

GOOD NIGHT LINEN SPRAY

INGREDIENTS

- * 15 drops lavender
- * 5 drops lemon
- * 5 drops peppermint
- * Himalayan sea salt
- * Distilled water
- * 2 oz spray bottle

INSTRUCTIONS

- * Sprinkle a layer of sea salt on the bottom of the glass bottle
- * Drop the essential oils directly on the salt
- * Fill the bottle with distilled water
- * Shake well and spray on linens or in the air for a relaxing evening