



Carpet Fresh Blend

- 1 cup baking soda
- 16 to 20 drops of essential oils in total

For a citrus fragrance you can add the following essential oils to the baking soda :

- 5 drops lemon
- 4 drops sweet orange
- 4 drops grapefruit
- 4 drops bergamot

Mix well and put into a glass jar or other glass container with a tight fitting lid. To use, sprinkle on carpet and let sit for a few minutes before vacuuming up.

Safety Guidelines : Always keep essential oils out of the reach of children ; they are powerful substances and some are potentially toxic if ingested. Some oils can irritate skin so they must be mixed with water, or some other medium before use. Some oils should be avoided during pregnancy. To learn which oils are safe during pregnancy please contact a qualified aroma-therapist.