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Invigorating Air Freshener

Materials Needed:

- 1 spray bottle
- 1 cup of water
- ¼ cup of vinegar
- 10-12 drops of the essential oil

How To:

Combine all ingredients in spray bottle. Shake to combine and spray to use. Before each use, give it a couple of shakes!

Green Goodness Tip:

If you wish to eliminate the vinegar, feel free to do so. However the vinegar does assist in eliminating odors from the air.

Use On:

Room spray, sheet, furniture and clothes freshener

Disclaimer: The entire contents of this handout are based upon the opinions of Rose Cole, unless otherwise noted. The information in this handout is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Rose Cole and her community. Rose encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.