

Spring is in the air

freshener blend

During the dark days of winter, you can still bring spring into your space. All you have to do is get a few essential oils (ESOs), blend them to your liking, and then wipe or spritz your way to a better mood.

You can put a few drops on a damp cloth and wipe down the doorways in your home to bring spring into the air and change the dark winter into light. You can also spritz a blend onto a centerpiece for your dinner table, or even wear one lightly, to remind the people around you of the coming spring. Try this blend for starters, and then experiment with blends of your own:

Ingredients

10 drops of Lemon (cleansing and renewing)
4 drops of Geranium (clears and deodorizes the air)
4 drops of Pettigraïne (uplifting and rejuvenating)
2 drops of Sandalwood (beautiful and intensely spiritual)
Grapeseed Oil

Optional

10 drops of Purification Essence

I like to add a bit of flower essence to my essential oil blend, and usually use Purification Essence. Essences have no scent and supercharge your blends energetically. As I suggest, experiment a little with Essential Oils and Essences, until you find the blend that suits you best.

Instructions

Add all ingredients to a one ounce bottle and fill bottle to top with grapeseed oil. Shake well before each use.