



KNOW YOUR ENEMY: THE FLY

Summertime is beach time, bach time, barbecue time and fly time. As the temperatures creep up, the invaders buzz in – especially in the early evening when cooking smells waft invitingly from open doors and windows. As the saying goes, it's good to know your enemy – so we've done some digging about flies.

What are flies?

Flies come from a large and highly successful biological order that has about 150,000 species worldwide (even Antarctica!). They have a single pair of transparent wings and sucking or piercing mouthparts. The members of this family that you'll know the best are houseflies, blowflies, mosquitoes, midges, gnats and fruit flies.

What's the problem with flies?

Food sources for flies include plant sap, blood, dead things, decaying organic matter and whatever you're eating. Because flies can only suck liquids, they vomit on solid food sources so that digestive juices, enzymes and saliva can liquefy the food. If flies eat food from a bacteria-laden source, such as a rubbish bin or excrement,

bacteria stick to the fly's legs and mouthparts. When the fly lands on its next meal (your dinner?), these bacteria transfer. Flies are highly mobile, so the interchange between bacteria sources and human food happens quickly.

How can you control flies?

➤➤ **PHYSICAL CONTROLS:** As well as ensuring that organic rubbish is stored in a closed bin outside the house, you can use air curtains and insect screens to keep flies out. An efficient rangehood can prevent cooking smells from moving through the house. It's also good to avoid piles of grass clippings, doggy dos and any other kind of animal manure. If you make your own compost, try to keep it dry and turn the mix every two to three days – wet compost heaps full of food scraps are a feeding and breeding ground for flies.

➤➤ **SURFACE SPRAYS:** Ecomist has a highly effective surface spray called Insect Sniper. It can be sprayed onto areas that are frequented by flies (look for fly specks) – warm sunny places that are close to attractive odours. Be careful in kitchen areas; avoid getting surface spray onto utensils and surfaces used for preparing food.



➤➤ **SPACE SPRAYS:** Natural Pyrethrins, such as those used in Ecomist Insect Killer, give very rapid knockdown and are safe to use around humans. When flies encounter small droplets of pyrethrins, they head for the light and go into a bit of a dance as their nervous systems is affected. Shortly thereafter, they die. As well as killing flies that venture into their range, Ecomist Automatic Dispensers ensure there's enough pyrethrin in the air to repel flies that are thinking about coming inside.

Information sources: Urban Pest Management in Australia 5th Edition (2008). Gerozisis, J; Hadlington, P; Staunton, I. Utah Education Network www.uen.org



5 TIPS FOR SUMMERTIME INSECT CONTROL

1 Outdoor furniture: Spray under your outdoor furniture with Insect Sniper to keep insects away from your outdoor living areas.

2 Dispenser Location: Make sure your Ecomist dispenser is situated in the correct position in your house for maximum effectiveness – 2m from the floor, at least 30 cm from the ceiling and in an area that gets enough ventilation in the correct direction (e.g. if the air moves towards the dispenser most of the product will get blown back onto the wall or dispenser).



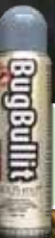
3 Personal Protection: Use Bug Bullit Personal Insect repellent to keep insects off your body e.g. while out at the BBQ, on the beach or camping.

4 Outdoors: A big Ecomist E6 dispenser is great for keeping flies and mozzies away when you're outdoors.

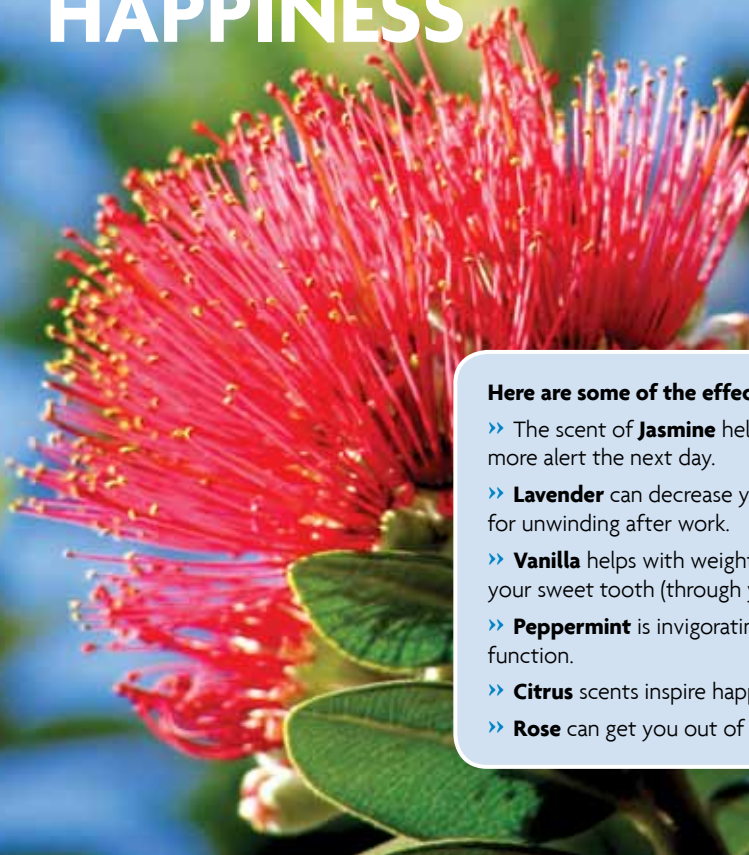
5 Prevention: Make sure you don't provide insects with breeding grounds such as food, garbage, stagnant water or grass cuttings. Wrap garbage in bags and dispose of quickly.



