



## Recipes for a Pure DIY Room Spray

Once upon a time most commercial air fresheners were laden with toxic chemicals such as Phthalates, Phenols and Formaldehyde, and although some of them have removed these ingredients in an overall effort to be environmentally friendly, some still use them. The producers who have removed them from their ingredient list have done well, but unfortunately a commercial air freshener is still chemically laden. Mainly to make their products easier to use and to enhance the synthetic fragrances they use too.

So why not take control of our own environment, especially for ourselves and the people who we cherish that live in these environments by eliminating the harmful chemicals and fragrances? How? By making our own room sprays. It is very easy and cheap and I have listed below two recipes...one for a very basic, but effective deodorising spray for the room; and another more exotic (and my favourite) deodorising room spray.

***Enjoy!***



## **Basic Deodorising Room Spray**

Using a clean spray bottle (you can pick these up from the \$2 shops) add:

- 1 cup of distilled water (as an alternative use pure water, or boil tap water and allow to cool before using)
- 8 drops Lavender pure essential oil
- 6 drops Bergamot pure essential oil

Seal the lid to the bottle and shake well. For the best results leave the bottle for at least 12 hours to allow the oils to synergise before using.

Before use give the bottle a quick shake again and spray around the room, and take in the beautiful and beneficial aroma!

## **Exotic Deodorising Room Spray**

Using a clean spray bottle add:

- 1 cup of distilled water (as an alternative use pure water, or boil tap water and allow to cool before using)
- 8 drops Patchouli pure essential oil
- 6 drops Ylang Ylang pure essential oil
- 5 drops Lemongrass pure essential oil

Seal the lid to the bottle and shake well. For the best results leave the bottle for at least 12 hours to allow the oils to synergise before using.

Before use give the bottle a quick shake again and spray around the room, and take in the beautifully exotic and beneficial aroma!

With both of these recipes to produce a finer and more dispersible mist, you can substitute a half of a cup of the water with vodka.