

21 Recipes for
**ESSENTIAL OIL
SPRAY BOTTLES**

Hair, Skin, Bath and More!



PURE
acres
FARM

DISCLAIMERS

CONTENT DISCLAIMER

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NOTE

Most of the following recipes are for a 2 ounce spray bottle, unless otherwise stated in the directions. Feel free to adjust the ratios if needed based on your spray bottle size.

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SUNBURN SPRAY

If you spent a little too much time in the sun, try out this pain relieving spray that will also help promote healing. Spray on the sun burned area every couple of hours as needed.

INGREDIENTS

- 10 drops Lavender essential oil
- 10 drops Roman Chamomile essential oil
- 10 drops Peppermint essential oil
- Equal parts Aloe Vera Gel and Witch Hazel

DIRECTIONS

Add the essential oils to the spray bottle. Top with aloe vera gel and witch hazel. Shake well to mix before each use.



CUTS & SCRAPES SPRAY

Use this spray to help relieve pain associated with minor cuts and scrapes as well as prevent dangerous infection. Make sure that any bleeding has ceased before spraying.

INGREDIENTS

12 drops Tea Tree essential oil
6 drops Eucalyptus essential oil
6 drops Lemon essential oil
2 Ounces Distilled Water

DIRECTIONS

Add the essential oils to the spray bottle. Top with water and shake well to mix before each use.



DEODORANT SPRAY

If you want to avoid the ingredients in traditional stick deodorants, try this great smelling spray. While it won't prevent sweating, it will cover up any undesired odors.

INGREDIENTS

10 drops Frankincense essential oil

10 drops Lemon essential oil

10 drops Lavender essential oil

Witch Hazel

DIRECTIONS

Add the essential oils to the spray bottle. Top with witch hazel and shake well to mix before each use.



AIR FRESHENING SPRAY

Use this spray to add a fresh scent to your home. While there is minimal risk for damage, be sure to do a test spot when spraying on furniture, pillows, linen or curtains.

INGREDIENTS

½ tablespoon pure vanilla extract

4 drops Lavender essential oil

2 drops Chamomile essential oil

Water

DIRECTIONS

Add the essential oils and vanilla extract to the spray bottle. Top with water and shake well to mix before each use.



BREATH SPRAY

Keep this mix with you for when you need a boost in breath freshness. Adjust the amount of peppermint to your personal taste.

INGREDIENTS

3 drops Peppermint essential oil

Water

DIRECTIONS

Add the peppermint oil to the spray bottle. Top with water and shake well to mix before each use. Take extreme cautions when giving children peppermint.



BRAIN SPRAY

If you feel like your brain is a little foggy, use this spray for clarity and focus. Either spray onto your wrists or above your head while taking a few deep breaths.

INGREDIENTS

2 drops Rosemary essential oil

3 drops Peppermint essential oil

3 drops Patchouli essential oil

½ tablespoon witch hazel

Water

DIRECTIONS

Add the essential oils to the spray bottle. Top with witch hazel and water and shake well to mix before each use.



ENERGIZING SPRAY

Whether you're trying to kick a coffee habit or are looking for an extra boost of energy, keep this spray nearby. Spray on your wrists or around the room for an energizing vibe.

INGREDIENTS

4 drops Grapefruit essential oil

2 drops Lavender essential oil

½ tablespoon witch hazel

Water

DIRECTIONS

Add the essential oils to the spray bottle. Top with witch hazel and water and shake well to mix before each use



COMFORTING SPRAY

This spray may be able to soothe your thoughts and emotions after a trying day or bad news. Spray on your wrists or on your pillow before going to sleep.

INGREDIENTS

3 drops Cinnamon essential oil

4 drops Sweet Orange essential oil

½ tablespoon witch hazel

Water

DIRECTIONS

Add the essential oils to the spray bottle. Top with witch hazel and water and shake well to mix before each use.



SLEEP SPRAY

If you are having a little more trouble than usual sleeping, this spray may help you fall asleep faster and stay asleep longer. Spray on your pillow or linen before retiring for the evening.

INGREDIENTS

3 drops Lavender essential oil
4 drops Clary Sage essential oil
½ tablespoon Witch Hazel
Water

DIRECTIONS

Add the essential oils to the spray bottle. Top with witch hazel and water and shake well to mix before each use.



HOLDING HAIRSPRAY

Making a hairspray at home is easy and can save you money. Use this spray like you would any other hairspray, making sure that you give it enough time to dry between more applications.

INGREDIENTS

- ½ cup water
- 2 teaspoons sugar
- 2 tablespoons rubbing alcohol
- 4 drops Lavender essential oil
- 4 drops Peppermint essential oil

DIRECTIONS

Boil water and turn off heat. Add the sugar and stir until completely dissolved. Add the alcohol and essential oils. Stir well and divide between bottles.



