additional soothing benefits. Its aroma deters fleas (and sometimes ticks), and it may help prevent tick eggs from hatching. When properly diluted, it can calm irritated skin from bites and has mild antimicrobial properties. It's one of the more commonly cited "pet-safer" essential oils for dogs in very low concentrations (e.g., 5-10 drops per spray bottle), but always use caution.

Lemongrass essential oil serves as a **stronger insect repellent**. Compounds like citral and geraniol disrupt fleas' sensory systems or make the environment unappealing to them. It's frequently recommended in natural flea/tick sprays for its effectiveness against biting pests. Use it sparingly and well-diluted (similar to lavender, e.g., 5-10 drops).