Use **Bug Bullit** Personal Insect repellent to keep insects away!



DISCOVERING THE SCENT OF HAPPINESS



You arrange your home to please your sense of sight; you cook meals that appeal to your sense of taste; you listen to music to make your ears happy; and you choose fabrics (or even furry pets) because they feel good. Now, to keep all your senses happy, you can add fragrances to your living and working environments, to satisfy your sense of smell.

Any pleasant smell can lift your mood. And you've probably noticed how scents can instantly conjure up images and emotions from the past. The scent of pine brings Christmas memories alive, just as the scent of pohutukawa blossoms says that summer has arrived.

The sense of smell is so powerful that you can actually engineer scent reactions. For example, if you combine meditation, yoga breathing or your favourite music with a distinctive aroma, after a few sessions the scent on its own will make you feel relaxed, calm and happy.

Here are some of the effects linked to specific scents:

- » The scent of **Jasmine** helps you to sleep well and be more alert the next day.
- » **Lavender** can decrease your heart rate, which is good for unwinding after work.
- » **Vanilla** helps with weight loss, because it satisfies your sweet tooth (through your nose!).
- » **Peppermint** is invigorating and enhances memory function.
- » **Citrus** scents inspire happiness.
- » **Rose** can get you out of an angry or irritable mood.

Certain fragrances have been shown to be associated with enhanced mood, reduced stress, improved confidence and even lifting cognitive performance. With Ecomist, it's easy to add specific fragrances to your home or work environment.

Our fragrances are more sophisticated than air fresheners from the supermarket. They're more in line with the quality sold at a French perfume counter. We have even designed a scientific tool to help you pick the perfect scent for your space. It's called the Ecomist Yves Andre perfume box and it lets you cross reference your interior style with a desired mood to find exactly the right fragrance.

Information sources: www.psychologytoday.com ; www.scientificamerican.com

ECOMIST'S BESTSELLER FRAGRANCE LIST

Here's a list of our best selling fragrances along with a brief description of what they smell like.

| FRAGRANCE NAME | DESCRIPTION |
|-----------------|--|
| Jupiter | Citrus, bergamonte and oriental woody. |
| Angel | Citrus, floral and musky. |
| Baby Talc | Citrus, powdery, floral and spicy. |
| Parisian | Floral, light leafy, amber and sandalwood. |
| Citrus | What more can we say! |
| Raspberry | Sweet, fresh raspberries. |
| Vanilla Supreme | A vanilla lovers dream, loved by teens. |
| Shannel | Green, jasmine, musky and exotic. |
| Monte Carlo | Citrus blend and lavender. |
| Marshall | Citrus, floral and woody. |

Many more Fragrances are available from Ecomist - give your local franchise a call or visit our website to find one that you love!



DID YOU KNOW... An Ecomist Dispenser used with Ecomist Insect Killer with Natural Pyrethrins works brilliantly at controlling **ANTS, MOZZIES AND COCKROACHES**. In fact, it will work on almost all flying and crawling insects!

ONLINE DISCOUNT VOUCHERS!

Take advantage of Ecomist's exclusive online offers to make sure your home stays BUG-FREE this summer!

15% OFF

INSECT SNIPER

Enter promo code "SNIPER" when checking out. **ONLINE ONLY.**
Expires 28/02/2012. Cannot be used in conjunction with any other offer.



10% OFF

E4C DISPENSER

Enter promo code "E4C" when checking out. **ONLINE ONLY.**
Expires 28/02/2012. Cannot be used in conjunction with any other offer.



10% OFF

INSECT GRENADE

Enter promo code "GRENADE" when checking out. **ONLINE ONLY.**
Expires 28/02/2012. Cannot be used in conjunction with any other offer.



BATTERIES REMINDER!

Before the start of summer, make sure your dispenser has a new set of high quality **ALKALINE** batteries. A large percentage of dispensers not working properly are a result of low batteries. **Please, DO NOT USE rechargeable batteries** as their use can lead to the dispenser malfunctioning. Batteries can be purchased from your local Ecomist franchise along with any other Ecomist products.

