



Aromatherapy Spritzers

ONE METHOD, MANY APPLICATIONS!

Uplift

Aromatic Mist
by
A. roma

Flours

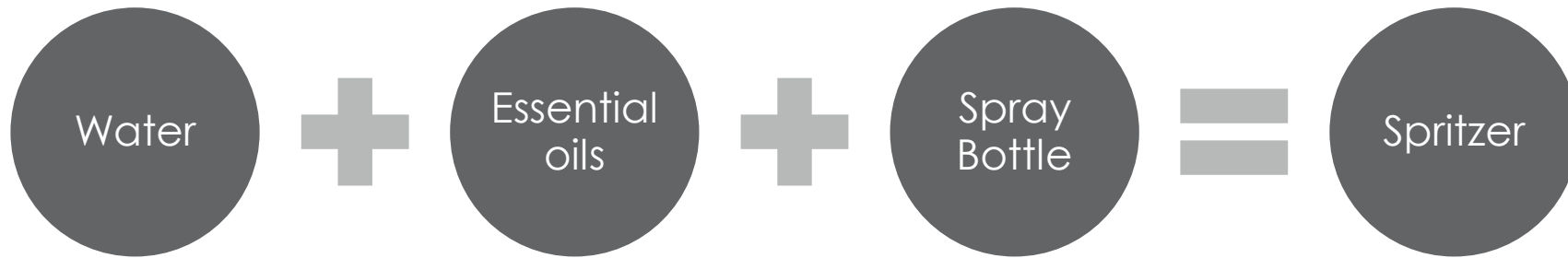
Aromatic Mist

Aromatherapy need not be complicated, expensive nor inaccessible.

Distilled water and spray bottles are generally easy to find, affordable and all you really need. Pair those with an intention & essential oils to create a lovely aromatherapy spritzer.

What is a an Aromatherapy Spritzer?

Water & Essential oils in a bottle with a spray top.



Many Intentions = Many Applications

Atmospheric & Cleaning

- Air freshener
- Linen spray
- Yoga mat (i.e., cleansing) spray...
- Toilet spray

Body Care

- Bug repellent
- Deodorant
- Sneaker spray
- Facial toner
- Body spray...

Emotional and Mental Care

- Mood mist
- Perfume!
- Sleep Mist/
Pillow Spray
- Chill out
- Revive/Refresh!

INTENTION Guides DILUTION

Dilution Best Practices

0.5 – 1.5%

- Mood
- Face
- Gentle (elders, older children)

2-3%

- Body spray
- Pillow Spray
- Mood
- Deodorant

5%

- Home Cleansing
- Bug Spray
- Toilet spray

Ounces	0.50%	1.00%	2.00%	2.50%	3.00%	5.00%
0.5	1	3	6	7	9	15
1	3	6	12	14	18	30
2	6	12	24	28	36	60

Base Ingredient Consideration...

Distilled water

- Always opt for distilled water over any other water.
- Once opened, a bottle of distilled water will last several months if kept in a cool, dark place with the cap tightly secured.

