
50 DIY ESSENTIAL OIL SPRAY RECIPES GUIDE

Labels & Gift Tags Included



www.LovingEssentialOils.com

Essential Oil Spray Recipes



Basic Directions: Pick recipe from below & add essential oils to 2 oz glass spray bottle, add 1 tablespoon grain alcohol (like Everclear), fill rest of bottle with distilled water & place on top, shake to mix. Shake before each use.

Clean Linen Spray

8 drops Lavender
8 drops Grapefruit
4 drops Tea Tree
~Spritz onto linen, allow to air dry.

Sleepy Time Pillow Mist

15 drops Lavender
5 drops Roman Chamomile
~Lightly mist on pillow 10 minutes before bedtime.

Refreshing Room Spray

8 drops Eucalyptus
8 drops Orange
4 drops Lavender
~Mist into air to refresh any room.

Mood Mist Aroma Spray

10 drops Roman Chamomile
6 drops Orange
4 drops Ylang Ylang
~Mist into air when you need uplifting.

Spiced Cider Room Spray

8 drops Orange
6 drops Cinnamon
6 drops Ginger
~Spray into room or office to scent the air.

Citrus Burst Aroma Mist

4 drops Lemon
4 drops Orange
4 drops Bergamot
4 drops Tangerine
4 drops Grapefruit
~Mist into air & enjoy.

Citrus Forest Air Freshener

5 drops White Fir
5 drops Orange
5 drops Lemon
5 drops Bergamot
~Spritz in room to transform the space.

Calm Me Down Aroma Mist

10 drops Lavender
5 drops Bergamot
5 drops Frankincense
~Mist into air to create a calming space.

Ignite Your Passion Mist

6 drops Geranium
6 drops Orange
4 drops Clove
4 drops Ylang Ylang
~Spray in room to set the mood.

Owie Spray

5 drops Myrrh
5 drops Frankincense
5 drops Lavender
5 drops Helichrysum
~Use alcohol free witch hazel instead of water, lightly spray on cut or sore, air dry.

#2 Toilet Spray

5 drops Bergamot
5 drops Eucalyptus
5 drops Grapefruit
5 drops Lemongrass
~Spritz #2 spray into toilet bowl before going to get rid of odor.

Yoga Mat Cleaning Spray

12 drops Tea Tree
8 drops Lavender
~Use witch hazel instead of water.
Spray yoga mat, wipe clean & let air dry.

Man Cave Room Spray

7 drops Bergamot
7 drops Cypress
6 drops Cedarwood
~Spray in room to transform the space.

Fresh Floral Air Freshener

10 drops Lavender
6 drops Geranium
4 drops Roman Chamomile
~Spray in air to freshen up any room

Itch Be Gone Spray

5 drops Lavender
5 drops Frankincense
5 drops Tea Tree
~Use alcohol free witch hazel instead of water. Spritz on itchy area & let air dry.

Good Morning Aroma Mist

8 drops Orange
6 drops Peppermint
6 drops Lime
~Spritz in room to start the day off right.

Spray On Deodorant

5 drops Frankincense
5 drops Lemon
5 drops Lavender
~Use alcohol free witch hazel instead of water, spray under arms & let air dry.

Sweet Dreams Room Spray

7 drops Lavender
7 drops Juniper Berry
6 drops Roman Chamomile
~Spritz in room before bedtime.

Bed Bug Away Spray

5 drops Clove
5 drops Peppermint
5 drops Lemongrass
5 drops Frankincense
~Spray on bare mattress, let air dry.

Rejuvenating Aroma Spray

10 drops Orange
6 drops Peppermint
4 drops Rosemary
~Mist around home or office as needed.

Orange Spice Air Freshener

10 drops Orange
5 drops Tangerine
5 drops Cinnamon
~Spray in any room to freshen air, perfect for bathroom.

Magnolia Bliss Room Spray

10 drops Magnolia
5 drops Bergamot
4 drops Sandalwood
~Spritz into air, enjoy the calming aroma.

Festive Kitchen Spray

12 drops Lime
8 drops cilantro
2 drops Black Pepper
~Spray in kitchen for a festive aroma.

