ESSENTIAL OILS RECIPES

KITCHEN COUNTER SPRAY

4 ounces white vinegar

10 drops lemongrass essential oil

10 drops tea tree essential oil

5 drops lemon eucalyptus essential oil

5 drops citronella essential oil

1 cup distilled water

SUPPLIES NEEDED

16-ounce glass spray bottle

DIRECTIONS

Pour all the ingredients into a glass spray bottle and shake to evenly combine.

Spray your kitchen counters and wipe down. NOTE. Vinegar can damage granite tops. Replace with 70% isopropyl alcohol or vodka.

CITRUS HOUSEHOLD DUSTING SPRAY

4 ounces carrier oil

5 drops lemon myrtle essential oil

5 drops lemon eucalyptus oil

5 drops tangerine essential oil

SUPPLIES NEEDED

4-ounces glass spray bottle with a mister attachment

DIRECTIONS

Combine all the ingredients in a spray bottle

Spray liberally on all your wood surfaces. Wipe off with a soft, clean cloth.

DISH SOAP

½ cup Dr. Bronner’s liquid castle soap

2 teaspoons vegetable glycerin (available at many household goods stores and online at Amazon.com)

6 drops of lemon essential oil

4 drops tea tree essential oil

4 drops lemon eucalyptus or lemon myrtle essential oil

Distilled water as needed

SUPPLIES NEEDED

16-ounce glass bottle with pump or glass foaming soap dispenser

DIRECTIONS

Pour the liquid castle soap and vegetable glycerin into the glass bottle

Add the essential oils

Fill the bottle with distilled water, allowing room for the pump. Replace the pump.

Shake well and use like you would traditional dish soap.

INSECT REPELLENT

1 ounce carrier oil of your choice (what smells good to you)

3 drops citronella essential oil

3 drops eucalyptus essential oil

3 drops tea tree essential oil

3 drops cypress essential oil

3 drops lemon myrtle essential oil

SUPPLIES NEEDED

1-ounce spray bottle

DIRECTIONS

Mix all the ingredients in a small glass spray bottle and store in a cool dark place.

Spritz over the entire body before heading outside

Reapply every couple of hours you are outside

SPRAY SAVE FOR WHOLE FAMILY, CHILDREN