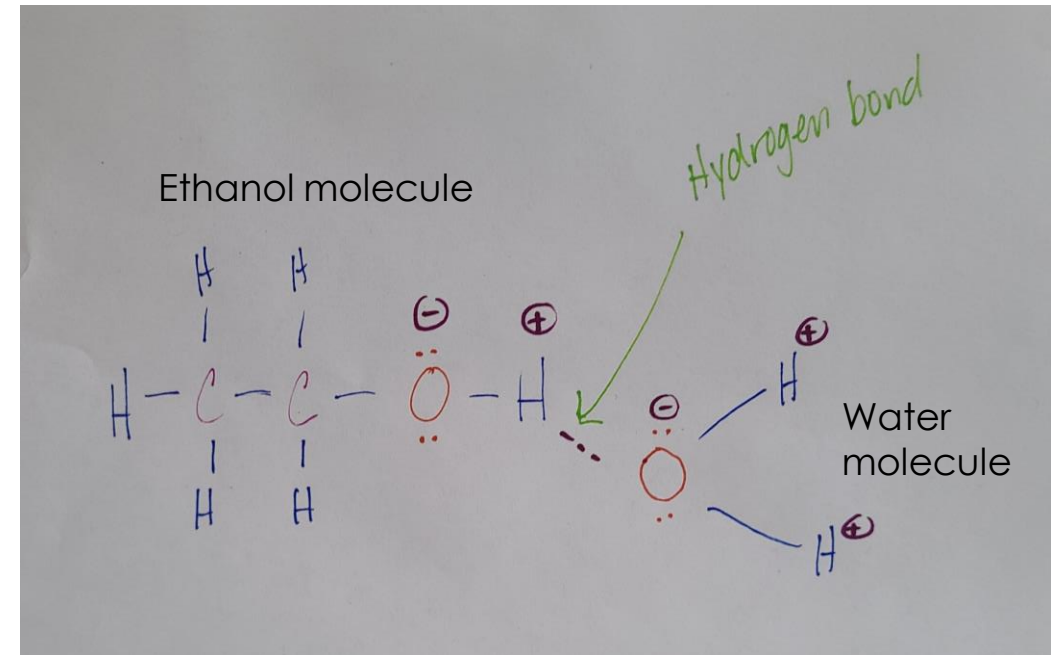
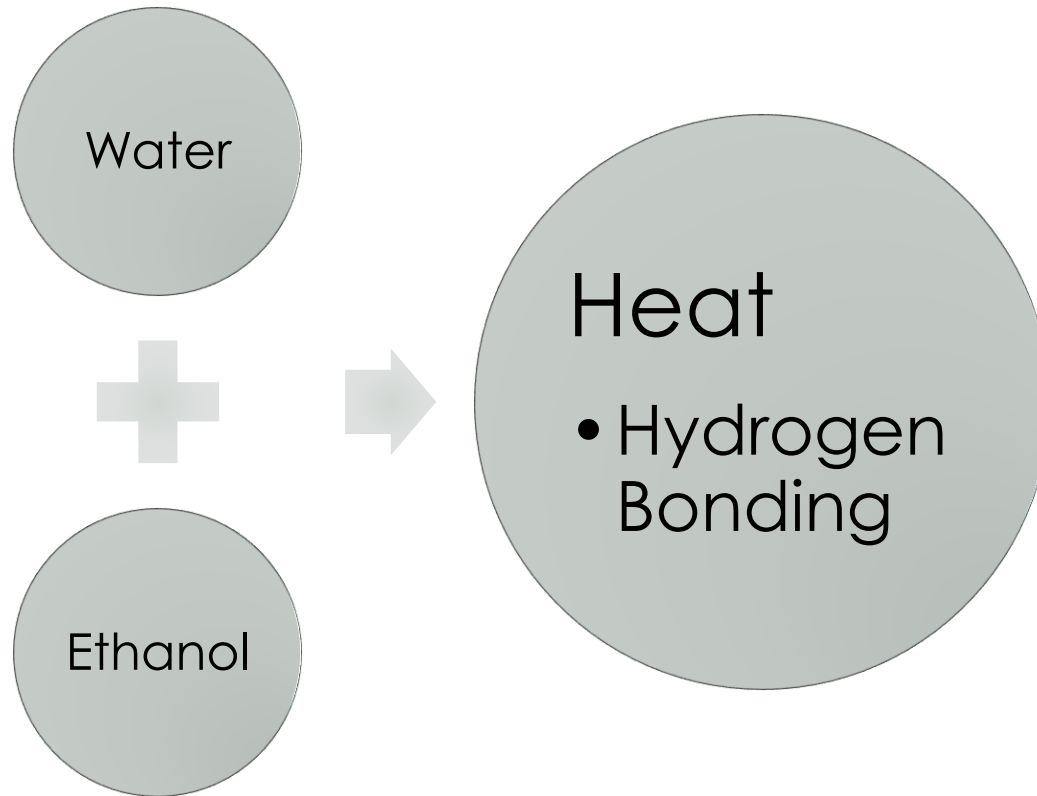
Hydrosols

- Use instead of or in tandem with distilled water to support your intention.
- Most hydrosols have a shelf-life of 12 months from the date of distillation.
- Treat them like a fine wine just as distilled water: store in a cool, dry place out of light and keep headspace to a minimum in the bottle.

