



## **Recipes for Cleaning and Deodorising in the Home**

Although great for general health and wellbeing and skincare, essential oils can offer so much more. The powerful properties of essential oils are great for many applications around the home.

*So why not try the following simple recipes you can put together at home yourself.*



### **General Household Cleaner with Lavender and Tea Tree**

- 2 cups of hot water
- 2 tablespoons white vinegar
- 1 teaspoon borax
- 25 drops of lavender essential oil
- 3 drops tea tree essential oil

Add all of the ingredients to a mixing bowl, being careful to **ONLY USE** hot water, **NOT** boiling. Boiling water will burn the essential oils and destroy their beneficial properties.

Mix until the borax has dissolved. Pour your new cleaning solution into a spray bottle and use as desired.

This cleaning solution is great for most surfaces, except glass.

## **Linen Deodoriser and Disinfectant**

This is great for freshening up bed linen, especially if it has been packed away for some time.

- 100 ml of distilled water
- 6 drops each of chamomile and lavender essential oils
- 4 drops each of bergamot and clary sage essential oils

Pour the distilled water to a spray bottle, add the essential oils seal and shake well, and it's ready to go!

Always shake the bottle just before use and spray lightly over linen to disinfect and deodorise. This mix also leaves the linen with a lovely subtle fresh and clean aroma.

**Enjoy your new natural home recipes and have a scent-sational day!**