



Neroli Facial Spritzer

For all skin types

When you have been hitting the gym hard, or endured a long commute, a **facial spritzer** is the perfect choice to refresh your skin.

Neroli and orange floral water are beautifully fragrant restorative remedies. They work on the nervous system to **alleviate stress and anxiety** and **rejuvenate dry skin**. Bergamot has a refreshing **citrus fragrance, an antiseptic action, and is excellent for use on oily skin**.

Makes 100ml (3.5 Fl oz)

Ingredients:

75ml (2.5 Fl oz) mineral water
1 tbsp orange floral water
1 tsp glycerine
5 drops of [neroli essential oil](#)
2 drops [bergamot essential oil](#)

How to make:

- 1 – Mix the mineral water and the orange floral water together in a bowl.
- 2 – Add the glycerine and essential oils, and stir thoroughly. Pour into a sterilised bottle, and attach the atomiser. Store in the fridge. Keeps for up to 6 weeks.

How to apply:

Spritz the face or body after cleansing and whenever your skin needs a refreshing, hydrating boost.

