

Grounding Spray Recipe

Here is a favourite recipe of mine for a gorgeous grounding spray.

Use a 100ml glass bottle with atomiser. Amber or a dark glass is best as some essential oils are corrupted with light. It also a good idea to keep track of the date you made up your spray and use within 2 – 3 weeks. If you would like it to last longer please replace vodka with a stronger preservative.

50 ml spring or distilled water

50 ml vodka

12 drops Bergamot essential oil

10 drops Vetiver essential oil

7 drops Lavender essential oil

7 drops Cedarwood essential oil