

# LAVENDER PILLOW SPRAY

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## *Lavender Pillow Spray*

*20 drops Lavender Essential Oil*

*5 drops Orange Essential Oil*

*2 teaspoons Epsom salt*

*Distilled Water*

*4 oz Glass Spray Bottle*

*1) Add essential oils and epsom salt to bottle, swirl bottle to mix.*

*2) Fill rest of bottle with water, place on spray top and shake well to blend.*

*3) To use: Shake well and mist onto pillow before bedtime. You can also spritz on your body or pajamas.*

-----> [Click here to get 4 oz Spray Bottle needed for this recipe](#)

-----> [Click here for Epsom Salt used in this recipe](#)



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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.*

## *How To Apply to Package/Gift:*

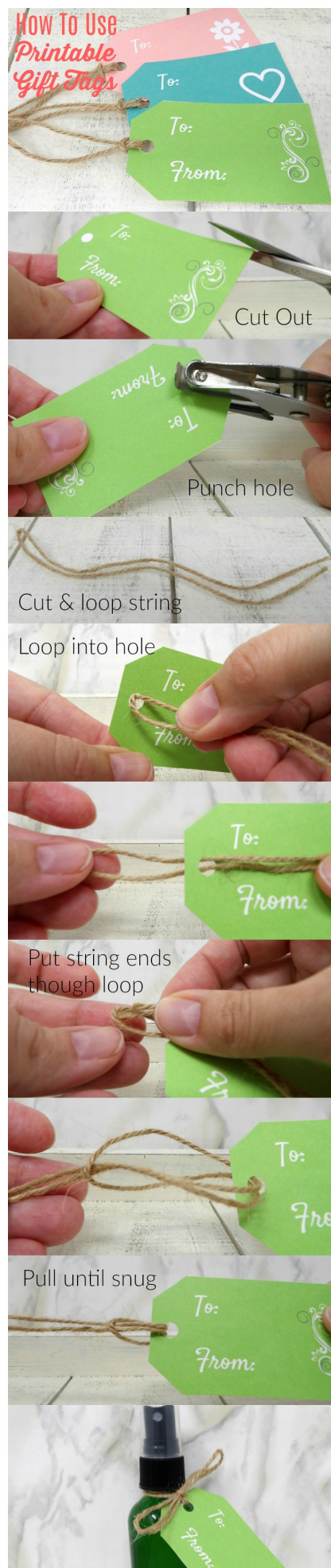
***Step 1:** Pick the gift tag you want to use for the item you are gifting and print out on card stock paper, it is the best paper to make the tag ridged. You can print on regular paper if needed and then attach to a cardboard piece if you prefer.*

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

***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 the card stock we like to use for our gift tags

>>>Click here for the brown twine we like to use for our gift tags



# How To Label Your Bottles

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*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.*

[Click here to get contact paper we use for bottle labels](#)

[Click here to get sticker paper we recommend](#)



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>>>**10 FALL INSPIRED ESSENTIAL OIL SPRAY RECIPES**

>>>**200+ FREE ESSENTIAL OIL LABELS YOU CAN PRINT UP FOR YOUR DIY RECIPES**

>>>**184 FREE PRINTABLE BLANK GIFT TAGS FOR DIY RECIPES, PRESENTS & GIFT BAGS**

>>>**28 RECIPES FOR ESSENTIAL OIL ROLLER BOTTLES**

>>>**54 HOMEMADE ESSENTIAL OIL SPRAYS MADE EASY**



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