

ESSENTIAL OIL

Room Spray Recipes



CHRISTMAS ROOM SPRAYS

HO HO HO

3 Drops Siberian Fir
3 Drops Black Spruce
2 Drops Peppermint
1 Drop Cinnamon

WE THREE KINGS

2 Drops Frankincense
2 Drops Myrrh
1 Drop Cinnamon

SPICY HOT CIDER

3 drops Wild Orange
2 Drops Ginger
1 Drop Clove

GINGERBREAD MAN

3 Drops Ginger
3 Clove
2 Drops Cinnamon

PEPPERMINT CANDY CANE

8 Drops Holiday Joy
6 drops Peppermint

WALKING IN THE WOODS

6 Drops Northern Escape
5 Wintergreen
3 Wild Orange



In a 4 ounce spray bottle add:

- 10** drops **Harvest Spice**
- 10** drops **Wild Orange**
- 5** drops **Cassia**
- 5** drops **Cinnamon Bark**
- 1** tbsp. of Witch Hazel (or vodka)

Top off with water. Spray to freshen up linens, any room, or even your car!



abodeTM

what's in the blend?

Litsea

Rejuvenating, natural cleansing properties, support healthy respiratory function.*

Lime

Citrus, tart, sweet, the perfect oil for purifying. An effective and natural surface cleaner.

Cassia

Warm, spicy, cinnamon, promote healthy immune function.*

Lavandin

Soothing, relaxing, a natural cleaning agent.

Cilantro

Fresh, herbal, sweet, pungent, cleansing.



Arborvitae

Renewing, woody, warm, earthy. A powerful cleansing and purifying agent.

Lemon Eucalyptus

Cleansing, fresh, lemony. High in cleansing citronellal and citronellol.

Lemon Myrtle

Sweet, lemony, and slightly herbal with purifying and cleansing properties.

Kochii Eucalyptus

Calming, camphorous, cleansing and refreshing.

Tea Tree

Herbaceous, purifying. Useful for cleansing home surfaces.

abodeTM

refreshing blend

The signature aromatic blend of the doTERRA® abode home product line contains powerful essential oils with a pleasant aroma that leaves your home smelling clean and feeling refreshed naturally.

Benefits

Contains powerful surface cleansing essential oils

Keeps your home smelling clean naturally

Provides a fresh, citrus aroma

Effectively cuts through grease, grime, and hard water buildup on household surfaces

Emotional

Accountable, realigned, independent, self-aware.



Uses

Add 10-15 drops to water to create a powerful, non-toxic surface cleaner.

Include in DIY room, fabric, and upholstery sprays.

Use 5-8 drops in the diffuser of choice to elevate and refresh any space.

Put a few drops onto wool dryer balls.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

abodeTM

recipes

Room Spray

Add 10-15 drops abodeTM and 2tbsp witch hazel to a 4oz spray bottle, fill with water.

Mattress Refresh

Mix 1/2 cup of baking soda with 10 drops abode®, sprinkle over mattress, let sit, then vacuum.

Daily Shower Spray

2 cups water, 1 cup vinegar, 1/2 cup rubbing alcohol, 20 drops abodeTM.

Combine in a large spray bottle and use daily on your shower to help prevent build-up.

Diffuse

Add 2-6 drops to your diffuser to cleanse and freshen the air.

DIY Cleaning Spray

Add 20 drops abodeTM to a 8oz spray bottle, fill with water.

Soft Scrub

Add 1 cup baking soda, 1/4 cup castile soap and 20 drops abodeTM.

Keep in a sealed glass jar and use on tile, tubs and more.

Laundry

Place a few drops onto wool dryer balls. Or add a couple drops to the washer for a cleaning boost.



Room Sprays

LET IT SNOW

6 drops Douglas Fir
4 drops Cassia
3 drops Grapefruit
3 drops Frankincense

CALM THE CHAOS

5 drops Frankincense
5 drops Serenity®
5 drops Copaiba
5 drops Bergamot
5 drops Balance®

UNWIND

5 drops Bergamot
5 drops Frankincense
10 drops Lavender

WE THREE KINGS

5 drops Sandalwood
4 drops Cypress
3 drops Myrrh
2 drops Frankincense

WAKE UP

6 drops Lemon
6 drops Grapefruit
4 drops Rosemary
4 drops Frankincense
2 drops Peppermint



*Place oils in 2oz glass spray bottle & top off with water. Shake well before each use.



Room Sprays

WAKE UP

6 drops Lemon
6 drops Grapefruit
4 drops Rosemary
4 drops Frankincense
2 drops Peppermint

MORNING BUZZ

6 drops Peppermint
6 drops Wild Orange
6 drops Rosemary

REFRESH

8 drops Peppermint
6 drops Spearmint
4 drops Lemon

FROSTED FOREST

5 drops Douglas Fir
5 drops Peppermint
2 drops Cedarwood
5 drops Grapefruit

AFTER DINNER MINT

8 drops Spearmint
6 drops Peppermint
4 drops Basil



*Place oils in 2oz glass spray bottle & top off with water. Shake well before each use.

Liquid

AIR CONDITIONING



+



Poo-Pourri Toilet Spray



Spring Fling

ROOM SPRAY

ADD 15-20 DROPS OF EACH OIL TO A GLASS 16OZ SPRAY BOTTLE.
FILL WITH FILTERED, DISTILLED OR COOLED BOILED WATER.
YOU CAN ADD MORE OR LESS ESSENTIAL OILS IF YOU WISH.
TO REFRESH ROOM, JUST SHAKE THE BOTTLE AND SPRAY.



CITRUS DREAM

Room Spray

INGREDIENTS

1.5 ounces water
1.5 ounces witch hazel
15 drops Wild Orange
10 drops Lemon
10 drops Clementine

METHOD

Add to 4 ounce spray bottle and gently shake to combine.

Spray to uplift your space!

Room Sprays

FOR KIDS

Sweet Dreams

Get The Wiggles Out

Monster Spray



Add 8-10 drops of each oil to a 4 oz spray bottle (double drops if using the Ultra Fine Continuous Mist Sprayer), 1-2 tablespoons of witch hazel and fill remainder with filtered water. Shake and spray!

What's next?

[CLICK HERE](#)

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**25% off The
Home Essentials Kit**



**25% off The
Aroma Essentials Kit**

Continuing Education

Want to learn more?

Join in on my YouTube Channel and Facebook Community!

Discover Solutions for any topic... here are some options.

- Beauty and Personal Care
- Kids
- Reduce Toxic Load
- Eat Right
- Lifestyle
- Informed Self-care
- Exercise
- Mood Management
- Sleep

I also offer ongoing support through my essential oil groups, continuing education webinars and so much more. Please contact me with any questions that you have.

