



Fresh Air Spray

1/4 cup of distilled or spring water
6 drops lemon essential oil
4 drops mandarin essential oil
5 drops rosemary essential oil
1 drop eucalyptus essential oil

In a 4 ounce dark blue or brown glass spray bottle combine water and essential oils. Since the oils and water don't mix shake bottle vigorously each time you use it.

Essentials oils have a variety of specific properties. Some clean the air of bacteria , viruses, molds etc. ; Others are used for cleaning surfaces like countertops and tables. Still others are used for the specifics concerns that are present in bathrooms. Essential oils also can affect mood.

If you are new to the art of creating essential oil blends it is best to use less drops than more at first until you determine how odorous you want your blend to be. It is easier to correct a blend when you have less oil than if you have to much.

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.