

# Summer Room Spray Guide

## Recipes & Labels



# 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.

**Step 2:** Fill the rest of the bottle with distilled water, leaving space at the top for the 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 the bottle with contents and date made. To use, shake up and spray in the desired room. Best if the 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  
5 drops Lime  
5 drops Lemon  
2 drops Clove  
1/4 cup distilled water

## #2 Summer Getaway Room Spray

7 drops Cypress  
7 drops Grapefruit  
6 drops Chamomile  
1/4 cup distilled water

## #3 Mountain Breeze Room Spray

10 drops Cypress  
6 drops Lavender  
4 drops Lemon  
1/4 cup distilled water

## #4 Refresh Mint Room Spray

10 drops Lemon  
5 drops Peppermint  
5 drops Orange  
1/4 cup distilled water

## #5 Paradise Dreams Room Spray

9 drops Orange  
6 drops Grapefruit  
5 drops Sandalwood  
1/4 cup distilled water

## #6 Summer Citrus Room Spray

5 drops Tangerine  
5 drops Grapefruit  
5 drops Lime  
5 drops Juniper Berry  
1/4 cup distilled water

## #7 Sun Kissed Room Spray

8 drops Grapefruit  
5 drops Orange  
5 drops Juniper Berry  
1/4 cup distilled water

## #8 Summer Garden Room Spray

6 drops Lavender  
6 drops Lemon  
6 drops Rosemary  
1/4 cup distilled water

[> Read full blog post here](#)

# Summer Room Spray Labels/Tags

