Top 3 Home Remedies for Mosquito Bites & How to Make Each One

Categories: General, Health/Fitness, Homesteading

You're enjoying a lovely evening with your friends or family, when the familiar 'buzz' begins to form around you. Within a matter of minutes, you're reduced to nothing more than a big ball of itch thanks to the wonders of the common mosquito. While your reaction to a mosquito bite may vary, the resulting itch, redness and swelling is due to an anticoagulant compound injected into your skin. This compound inhibits your blood from clotting, which results in itching and red, swollen bumps.

Mosquito bite home remedies run the gambit, but the following three remedies are tried-and-true for their effectiveness and simplicity. Stop covering yourself in synthetic chemicals for mosquito bite relief. Rather, turn to these three natural remedies for near-instant relief and comfort.

Update: be sure to check out our post on witch hazel, as witch hazel is great soothing mosquito bites.
Rather the treat the mosquito bites, why not prevent them in the first place by planting some mosquito repellent plants in your garden. One of the plants can even be rubbed on skin and clothing to act as a topical mosquito repellent.

**Bubble the Itch Away With Hydrogen Peroxide**

Used as a common disinfectant, hydrogen peroxide has a myriad of uses, eliminating a mosquito bite itch is one of them. Available in 3% concentration from any pharmacy or drug store, when applied immediately after noticing a mosquito bite, hydrogen peroxide is known to eliminate itch and swelling.

**How to Use It**

- Soak a cotton ball in 3% Hydrogen Peroxide
- Apply directly on the mosquito bite.
- Secure with a bandage for 10 to 15 minutes
- Remove and enjoy an itch-free afternoon

**Apple Cider Vinegar and Aloe for Lasting Relief**

Separately, apple cider vinegar and aloe have been used to treat the itch and swelling of mosquito bites; however, when combined, you have a powerhouse treatment. Both ingredients actively work to reduce inflammation and provide itch relief. Due to the acidic nature of ACV, be careful if you have sensitive skin.

**How to Use**

- Pour 1 teaspoon of apple cider vinegar into a small bowl
- Add 2 teaspoons of pure aloe into the bowl
- Mix with a spoon until both ingredients are thoroughly combined
- With your fingers, apply directly to the mosquito bites
- Re-apply throughout the day until the itch and swelling have diminished

**Soothing Salt Paste**

Much like the aforementioned mosquito bite remedies, salt paste works to eliminate symptoms of mosquito bites by reducing inflammation and drying out mosquito saliva, which causes swelling and itching. This remedy is ideal for those with sensitive skin, as it doesn't use harsh oils or acidic compounds. While table salt works fine, pure Himalayan salt is recommended by holistic practitioners for its ability to promote vascular health.
How to Use

- Pour 2 teaspoons of table salt into a small container
- Place 3 to 5 drops of water into the salt to create a paste
- Mix into a paste by stirring the salt and water mixture with a toothpick. Stir in a circular motion until the paste is smooth and free from salt bumps.
- Liberally apply the paste directly onto the bite.
- Cover with a band aid and allow the paste to fully dry
- Wash the paste off and re-apply, if necessary

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