

# HOW TO USE ESSENTIAL OILS



**Essential oils can easily be used in a variety of ways. For example:**

- Try adding a few drops of your favorite blend to a spray bottle filled with water. Simply spritz the mixture around your house to freshen the air and provide an uplifting, refreshing scent.
- Or add a few drops of essential oil to a pot of water on your stovetop and let it simmer. The soothing scent will soon permeate throughout your house. (Remember to keep adding water and essential oil as the water evaporates.)
- You can use your essential oils with water as you're cleaning surfaces around your home. Add six drops to ten ounces of water in a spray bottle and grab a good microfiber cloth to get counters, bathroom surfaces, glass and more not only clean but smelling fresh too.
- Add a few drops to two woolen dryer balls and toss into your dryer for naturally scented laundry.
- A few drops of essential oil applied on a cotton ball or two work well in your vacuum's canister to cleanse the air and make your whole house smell fresh as you vacuum.
- Try stashing a few of these cotton balls in drawers or closets to keep closed-off areas fresh.