

MAKE YOUR OWN ESSENTIAL OIL CLEANING PRODUCTS

12 Recipes For You To Make



I Am So Excited To Share These Essential Oil Spray Recipes For Your New Spray Bottles!



**My name is Danielle.....
I own Cooking Gods and
Yep that is me in the photo**

I have put together these recipes that will fit perfectly into your 16 oz Boston bottles.

You can start using them straight away with these recipes and links to the ingredients that you need.

I have used cup and spoon measurements and there is a good reason for this - I sell an AMAZING set on Amazon.

It was these cups and spoons that started the whole journey of using utensils and products that are low tox/plastic free.

Simple little changes all add up to look after our health.

So to help you achieve your Essential Oil Spray Recipes - I have a SWEET 25% discount code you can use you get yourself a set



Buy Now on Amazon



Click on the image for a direct link to our Amazon store (We are on Amazon.com)

Your 25% discount code to use on Amazon is - CUPS2YOU

For more recipes - Go to www.cookinggods.com

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will be spent on coffee
and chocolate!!

Making your own Essential oil sprays are easy to do with some ingredient preparation
The actual process is very easy.

The one big thing to address is to create a spray that is not only effective in what it does, you
want scents that make you feel great and is safe to use!!

Many Essential oil spray recipes will suggest to use just water and the essential oils.

This will work to an extent (oil and water do not mix) and will only have a short shelf life as
there is no preservative. If you are needing a spray that will be used very quickly then you can
get away with no preservative

The main preservative suggested is alcohol and the 2 types recommended is grain alcohol
that is 190 proof (95% ethanol) The brand experts recommend is **Everclear** and the other
type is **Special Denatured Alcohol (SDA or perfumer's alcohol)** – It can be purchased from
fragrance or perfume supply sites.

Cheap vodka is often suggested but they are usually 80 or 100 proof or only 40-50% ethanol .
In the event that 190 proof (95%) grain alcohol is not available 151 proof is an OK alternative

Other ingredients in this Ebook

- **Vinegar** - Also acts as a preservative and is a disinfectant, deodorizer and has some cleaning properties
- **Castile Soap** – Liquid soap made with olive oil and Dr Bronners is the most recognized brand and is available on Amazon
- **Distilled water** - Distilled water is recommended to prevent contamination or spoilage of essential oil sprays from impurities found in tap water. Filtered water is also acceptable and as a last resort you can boil tap water, let it cool before use.
- **Washing Soda - Not Baking Soda**. Can be purchased on Amazon [HERE](#)
- **Baking Soda**

*Note that you should not combine vinegar and castile soap together
as it will form a gooey mess. Use regular dish soap with vinegar.*

I recommend Barefut to purchase essential oils
Highest quality, independently tested for purity and fantastic pricing



Essential Oil shopping list!

This is a list of the required Essential Oils in the below recipes.

Click on the bottles to shop on the Barefut site.



Balsam
Fir



Basil



Cedarwood



Cypress



Grapefruit



Lavender



Lemon



Lime



Sweet
Orange



Peppermint



Tea Tree



Get 100%
Therapeutic grade
Essential oils at half
the price of the
leading brands



All Purpose

Makes 16oz

Ingredients

1 cup distilled water

1/2 cup vinegar

1/2 cup 190 proof alcohol (95% ethanol)

2-3 drops dish soap -eg Dawn

25-30 drops essential oil - Suggested oils and ratios are:

7 drops lavender

7 drops orange or lemon

10 drops tea tree oil

5 drops peppermint)

Instructions

Pour alcohol and essential oils in first swirl and let sit for 30 mins then add the remaining ingredients.

How To Use

Spray onto surface and wipe with a clean cloth.

NOTE

This spray is not recommended for regular use on stone benchtops due to the vinegar
The Kitchen spray below is vinegar free and suitable for stone.

