

Dried plant material used as home fragrance

Create your own natural and safe (non-toxic) home fragrance

To make your own **home fragrance**, you don't need to be an apothecary or chemist. All you have to do is find the right products and choose the smell you prefer. Here are 3 recipes of dried plants that are 100% natural and safe for your health.



The best way to do this is to get away from the commercial home fragrances and use a homemade essential oil diffuser.

1. Alcohol + Essential oil + Water

Alcohol evaporates faster than water, making it a good choice for diffusing the aroma in large spaces. Combustion will not produce a slightly greasy smoke, unlike methods that use vegetable oil (as below).

- Put 60 milliliters of hot water into a jar or vial.
- Add 60 milliliters of alcohol.
- Add 25 drops of the essential oil of your choice.

Mixup.

2. Vegetable oil + essential oil

The proportion to be respected is 30% essential oil and 70% vegetable oil. You can try almond oil or safflower oil which have a very discreet scent. Add the essential oil of your choice and mix up.

Avoid mineral oils because they are made with petroleum.

3. Vegetable oil + essential oil + alcohol

In this case, use 60 milliliters of vegetable oil (almond or safflower) with 2 or 3 teaspoons of alcohol and a generous shave of essential oil, again respecting the 30/70% proportion.

Whatever mixture you choose, put your perfume into a pretty glass or ceramic recipient. Add diffusers or another dry vegetable tip that will help to raise the liquid upwards. Soak the tip for two or three hours and then turn it over. Every few days, you can add more essential oil to compensate after evaporation.



Which essential oil to choose?

Here are some suggestions:

- Lemon, lemongrass, thyme (cleansing action).
- Lavender, mint, cedar, jasmine, orange to give a positive atmosphere, and fight depression.
- Eucalyptus and lavender to lower blood pressure.