HAIR DETANGLER

Rather than tearing through your hair to get out tangles and knots, try this natural hair detangling spray. If the oregano smell is a little strong for you, try using less or adding a different oil with a more feminine scent.

INGREDIENTS

10 drops Oregano essential oil

Water

DIRECTIONS

Add the oregano to the spray bottle. Top with water and shake well to mix before each use.



MOOD LIFTING SPRAY

If you're feeling a bit blue, this spray may be able to help lift your spirits and put a smile on your face. Spray on your wrists or on your pillow.

INGREDIENTS

4 drops Lavender essential oil

4 drops Lemon essential oil

½ tablespoon witch hazel

Water

DIRECTIONS

Add the essential oils to the spray bottle. Top with witch hazel and water and shake well to mix before each use.



CONFIDENCE SPRAY

If you have a big day ahead of you and would enjoy a little extra swing in your step, this confidence spray may be able to deliver. Spray on your wrists or above your head while taking a few deep breaths.

INGREDIENTS

4 drops Rosemary essential oil
5 drops Grapefruit essential oil
½ tablespoon witch hazel
Water

DIRECTIONS

Add the essential oils to the spray bottle. Top with witch hazel and water and shake well to mix before each use.



LINEN SPRAY

Use this spray to freshen up bedding and other materials that have taken on a stale odor. Be sure to test a small part of the fabric to make sure there are no undesirable changes to its appearance.

INGREDIENTS

5 drops Chamomile essential oil

2 drops Sage essential oil

2 drops Bergamot essential oil

½ tablespoon witch hazel

Water

DIRECTIONS

Add the essential oils to the spray bottle. Top with witch hazel and water and shake well to mix before each use.



UPLIFTING SPRAY

This spray can help you appreciate the little things in life by boosting your mood to a whole new level. Spray on your wrists or above your head while taking a few deep breaths.

INGREDIENTS

5 drops Wild Orange essential oil

4 drops Grapefruit essential oil

½ tablespoon witch hazel

Water

DIRECTIONS

Add the essential oils to the spray bottle. Top with witch hazel and water and shake well to mix before each use.



COOLING SPRAY

Keep this spray with you on hot summer days. It should not only cool the skin that it comes in contact with but help cool your entire body.

INGREDIENTS

3 drops Lavender essential oil

1 drop Peppermint essential oil

Water

DIRECTIONS

Add the essential oils to the spray bottle. Top with water and shake well to mix before each use.



HOT FLASH SPRAY

If your hormones are causing you to experience undesirable temperatures, try this cooling spray. Spray on the wrists and neck as needed.

INGREDIENTS

1 drop Rose essential oil

3 drops Chamomile essential oil

5 drops Lavender essential oil

Water

DIRECTIONS

Add the essential oils to the spray bottle. Top with water and shake well to mix before each use.



DISINFECTING SPRAY

This recipe is for a base that will make you gallons of disinfecting spray. Store the base in a cool and dark place until you need to make more cleaning solution.

INGREDIENTS

20 drops Sweet Orange essential oil

10 drops Lavender essential oil

10 drops Eucalyptus essential oil

DIRECTIONS

Mix all of the oils together in a glass storage container. To make, add 4 to 8 drops of the base to one cup of distilled water in a spray bottle.



PAIN RELIEVING SPRAY

This spray can help with sore muscles and aches from injury or other reasons. Spray directly onto the areas of concern up to three times a day.

INGREDIENTS

1 drop Helichrysum essential oil
1 drop Wintergreen essential oil
1 drop Yarrow essential oil
1 drop Sweet Marjoram essential oil
1 drop Lavender essential oil
Magnesium Oil

DIRECTIONS

Add the essential oils to the spray bottle. Top with magnesium oil and shake well to mix before each use.



ANTI-ITCH SPRAY

Keep this spray nearby for when bug bites get to be too much. Spray directly on the affected area for fast itch relief.

INGREDIENTS

5 drops Lavender essential oil

2 drops Frankincense essential oil

3 drops Tea Tree essential oil

Witch Hazel

DIRECTIONS

Add the essential oils to the spray bottle. Top with witch hazel and shake well to mix before each use.



RESPIRATORY SUPPORT SPRAY

If your breathing has become labored or heavy, try this spray that may be able to help open up airways. Spray onto a cloth to breathe through or above your head while taking a few deep breaths.

INGREDIENTS

4 drops Lemon essential oil
4 drops Lavender essential oil
4 drops Peppermint essential oil
Water

DIRECTIONS

Add the essential oils to the spray bottle. Top with water and shake well to mix before each use.

