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### Quick, this Room needs Help!

Have you ever walked into a room and said - whew! This room needs help! The odor is strange and you need to freshen it quickly.

The bathroom is often times the room in need of a quick fix. If you don't already use some type of essential oil diffuser in this room or even if you do, occasionally you need to give the room a quick 'fix' or boost.

This can be accomplished quite easily using a room spray.

Using your favorite essential oils in distilled water is a great way to spray and eliminate unwelcome odors.

A better solution may be a room spray made with our Linen / Room spray base. This base is made to last more than a few days like the distilled water base blend as it uses a preservative to curb the growth of molds and bacteria.

Always use an emulsifier such as Polysorbate 20 or our Coconut Emulsifier when mixing using either distilled water or the linen/room spray base. Vodka can also be used but alcohol can also be an irritant to the lungs so caution should be used if you use a lot in your room spray blends.

Use equal portions of essential oils to the emulsifier. In other words if your recipe calls for 1 ml of essential oils use 1 ml of emulsifier. And always mix these two components together first BEFORE adding to the distilled water or linen/room spray base.

Once added use any type of Fine Mist Sprayer and spritz a few 'shots' into the room. With in a few minutes the air should smell a whole lot better.

You can use just about any essential oil that you like in these 'quick fix' room sprays. It is your personal preference. You may like florals, piney or citrus. You choose!

The basic rule for room scenting is a 1 to 2% dilution. Or about the total of 20-40 drops of essential oils to 4 ounces of your base. Don't forget if you use 24 drops of essential oils then you need 24 drops of emulsifier. Of course you can make the spray solution much stronger. Just remember then that you would only spray 'one or two' shots instead of five or six.

We like to mix just 2 ounce bottles of room sprays so we can try different ones. You can find a list of various recipes we have used through the years by seeing the recipes from our recipe files.

<http://birchhillhappenings.com/recipes/air.htm> has a lot of air freshening recipes.

Or our book "Aromatherapy Recipes using Pure Essential oils Volume 1" available online at

<http://birchhillhappenings.com/recipebook.htm> has many recipes.

Try this easy to make blend for those **Bathroom Odors that need a Quick Fix!**

This is a fairly strong blend but it is often times needed in the bathroom.

Lemongrass - 40 drops

Grapefruit - 20 drops

Patchouli - 10 drops

Clove bud - 5 drops

Emulsifier - 80 drops

Linen/Room Spray base - 2 ounces.

Blend the essential oils and the emulsifier together until well blended. Then add to the Linen/Room Spray base. Shake well. Spray as needed. Remember to always shake well before each use.

This blend should last several months (depending on how often you need to use it - wink, wink!!)

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**Aromatherapy Tip of the Week**

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