Citrus Clean Surface Spray

6 drops Lemon
6 drops Lime
6 drops Orange
~Spray on household or office surfaces, wipe clean.

Holiday Spice Room Spray

8 drops Orange
6 drops Cinnamon
6 drops Clove
~Spray in house to enjoy a holiday aroma.

*Statements not evaluated by the FDA. Not intended to diagnose, treat, or prevent disease

Full Blog Post: www.LovingEssentialOils.com/sprays

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Stress Relief Aroma Mist

10 drops Lavender
5 drops Clary Sage
5 drops Orange
~Spritz in room or office to reduce stress.

Blissful Air Freshener

8 drops Tea Tree
8 drops Lemon
4 drops Eucalyptus
~Spray in any room to freshen air, perfect for bathroom.

Germ Away Surface Spray

12 drops Lemon
6 drops Tea Tree
2 drops Oregano
~Spray on household surfaces & wipe clean.

Peaceful Child Aroma Mist

10 drops Vetiver
4 drops Frankincense
2 drops Roman Chamomile
2 drops Clary Sage
2 drops Marjoram
~Spray as needed.

Outdoorsy Room Spray

8 drops Cedarwood
6 drops Tea Tree
3 drops Lavender
3 drops Frankincense
~Spray in room and enjoy the aroma.

Falling Leaves Room Spray

14 drops Orange
3 drops Patchouli
3 drops Ginger
~Spritz into air for a wonderful fall scent.

Focus Blend Aroma Mist

10 drops Peppermint
10 drops Orange
~Spray in air to help focus on the task at hand.

Naturally Clean Room Spray

15 drops Lavender
10 drops Tea Tree
~Spritz around area to freshen the air in a bathroom or guest room.

Herb Kitchen Spray

5 drops Spearmint
5 drops Rosemary
5 drops Eucalyptus
5 drops Lemon
~Spray in kitchen for an herbal makeover.

Fido Fart Be Gone Spray

8 drops Peppermint
8 drops Orange
4 drops Lemon
~Gassy dog? Spritz this spray in the room.

Memory Boosting Spray

8 drops Peppermint
8 drops Patchouli
4 drops Rosemary
~Spray in air & deeply inhale aroma.

All Natural Hand Sanitizer Spray

10 drops Lemon
5 drops Lavender
5 drops Tea Tree
~Use alcohol free witch hazel instead of water, spray on hands, rub & let air dry.

Full of Energy Aroma Mist

10 drops Grapefruit
5 drops Lavender
5 drops Pine
~Spray around your environment when you need energy.

Pumpkin Pie Room Spray

8 drops Cardamom
5 drops Orange
4 drops Cinnamon
3 drops Clove
~Spray in air for a scrumptious aroma.

Antibacterial Cleaning Spray

10 drops Lemon
5 drops Eucalyptus
5 drops Tea Tree
~Spray on area to be cleaned & wipe off with microfiber cloth.

Lavender Fresh Linen Spray

14 drops Lavender
4 drops Peppermint
2 drops Lemon
~Spray onto linen for lavender freshness, allow to air dry.

Summer Fresh Air Freshener

10 drops Grapefruit
5 drops Ylang Ylang
5 drops Lavender
~Spray in air for a summer fresh scent.

No Dust Mites Spray

8 drops Lavender
6 drops Lemongrass
6 drops Tea Tree
~Spray on mattress & let air dry. Use spray on dusting cloth.

Thankful Home Room Spray

5 drops Ginger
5 drops Clove
5 drops Cinnamon
5 drops Coriander
~Spray to create a pleasant atmosphere.

Air Purification Room Spray

10 drops Lemon
5 drops Grapefruit
5 drops Cypress
~Spray into air to cleanse the space.

Joyful Blend Aroma Mist

6 drops Lemon
6 drops Lavender
4 drops Tangerine
4 drops Melissa
~Spray in air & deeply inhale the aroma.

Mountain Breeze Room Spray

10 drops Cypress
6 drops Lavender
4 drops Lemon
~Spray in air for a refreshing aroma.

