



## Stimulating Carpet Freshener

- 1 cup baking soda
- \*3 drops of peppermint essential oil
- \*3 drops spearmint essential oil
- 5 drops sweet orange essential oil

\* The mints are very odorous oils, so start with a few drops first and experiment with amounts until you find the blend that's 'right' for you.

The mints also have a very clean, fresh scent and have an invigorating effect on one's mood.

**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.