

Products prepared for my appearance on WCIA-TV's Going Green segment, 6/17/08

I've been asked to prepare to videotape all of the following, though some of them may end up "on the cutting room floor." In any event, it's exciting that a much watched commercial television station is dedicating a series of segments to "Going Green"!

Citrus Bliss Natural Room Spray:

This blend of essential oils is reported to clean the air and lift the spirits of those in the room. I think of it as sunshine in a bottle! Prepare a 4 oz. dark glass spray bottle and label it with the items below.

Blend the following essential oils together in a glass cup:

*** it is best to use 12 drops of essential oil per 1 oz. of carrier**

12 drops of Grapefruit essential oil (*Citrus paradisi*)

10 drops of Tangerine essential oil (*Citrus reticulata*)

10 drops of Lemongrass essential oil (*Cymbopogon citratus*)

8 drops of Vetiver essential oil (*Vetiveria zizanoides*)

8 drops of Lavender essential oil (*Lavender angustifolia*)

Once blended together, place in the spray bottle and fill with spring water. Gently roll or shake. Avoid spraying the eyes. Keep this bottle away from children and pets. Use as you would any other room spray for freshening the air, linens or to help eliminate unpleasant odors.

Natural Mosquito/Insect Repellent

This is the "new and improved" version of the basic insect repellent that Parkland College's 2005 Aromatherapy Class made for rescue crews and first responders working during the aftermath of Hurricane Katrina. Prepare a 4 oz. dark glass spray bottle and label it with the items below.

Blend the following essential oils together in a glass cup:

20 drops of Lemon Tea Tree (*Leptospermon petersonii*)

14 drops of Atlas Cedarwood (*Cedrus atlantica*)

14 drops of Patchouli (*Pogostemon cablin*)

Once blended together, place in the spray bottle and fill with

1 oz. of organic grain alcohol, 1 oz. of fractionated coconut oil and 2 oz. of water.

Shake gently and each time before applying as oil and water will separate. Keep out of eyes and away from children. This mixture may be also be applied to the coat of pets to help deter fleas. *** For topical use only. If irritation occurs discontinue use.**

Organic Furniture Polish

Mix 2 tablespoons of organic jojoba oil (it is non-greasy) and 3 drops of Sandalwood (*Santalum album*) or Atlas cedarwood essential oil along with 3 drops of lavender oil in a dark glass bottle. Label properly and use to polish your wood furniture. Keep away from children and pets. Store in a cool, dry place.

Organic Glass Cleaner

Mix 1/4 cup of water and 1/4 cup of vinegar with 10 drops of pure organic orange or lemon essential oil and place in a glass spray bottle. Use in place of commercial glass cleaners. Keep away from eyes.

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