A Walk in the Woods Spray

8 drops Frankincense
8 drops Douglas Fr
4 drops Cedarwood
~Spray in air for a woody aroma.

Odor Away Bathroom Spray

10 drops Orange
5 drops Lavender
5 drops Lemon
~Spray around bathroom to freshen & get rid of odors.

Spring Fresh Aroma Mist

6 drops Geranium
5 drops Lemon
5 drops May Chang
4 drops Petitgrain
~Spray in air & deeply inhale aroma.

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How To Label Your Bottles

www.LovingEssentialOils.com

Step 1: Cut out label for desired recipe, if blank label be sure to write recipe name on label.

Step 2: Cut out a piece of contact paper that is large enough to cover over the label but will still fit on your bottle. The contact paper also makes the bottle label water resistant.

Step 3: Peel off back of contact paper, this can be challenging but if you use your fingernail on the edge corner to slide between the contact paper and the paper backing you can get it to separate easier. Remove backing completely, being careful to not touch the back on anything or handle it too much with fingers.

Step 4: Attach cut out label to sticky side of contact paper, try to get it straight and in the middle. Practice makes perfect, do your best and over time you will get better.

Step 5: Line up sticker onto bottle sticking only center top and bottom until it is lined up, then wrap around rest of bottle.

Step 6: Smooth the sticker label out using your fingertips to rub over it, push out any bubbles and creases.

**As an alternative to this method you can use sticker paper. Just print out on sticker paper, cut out and stick onto bottle, this label will not be water resistant but fast & easy to use.*

I have also used washi or masking tape and a sharpie

-----> [Click here for our full blog post on Labels](#)



