

Ingredients:

- 1 cup distilled water
- 2 tablespoons witch hazel or vodka (acts as a dispersant)
- 15-20 drops of your favorite essential oils (e.g., lavender, eucalyptus, citrus)

Instructions:

1. **Prepare the Base:**
 - In a measuring cup, combine 1 cup of distilled water with 2 tablespoons of witch hazel or vodka. This combination helps disperse the essential oils evenly.
2. **Add Essential Oils:**
 - Choose your favorite essential oils or create a blend. Add 15-20 drops to the water mixture. Experiment with combinations like lavender and lemon for a calming scent or eucalyptus and peppermint for a refreshing aroma.
3. **Stir and Combine:**
 - Stir the mixture well to ensure that the essential oils are thoroughly combined with the water and dispersant.
4. **Transfer to a Spray Bottle:**
 - Using a funnel, pour the mixture into a clean and empty spray bottle. Choose a bottle with a fine mist setting for a more even distribution.

Usage:

- Shake the spray bottle well before each use.
- Spritz the air freshener spray in any room for an instant burst of natural fragrance.

Benefits:

- **Customizable Scents:** Create your own signature scent by mixing different essential oils.
- **Chemical-Free:** Avoid synthetic fragrances and harmful chemicals found in commercial air fresheners.
- **Mood-Boosting:** Essential oils can contribute to a positive and uplifting atmosphere.