



## Spring = flea & tick season is here!

There are a lot of choices out there in the market when it comes to flea and tick products; shampoos, sprays, topical spot-on products, dips and chemical dog collars.

My personal approach to parasite control is that while conventional methods are usually safe to use for a short period of time (1-3 months as needed) the health hazards to pet owners and their pets from exposure to the hard core potent chemical contained in the products leave little doubt in my mind that a more holistic approach is needed.

Look out for reputable brands that carry botanical and essential oil formulated products aimed at flea and tick prevention. You will not see these parasites dropping off immediately, fleas and ticks do not die upon contact with shampoo – the shampoo works over time and discourages fleas from living on your dog.

### Tips to help prevent fleas & ticks

1. Shampoo your dog 1-2x a week (not everyday!)
2. Incorporate a gentle massage movement while shampooing (can help in tick detection!)
3. Leave the shampoo on for at least 15 minutes before rinsing.
4. Pay attention to these areas since ticks love to hide here:
  - Between the toes/paws
  - Around the ears
  - Around the neck

Here are some of the following herbs and essential oils ingredients that are known to repel fleas and ticks:

*Black walnut hull, Citronella, Eucalyptus, Geranium, Lavender Spike, Lemon, Tea Tree, Neem.*

### Tips for tick removal

Ticks can be big and fat and filled with your pet's blood and the only way to kill them is either by burning them or the method I prefer is:

1. Grasp the tick as close to the dog's body as possible using a clean pair of tweezers
2. Gently but firmly apply a continuous pulling motions until the tick loosens from the pet
3. Place the tick in a (old jam/pickle) glass jar filled with a small amount of alcohol to kill it
4. Sterilize the tweezer (clean with alcohol) and use for this purpose only

Visit our product page to view [Sam The Dog Aromatics Flea & Tick Shampoo and Repellent Range](#).

Important: The information given does not replace medical advise or opinion.

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