

ROOM SPRAY DIY WORKSHOP

We select the following essential oils to share with you in the workshop. Let's make some room sprays and take back home! *Essential oil information source from Oil Garden*. ESSENTIAL OILS STORE BELOW 30°C. NOT TO BE TAKEN ORALLY. KEEP OUT OF REACH OF CHILDREN. If symptoms persist consult your healthcare practitioner.



BERGAMOT

This oil brings joy, confidence and motivation.
Also useful for: Sore throat, stress, irritability and sleeplessness
Odour: A light, fresh and sweet to fruity aroma



EUCALYPTUS

This oil is balancing, energising and revitalising.
Also useful for: Sinusitis, cold and flu.
Odour: A camphoraceous top note with a sweet woody undertone



LAVENDER

This oil is reputed for relaxation, inner peace and healing.
Also useful for: Headaches, stress, insomnia, insect bites, eczema and inflamed skin
Odour: A sweet, floral-herbaceous scent with a slight woody undertone



LEMONGRASS

This oil is revitalising, releasing and focusing.
Also useful for: Muscular aches, pains, cramps, spasms and digestion
Odour: A potent sharp refreshing citrus scent with a slightly herbaceous earthy undertone



ROSE GERANIUM

This oil is refreshing and calming to the senses.
Also useful for: Acne, bruises, eczema, pre-menstrual symptoms
Odour: A rich warm, sweet floral aroma with a hint of citrus

WHAT YOU NEED TO PREPARE

- An Amber glass bottle with misting spray top (50ml)
- Distilled water
- Vodka or grain alcohol
- 15-25 drops of 100% Pure Essential oils of your choice

ESSENTIAL OILS OR FRAGRANCE OILS?

Resource: *Green Valley Aromatherapy*



What Are Essential Oils?

Aromatherapy essential oils are naturally occurring substances found in different parts of plants - the blossom, fruit, leaf, stem, bark, wood or resin. Through a complicated and often expensive process of steam distillation or solvent extraction, both hydrosol and essential oils are produced. Each essential oil is comprised of between 50 to 500 different naturally occurring chemicals, which can have both positive and negative effects. For example, cinnamon essential oil is known for its antiseptic and astringent properties yet it is highly irritating to the skin and caution must be taken.

What Are Essential Oils Used For?

In aromatherapy pure essential oils are used in a way to positively affect physical, emotional and mental health. They enter the body through the skin (via massage or bath) or the olfactory system (via a diffuser or humidifier). Essential oils may be used to enhance mood, to relieve symptoms such as pain, fatigue or inflammation, or be used to kill germs.

What Are Fragrance Oils?

Fragrance oils, aromatic oils or perfume oils as they are sometimes called, are manufactured scents. They are artificially created fragrances and they contain artificial substances. They are specifically designed to mimic the scent of a natural product (such as coffee fragrance oil) or are created to invoke a feeling (for example "spring rain"). The range of scents is enormous and fragrance oils are quite inexpensive.

What Are Fragrance Oils Used For?

Fragrance oils are used primarily in the manufacture of perfumes, cosmetics and flavorings. They are also used by soap and candle makers to enhance the smell of their product. While some essential oils can also be used by soap and candle makers, they are not as commonly used for these purposes due to cost and a more complex blending procedure.

MY OWN RECIPE

Liquid / Essential Oils	ml / drops