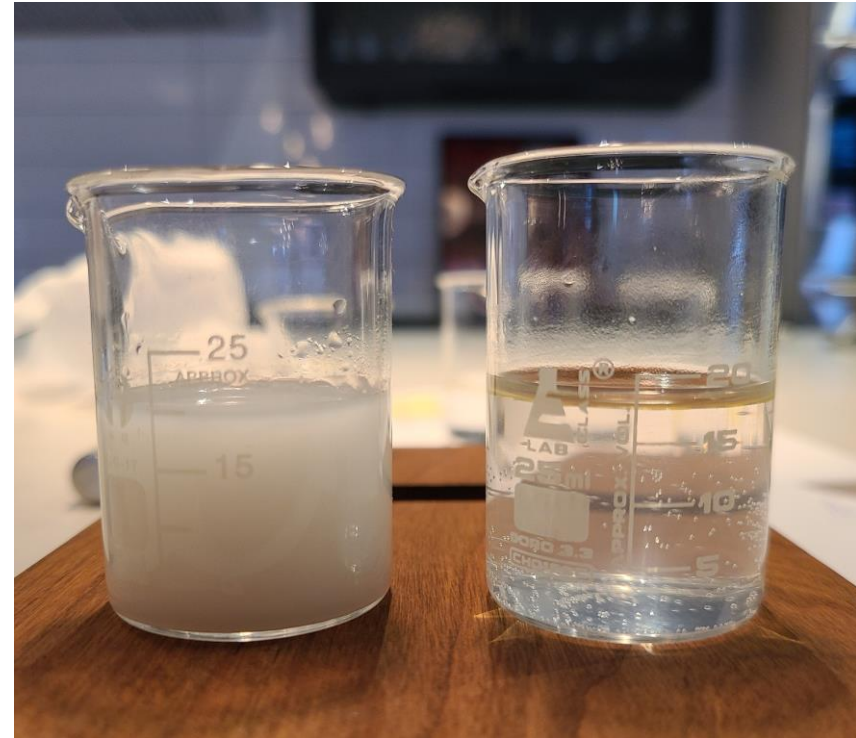
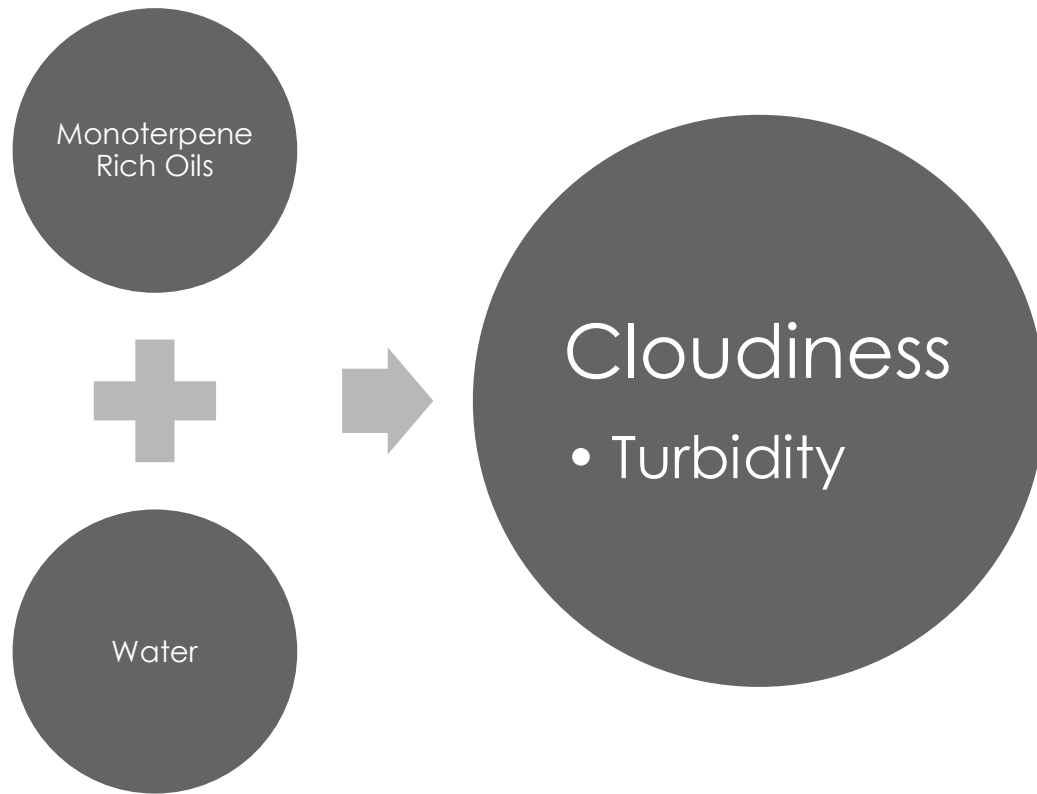
Alcohol (ethanol or isopropyl)

- Helps slightly “solubilize” several essential oil constituents depending on how much is in your spritzer.
- Disinfectant & Shelf stable

Adding Ethanol: Heat



Adding Ethanol: Cloudiness



Ethanol Considerations

The more alcohol in the formula, the more heat is created

Stick with 1 part ethanol (20%) to 4 parts (80%) water, or

2 parts (30%) ethanol to 4 parts (70%) water *max*

3:4 & 4:4 ratios not recommended

Order of Operations

To Avoid Turbidity:

Water first, Add EOs, then Add Ethanol

I recommend 1:4 as less heat is created and EOs seem to readily mix into solution.

Shake before Using

Do I need an additional ingredient to “solubilize”?

- No need, keep it simple.

Less = More!

- Distilled water and/or hydrosols.

Alcohols?

- Increase miscibility to an extent
- Heat reaction
- Again....what is the INTENTION? Is it NEEDED?

Preservatives?

Holistic Aromatherapy?

- Preservatives & Solubolizers = No THANK YOU. The product is not meant to sit around.

“Solubol” or Polysorbate 20: Surfactants used to emulsify oil and water.

