

Summer Room Spray Guide & Recipes

Step 1: Add essential oils into a **2 oz glass spray bottle**, I like to use about 15-20 drops total for this size bottle. You can use a single essential oil, a premade oil blend or try one of our summer blend recipes below.

Step 2: Fill rest of bottle with distilled water, leaving space at top for sprayer. It takes about 1/4 cup of water to fill. Distilled or filtered water is best to use because tap water may contain contaminants you do not want in your room freshener.

Step 3: Shake well and label bottle with contents and date made. To use, shake up and spray in desired room. Best if spray is used within one month for freshness.

Essential Oils For Summer: Lavender (*Lavandula angustifolia*), Lime (*Citrus aurantifolia*), Tangerine (*Citrus reticulata*), Lemon (*Citrus limon*), Cypress (*Cupressus sempervirens*), Grapefruit (*Citrus paradisi*), Geranium (*Pelargonium graveolens*), Roman Chamomile (*Anthemis nobilis*), Orange (*Citrus sinensis*), Peppermint (*Mentha piperita*), Spearmint (*Mentha spicata*), Juniper Berry (*Juniperus communis*)

#1 Summer Spice Room Spray

8 drops Cardamom (*Elettaria cardamomum*)
5 drops Lime (*Citrus aurantifolia*)
5 drops Lemon (*Citrus limon*)
2 drops Clove (*Eugenia caryophyllata*)
1/4 cup distilled water

#2 Summer Getaway Room Spray

7 drops Cypress (*Cupressus sempervirens*)
7 drops Grapefruit (*Citrus paradisi*)
6 drops Chamomile (*Anthemis nobilis*)
1/4 cup distilled water

#3 Mountain Breeze Room Spray

10 drops Cypress (*Cupressus sempervirens*)
6 drops Lavender (*Lavandula angustifolia*)
4 drops Lemon (*Citrus limon*)
1/4 cup distilled water

#4 Refresh Mint Room Spray

10 drops Lemon (*Citrus limon*)
5 drops Peppermint (*Mentha piperita*)
5 drops Orange (*Citrus sinensis*)
1/4 cup distilled water

#5 Paradise Dreams Room Spray

9 drops Orange (*Citrus sinensis*)
6 drops Grapefruit (*Citrus paradisi*)
5 drops Sandalwood (*Santalum album*)
1/4 cup distilled water

#6 Summer Citrus Room Spray

5 drops Tangerine (*Citrus reticulata*)
5 drops Grapefruit (*Citrus paradisi*)
5 drops Lime (*Citrus aurantifolia*)
5 drops Juniper Berry (*Juniperus communis*)
1/4 cup distilled water

#7 Sun Kissed Room Spray

8 drops Grapefruit (*Citrus paradisi*)
5 drops Orange (*Citrus sinensis*)
5 drops Juniper Berry (*Juniperus communis*)
1/4 cup distilled water

#8 Summer Garden Room Spray

6 drops Lavender (*Lavandula angustifolia*)
6 drops Lemon (*Citrus limon*)
6 drops Rosemary (*Rosmarinus officinalis*)
1/4 cup distilled water

[>Read full blog post here](#)

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Room Spray Labels/Tags

