

Cleansing Spray Recipe & Labels

Remove odors, disinfect, enhance mood and clear negative energy.

Instructions

Use one or more of the following oils: Sage, Lavender, Juniper, Cedarwood

- 20 drops of each essential oil you choose.
- 4 oz. small Spray bottle or atomizer (An atomizer is simply a spray bottle made to spray an extra fine mist.)
- Distilled water, 4 oz.

Fill bottle with distilled water and add oil or oils of choice. Shake gently.

If you use a larger or smaller bottle simply adjust the amounts above. These are estimates. You can't do this wrong. If you feel you want more oil in your spray, use it! You could also use less if desired. 20 drops is simply an average.



Print labels and attach to your spray bottle.