- A questionable ingredient
- Surfactant (lowers surface tension with have a hydro end & lipo end), emulsifier (An emulsion is a mixture of two or more liquids that are normally immiscible (unmixable))
- Stable product

Preservatives

- Should you feel concerned about microbial growth in a spritzer**** look into a natural preservative such as radish root extract (Leucidal® Liquid)
- *****Ahem! Distilled Water & Hydrosol! Also, the spray top acts as a barrier.*

Basics for Making a Spritzer



Essential Oil Blending Inspiration

Yoga Mat/Cleansing Spray (5% dilution)

- 75 drops of a **citrus** oil of your choice such as Citrus limon, C. sinensis or C. paradisi
- 30 drops **Rose geranium** (Pelargonium graveolens)
- 15 drops **Lemongrass** (Cymbopogon citratus)
- 30 ml Ethanol
- 20 ml Hydrosol such as Rosemary, Eucalyptus or Thyme
- 10 ml Vinegar

Pillow Sleep Spray (3% dilution)

- 31 drops **Lavender** (Lavandula angustifolia)
- 5 drops **Roman chamomile** (Chamaemelum nobile)
- 4 drops **Vetiver** (Chrysopogon zizanioides)
- 20 ml Ethanol
- 40 ml Distilled water

Facial Toner/Mist (1.5% dilution)

- 8 drops **Frankincense** (Boswellia sacra or B. carterii)
- 6 drops **Clary sage** (Salvia sclarea)
- 6 drops **Patchouli** (Pogostemon cablin)
- 40 ml **Rose** (Rosa damascena) hydrosol
- 20 ml **Helichrysum** (Helichrysum italicum) hydrosol

Shaken, Not Stirred: Best Practices

Work in small amounts

- 1 (30ml) to 2 (60ml) ounces.

No need to add a “solubilizer”

- “Shake vigorously before using.”

Use often & clear intention

- Provide clear usage directions (e.g., spray 2 to 3 times, 3x daily).
- Spritzers are not “precious” like botanical perfume (which is based in perfumer’s alcohol...).
- Holistic aromatherapy products are not meant to sit around

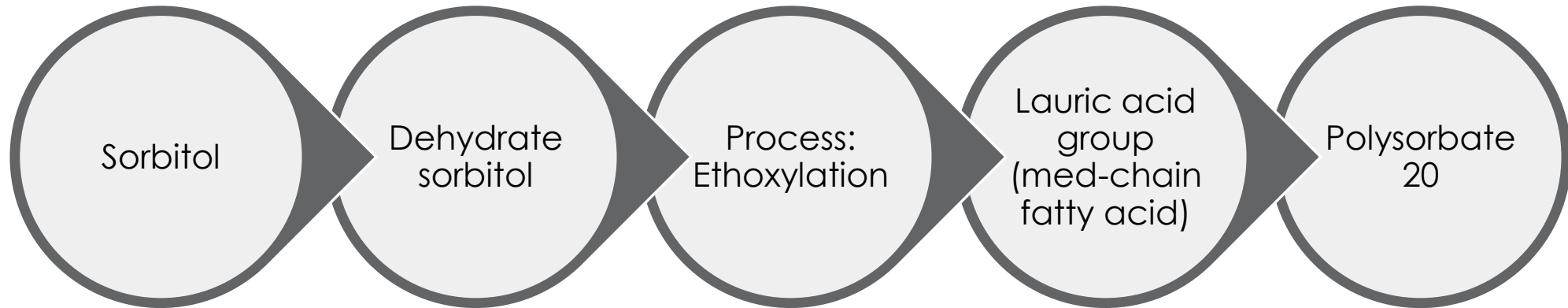
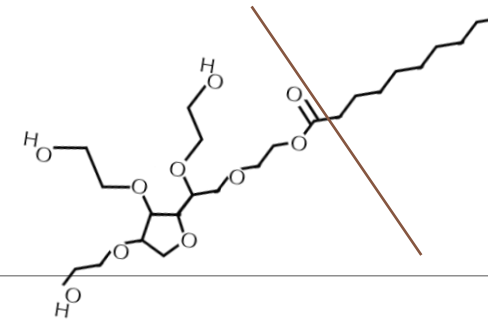
Use within 3 months

- Ideally, the product is loved so much it is used within 1 month (recall giving usage instructions!). It's a bit tongue in-cheek but think about how often we're supposed to change a toothbrush: 3 months.

Treat a spritzer like any fine product

- Keep in a cool, dry place out of heat and light and always keep the top on to minimize contamination.

Polysorbate 20



- Start with Sorbitol
- Sugar alcohol in fruits.
- (Plays with water)

- To get Sorbitan.

- 20 units of ethylene oxide (a gas) + sorbitan.
- Helps create the surfactant qualities

- Add 1 one lauric acid group