2 OZ BOTTLE RECIPE GUIDE LABELS

www.LovingEssentialOils.com

Clean
Linen
Spray

Sleepy Time
Pillow
Mist

Refreshing
Room
Spray

Mood Mist
Aromatherapy
Spray

Spiced
Cider
Room Spray

Citrus Burst
Aromatherapy
Spray

Citrus
Forest Air
Freshener

Calm Me
Down
Aroma Mist

Ignite Your
Passion
Mist

Owie
Antiseptic
Spray

#2
Toilet
Spray

Yoga Mat
Cleaning
Spray

Man Cave
Room
Spray

Fresh
Floral Ar
Freshener

Itch
Be Gone
Spray

Good
Morning
Spray

All-Natural
Spray On
Deodorant

Sweet
Dreams
Room Spray

2 OZ BOTTLE RECIPE GUIDE LABELS

www.LovingEssentialOils.com

**Bed Bug
Away
Spray**

**Rejuvenating
Aromatherapy
Spray**

**Orange
Spice Air
Freshener**

**Magnolia
Bliss Room
Spray**

**Festive
Kitchen
Spray**

**Citrus
Cleaning
Spray**

**Holiday
Spice
Room Spray**

**Stress Relief
Aromatherapy
Spray**

**Blissful
Air
Freshener**

**Germ Away
Surface
Spray**

**Peaceful
Child
Spray**

**Outdoorsy
Room
Spray**

**Falling
Leaves Room
Spray**

**Focus
Blend Aroma
Mist**

**Naturally
Clean Room
Spray**

**Herb
Kitchen
Spray**

**Fido Fart
Be Gone
Spray**

**Memory
Boosting
Spray**

2 OZ BOTTLE RECIPE GUIDE LABELS

www.LovingEssentialOils.com

All Natural
Sanitizer
Hand Spray

Full of
Energy Aroma
Mist

Pumpkin
Pie Room
Spray

Antibacterial
Cleaning
Spray

Lavender
Fresh
Spray

Summer
Fresh Air
Freshener

No Dust
Mites
Spray

Thankful
Home Room
Spray

Air
Purification
Room Spray

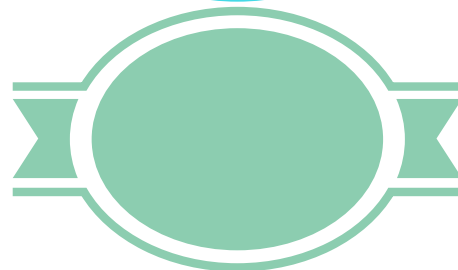
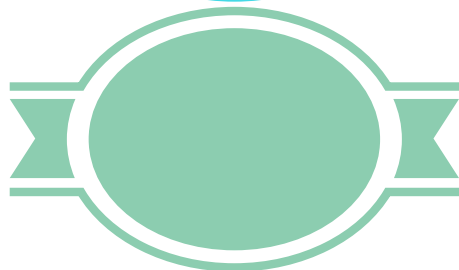
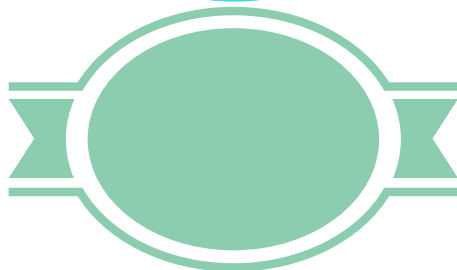
Joyful Blend
Aromatherapy
Spray

