

How to... blend linen water

GO WITH THE FLOW WITH THIS SIMPLE PROJECT

Going to sleep in freshly laundered sheets is one of life's simple pleasures and can be made even more luxurious if you've used softly scented linen water. It's easy to make and you can add your favourite essential oil to sweeten your dreams.

You will need 90ml high-proof vodka (80+ is best and make sure that it's not flavoured), 750ml totally pure, distilled water, available from most grocery or hardware stores, and a teaspoon of essential oil lavender is often used and is said to aid sleep.

Pour the ingredients into a clean, dry glass or plastic bottle, ideally one with a spray top. Close the bottle and shake to mix the oil and alcohol (the vodka emulsifies the oil to give an evenly mixed solution). Shake well before each use. ●●●

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