

Breathe Easy: Create Your Own Homemade Anti-Viral Room Sprays and Air Fresheners

In the age of viruses and bacteria, it's more important than ever to keep our homes as clean and virus-free as possible. One way to do this is to use homemade anti-viral room sprays and air fresheners.

Not only are these sprays effective at killing germs, but they can also help to improve the air quality in your home. The essential oils used in many of these recipes have been shown to have a variety of health benefits, including reducing stress, improving sleep, and boosting immunity.



Homemade Anti-Viral Room Sprays & Air Freshener Recipes: 50 Essential Oil Blends for a Happy and Healthy Home by Shawna S. Miller

★★★★☆ 4.2 out of 5

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 144 pages
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Best of all, these sprays are easy and inexpensive to make. You can find all of the ingredients at your local grocery store or online.

Benefits of Homemade Anti-Viral Room Sprays and Air Fresheners

- Kills viruses and bacteria
- Improves air quality
- Reduces stress
- Improves sleep
- Boosts immunity
- Easy and inexpensive to make

How to Make Homemade Anti-Viral Room Sprays and Air Fresheners

There are many different recipes for homemade anti-viral room sprays and air fresheners. Some of the most popular recipes include:

Anti-Viral Room Spray Recipe 1

- 1 cup witch hazel
- 1/2 cup water
- 10 drops of tea tree oil
- 10 drops of eucalyptus oil
- 10 drops of lemon oil

Instructions:

1. Combine all ingredients in a spray bottle.
2. Shake well before using.
3. Spray as desired around your home.

Anti-Viral Room Spray Recipe 2

- 1 cup white vinegar
- 1/2 cup water
- 10 drops of lemon essential oil
- 10 drops of orange essential oil
- 10 drops of grapefruit essential oil

Instructions:

1. Combine all ingredients in a glass spray bottle.
2. Shake well before using.
3. Spray as desired around your home.

Air Freshener Recipe 1

- 1 cup distilled water
- 10 drops of lavender essential oil
- 10 drops of bergamot essential oil
- 10 drops of lemon essential oil

Instructions:

1. Combine all ingredients in a glass spray bottle.
2. Shake well before using.
3. Spray as desired around your home.

Air Freshener Recipe 2

- 1 cup water
- 1/2 cup witch hazel
- 10 drops of peppermint essential oil
- 10 drops of eucalyptus essential oil
- 10 drops of rosemary essential oil

Instructions:

1. Combine all ingredients in a glass spray bottle.
2. Shake well before using.
3. Spray as desired around your home.

Tips for Using Homemade Anti-Viral Room Sprays and Air Fresheners

- Shake the spray bottle well before each use.
- Spray the desired amount around your home, avoiding your eyes and mouth.
- Allow the spray to dry completely before entering the room.
- Use homemade anti-viral room



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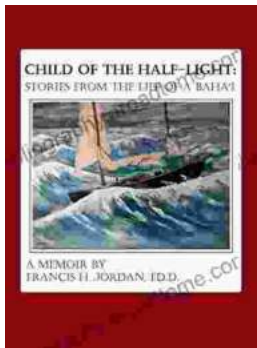
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