Kitchen Spray – Suitable for Stone

Makes 16oz

Ingredients

1/4 cup 190 proof alcohol (95% ethanol)

3-5 drops liquid castile soap (or any dish soap)

10 - 20 drops essential oil (choose your favorite)

1 1/2 cups distilled water

Instructions

Add alcohol, dish soap, and essential oils to a spray bottle, and swirl to combine.

Add water, and shake to mix thoroughly.

Spray onto counters and wipe away with a microfiber cloth.

Note

If surface is stays wet and won't dry, try buffing it with a dry cloth.

You may also try increasing the alcohol content to 1/3 cup.

Insect Repel

Makes 8oz -Double the recipe to fill the 16 oz bottle

Ingredients:

1/4 cup distilled water

1/4 cup 190 proof alcohol (95% ethanol)

15 drops peppermint essential oil

15 drops tea tree essential oil (if you are using on food surfaces – add another 15 drops of peppermint oil)

7 drops citrus essential oil (orange, lemon, grapefruit, etc) OR 1-3 drops clove essential oil

Instructions:

Pour alcohol and essential oils in first swirl and let sit for 30 mins then add the water.

How To Use:

Shake bottle, then spray around baseboards, entry points for ants or other insects and anywhere you've seen insects. If you're spraying on a food surface, omit the tea tree oil and add 15 drops peppermint oil.

Spray on a regular basis to keep insects at bay.

Glass (& Mirror Cleaner)

Makes 16 oz

Ingredients:

1 cup white vinegar

1 cup 190 proof alcohol (95% ethanol)

1 Tbsp cornstarch

20 drops essential oil - see below for some combinations

Instructions:

Pour alcohol and essential oils in first swirl and let sit for 30 mins then add the vinegar and cornstarch.

How To Use:

Shake well before using. Spray on windows, mirrors, or glass using a lint-free cloth, wipe glass/mirror until the surface turns clear and shiny

Oil combos you can try

12 drops lemon + 8 drops basil

12 drops lemon + 8 drops lavender

8 drops lavender + 8 drops lime + 4 drops spearmint

10 drops fir + 10 drops cedar wood

14 drops sweet orange + 4 drops cinnamon + 2 drops clove

Shine - Dusting and polish spray

Makes 16oz

Ingredients

1 cup distilled water

½ cup vinegar

2 TBSP oil (sunflower, grapeseed, fractionated coconut, or olive are my top choices)

10 drops lemon essential oil

5 drops cedar wood essential oil

Instructions

Combine all ingredients in spray bottle and shake well to mix.

How To use:

Shake well before spraying. Spray onto a soft dry cloth and wipe wood/surfaces clean.

NOTE

Do not use on glass or stainless steel as it will leave oil streaks

Disinfect

Makes 16 oz

Ingredients:

1/2 cup 190 proof alcohol (95% ethanol)

1/2 cup white vinegar

3/4 cup distilled water

50-60 drops tea tree essential oil or lavender essential oil

Instructions

Pour the alcohol into spray bottle and then the essential oil(s). Swirl the bottle to combine. Wait 30 mins and add the vinegar and water, and shake the bottle again.

How To Use

Spray onto the surfaces -eg benches, tables, chairs or door handles and leave for 10 mins before wiping with a clean cloth or you can leave the spray on the surface.

Spray into a room if someone is unwell

NOTE

Tea Tree is not recommended on food surfaces and it is not safe for pets.

Use lavender oil if you have pets!

Makes 16oz

Daily Shower

Ingredients

¾ cup cups distilled water

1/2 cup white vinegar

1/4 cup 190 proof alcohol (95% ethanol)

1 teaspoon liquid dish soap (not castile soap)

15 drops lime essential oil

15 drops tea tree essential oil

Instructions

Pour the alcohol into spray bottle and then the essential oil(s). Swirl the bottle to combine. Wait 30 mins and add the vinegar and water, and shake the bottle again

How To Use

This is to be used everyday on the shower or bath to keep soap scum at bay.

After the final shower or bath for the day - Spray and leave. No need to wipe and rinse.

