

# Air Freshener Spray

Recipe by Kathrin Brunner from Joyous Health

JOYOUS HEALTH

## Ingredients:

- 1 Tbsp vodka
- 90 ml distilled water
- 30 drops essential oil of choice (I love lavender, geranium and lemon)

## Instructions:

1. Combine ingredients in a spray bottle and shake before use.

## Notes:

The alcohol helps to suspend the essential oils in the water. Spray in rooms to freshen and eliminate odours. Safe on most fabrics, but do a test spot first.