Mountain
Breeze Room
Spray

A Walk
In The Woods
Spray

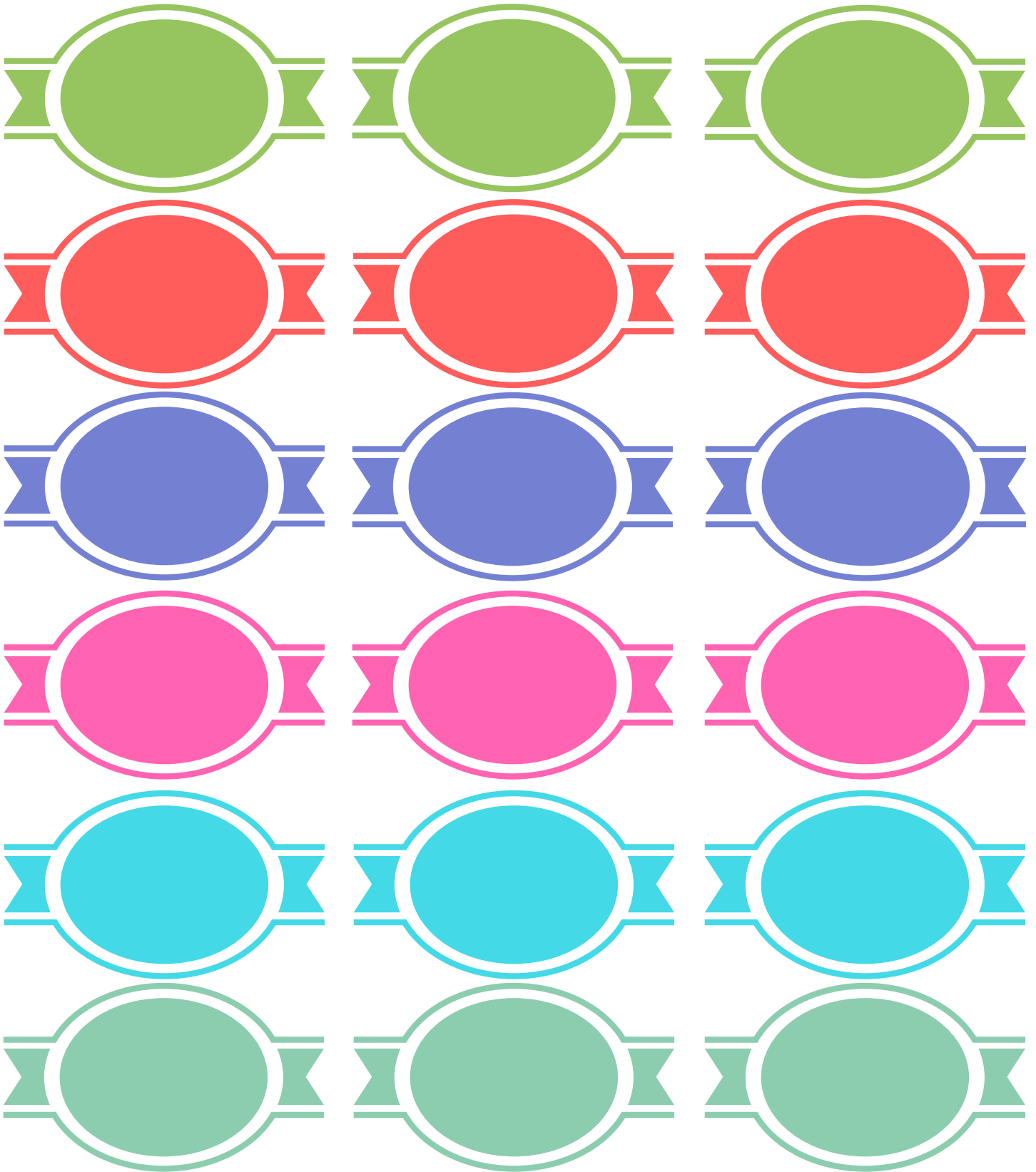
Odor Away
Bathroom
Spray

Spring Fresh
Aromatherapy
Mist



2 OZ BOTTLE BLANK LABELS

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How To Use Gift Tags

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We hope you enjoy our gift tags we created for our Loving Essential Oils fans. We know how much you love to use essential oils to make gifts for friends and family so you can share the joys of essential oils with others.

You can use these gift tags on all kinds of projects and gift giving packages. They look adorable on DIY Recipe bottles. Also are stunning on gift bags and gift baskets. They can even spice up a wrapped present. Once printed out they are easy to apply to your gift or package, see the step by step picture tutorial.

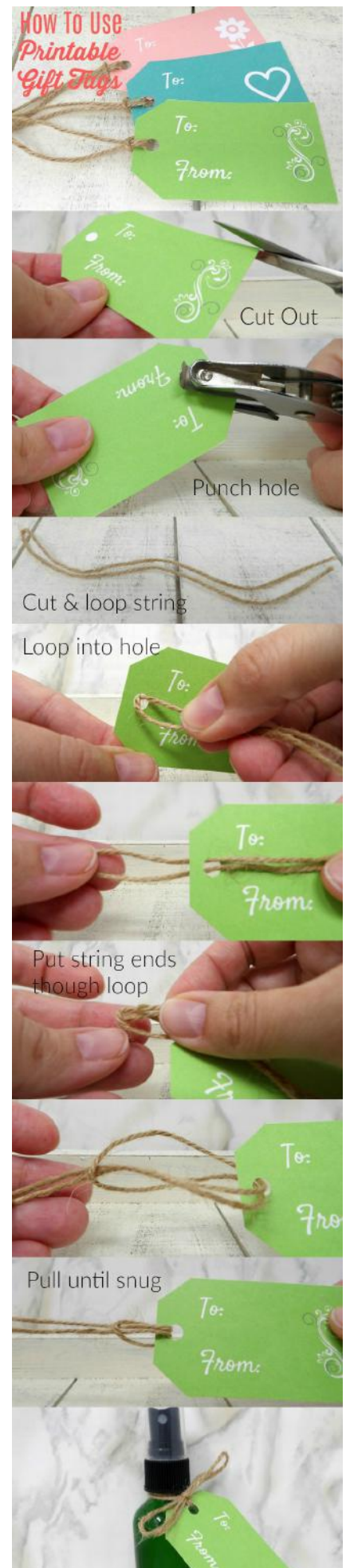
How To Apply to Package/Gift:

***Step 1:** Pick the gift tag you want to use for the item you are gifting and print out on card stock paper, it is the best paper to make the tag ridged. You can print on regular paper if needed and then attach to a cardboard piece if you prefer.*

***Step 2:** Cut the gift tag out and then punch a hole at the top where the white circle is by lining up the circle with a hole punch. Once lined up punch out circle. Write names on tags.*

***Step 3:** Use ribbon, twine, yarn or string through the hole and attach to package. See our picture tutorial on how we like to do it. Once your tag is ready, apply to your gift or package!*

[--->Click here for Blog Post - How to Use Gift Tags](#)



Essential Oil Spray Gift Tags

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