



Recipe Card: Household Sprays

Surface Spray

To be used in the kitchen and bathroom. Thymus thymol contains phenols which is antiviral and antibacterial. This recipe can be adapted for strength.

Ingredients:

- 100ml spray bottle
- 20 drops Rosemary Essential oil
- 20 drops Red Thyme essential oil
- 20 drops Lemon essential oil
- 60ml vinegar
- 40ml distilled water or mountain

Instructions:

- Add the essential oils first
- Top up with vinegar (this is very important as essential oils are hydrophobic and don't blend with water)
- Mix the solution
- Top up with distilled or mountain water

Spray directly on surfaces and wipe with a re-useable cloth

Use within 2 months

Cat Litter Spray and Carpet Stain Spray

Ingredients:

- 100ml spray bottle
- 20 drops Rosemary Essential oil
- 20 drops Red Thyme essential oil
- 20 drops Lemon essential oil
- 20 drops Grapefruit essential oil
- 20 drops Peppermint essential oil
- 90ml vinegar
- 10ml distilled water or mountain water
- Bicarbonate of soda (to be added separately)

Instructions:

- Add the essential oils first
- Top up with vinegar (this is very important as essential oils are hydrophobic and don't blend with water)
- Mix the solution
- Top up with distilled or mountain water

Sprinkle one tablespoon of bicarbonate of soda over the stain, spray with the solution until it fizzes all through and leave for 30 minutes to break down the enzymes

Rub with warm water until clear

Use within 2 months

Pillow Spray

To be sprayed on the pillow and bed linen. Leave 30 minutes before sleeping so that the oil absorbs into the linen before sleep.

Ingredients:

- 50ml spray bottle
- 10 drops Ylang Ylang
- 10 drops Cedarwood (avoid if pregnant)
- 10 drops Valerian
- (other oils you could use: Vetiver, Patchouli, Spikenard)
- 50ml rose water

Instructions:

- Add the essential oils first
- Top up with rose water
- Mix the solution

Use within 2 months

Garden Tea Spray

Ingredients:

- 100ml spray bottle
- 100ml nettle tea (two bunches of stinging nettles stewed for 30 minutes)
- Add 30 drops of essential oil from the following depending on blend
- Peppermint: to deter ants and spiders
- Basil to encourage flowers and potatoes
- Hyssop to deter slugs
- Lavender and Basil: for greenfly

Instructions:

- Add the essential oils first
- Top up with garden tea

Spray on plant leaves (avoid flower petals)

Use within 2 months