NOTE that this will not clean a shower or bath that already has a build up. You will need to clean it first and then use this spray as a maintenance. This will help keep your bath and shower cleaner for longer.

Makes 16 oz

Bathroom Spray

Ingredients

1 cup water

¼ cup washing soda (not baking soda)

4 drops dish soap

1 cup white vinegar

½ cup 190 proof alcohol (95% ethanol)

10 drops lemon essential oil

4 drops tea tree oil.

Instructions

Pour the alcohol into spray bottle and then the essential oil(s). Swirl the bottle to combine. Wait 30 mins and water, and shake the bottle again.

Warm the distilled water and dissolve the washing soda in and then pour this and the vinegar and dish soap into the bottle and swirl to mix it.

How To Use

Lightly mist your toilet bowl and scrub using a toilet brush. Use it daily as a toilet disinfectant in the bowl. Great for bathroom sinks to keep clean

NOTE

If you have a marble vanity that the vinegar in this spray is not suitable to use

Fabric Fresh

Makes 16oz

Ingredients

24 drops lavender essential oil
36 drops lemon essential oil
30 drops fir essential oil
30 drops cypress essential oil
2 TBSP 190 proof alcohol (95% ethanol)
Distilled water to fill to the top

Instructions

Pour the alcohol into spray bottle and then the essential oil(s). Swirl the bottle to combine. Wait 30 mins and water, and shake the bottle again

How to Use

Shake the bottle well before each use, and liberally spray on fabrics as desired. This spray is safe for most fabric types, but a small area can be patch tested if there are any concerns.

The fabric spray can be used on bedding, clothing, fabric-covered furniture, etc., for a fresh scent.

Room Spray

Makes 16 oz

Ingredients

1.5 cups distilled water
4 tablespoons 190 proof alcohol (95% ethanol)
One of the essential oil combinations below

Instructions

Pour the alcohol into spray bottle and then the essential oil(s). Swirl the bottle to combine. Wait 30 mins and water, and shake the bottle again

Focus

20 drops peppermint essential oil + 16 drops rosemary essential oil

Citrus n Mint

20 drops sweet orange essential oil + 16 drops peppermint essential oil

Floral

16 drops lavender + 10 drops geranium + 8 drops grapefruit essential oils

Deodorizing

8 drops tea tree oil + 16 drops lemon essential oil + 12 drops eucalyptus essential oils

Forest

14 drops white fir + 12 drops cedarwood + 10 drops frankincense essential oils

Home Sweet Home

10 drops lavender + 10 drops lemon + 10 drops rosemary essential oils

Hand Wash

Makes 16oz

Ingredients

- 1 cup castile soap liquid
- 1 cup distilled water
- 2 TBSP fractionated coconut oil
- 14 drops Grapefruit essential oil
- 16 drops Lime essential oil

Instructions

Add the water first (to prevent bubbles) then the liquid castile soap, followed by the oils. Shake the ingredients together.

Shake the soap dispenser before using, then squirt a small amount on your hands as needed, rinsing with water.

Note

The oil is added to moisturize the skin.

When you introduce water into a product without a preservative you always run the risk of introducing bacteria, so use water-based products quickly.

You may decide to water this down a little - try 1 1/2 cups of water to 1/2 cup castile soap

Dish Wash

Makes 16 oz

Ingredients

- 1 1/4 cup filtered water or boiled and cooled water
- 3/4 cup unscented castile soap
- 1 tsp baking soda
- 1 tsp fractionated coconut oil
- 12 drops grapefruit essential oil
- 8 drops basil essential oil

Instructions

Add water and castile soap to a large mixing bowl.

Next add in baking soda, fractionated coconut oil and your favorite essential oils!

Use a whisk and very gently mix solution so that baking soda is dissolved and everything is well combined.

Pour into bottle.

Note

The oil is added to moisturize the skin.

When you introduce water into a product without a preservative you always run the risk of introducing bacteria, so use water-based products quickly.