

## Module 7, Lesson 4

# Spritzers



### Learning Objectives

*Upon completion of this lesson, you will be able to:*

1. List five reasons an aromatic spritzer may be useful.
2. Differentiate between an emulsifier and a solubilizer.
3. Describe the steps in creating an aromatic spritzer with 190-proof alcohol.
4. Design and create aromatic spritzers.

## AROMATIC SPRITZERS

Aromatic spritzers, also known as room sprays or linen sprays, have become popular for their ability to freshen and cleanse the air and uplift, relax, or energize those exposed to their aromas. In addition, aromatic spritzers can reduce unwanted or unpleasant odors in the air or “scent” clothing, bed linens, and fabric on furniture.

### In general, aromatic spritzers are useful for:

- Room and air freshener
- Body sprays
- Reducing undesirable odors in the air
- To eliminate or prevent bed bugs
- To soothe a variety of emotional states
- Linen sprays

### Ingredients for Aromatic Spritzers

The basic ingredients of aromatic spritzers are water and essential oils. You can also replace water with hydrosol or with a combination of hydrosols. If using water, I recommend using distilled water when possible and affordable. If not, spring or tap water is fine too. However, with spring or tap water, I recommend boiling the water first to remove any potential contamination. Be sure to bring it to a boil and let it boil for 1-3 minutes.

---

### Essential Oil Dilution Rate for Aromatic Spritzers

I recommend a 1-3% dilution for a general room spray.

---

*When making an aromatic spritzer or linen spray, do you have to use an emulsifier or dispersing agent? Should you use a preservative? Let's look at these ingredients and when and why you might consider using them.*

#### What is an emulsifier?

An emulsifier is used for making creams, lotions, and hair conditioners. The emulsifier helps combine two immiscible ingredients, e.g., the oil (lipid) phase with the water phase. Common emulsifiers include emulsifying wax, Olivem 1000, or Xylance.

#### What is a solubilizer?

A solubilizer can be used to create aromatic spritzers, gels, and toners. A solubilizer is a type of surfactant that helps emulsify essential oils into water. The main difference between an emulsifier

and a solubilizer is the particle size of the ingredient needing to be dispersed. In the case of essential oils, we are talking about very small particle sizes.

## Common Solubilizers

- **Solubol**  
**INCI:** Vegetable Glycerin, Coconut Extract, Soy Lecithin, Maltodextrin (a food additive derived from wheat), Acacia gum (gum Arabic), Vitamins E and C, and Rosemary Extract  
**US supplier:** <https://naturesgift.com/product/solubol-nv/>
- **PlantaMulse Liquid**  
**INCI Name:** Sorbitan Laurate (and) Polyglyceryl-4 Laurate (and) Dilauryl Citrate  
**US supplier:** <https://www.theherbarie.com/PlantaMulse-Liquid.html>
- **PEG Free Solubilizer**  
**INCI:** Polyglyceryl-4 Caprylate, Decyl Glucoside, Sodium Lauroyl, Glutamate, Diglycerin, Aqua  
**US supplier:** <https://essentialwholesale.com/peg-free-solubilizer>
- **Symbio®Solv Clear Plus**  
**INCI:** Caprylyl/Capryl Glucoside; Aqua; Sodium Cocoyl Glutamate; Glyceryl Caprylate; Citric Acid; Polyglyceryl-6 Oleate; Sodium Surfactin  
**UK supplier:** <https://www.thesoapkitchen.co.uk/symbiorsolv-clear-plus>  
Or <https://www.bayhousearomatics.com/solubiliser-clear-plus-symbiosolv.html>
- **Solubilizer (Sodium Sunflowerseedate)**  
**US supplier:** <https://www.edenbotanicals.com/products/specialty-extracts-antioxidants/solubilizer-sodium-sunflowerseedate>

If you choose to use a solubilizer, be sure to read the instructions from the supplier. The instructions should include dilution recommendations for the solubilizer. Typically, the essential oils and solubilizer are mixed together before combining with water.

## What about alcohol?

Another variation to combine essential oils into water is to use 190-proof grain alcohol. To solubilize essential oils into water using 190-proof alcohol:

1. Use at least 25-30% alcohol as a part of your formulation
2. Combine essential oils with alcohol first. Let stand covered for 1-3 hours.
3. Then add 70-75% distilled water or hydrosol.
4. Stir or shake until well combined.
5. Fill bottles, cap, and label with name and ingredients.

### Can I use witch hazel hydrosol?

Yes and no. Yes, if you are okay with shaking the spritzer before each use. No, if you are looking to solubilize essential oils into the water. Witch hazel hydrosol may contain approximately 14-15% alcohol which is not enough to solubilize essential oils in the water. Some witch hazel hydrosol does not contain alcohol, so be sure to ask your supplier. If you choose to use witch hazel hydrosol, remember you will need to shake the spritzer before each use.

### Do I need to use a preservative?

If you are making a product for resale, you may want to consider adding a preservative since water is prone to developing mold or bacteria. Although beneficial if you're making a product line for retail sale, this is unnecessary for home use and only adds to the cost of a spritzer. Just make sure to use the spritzer within 3 months.

**Note:** Potential Preservatives to use include Leucidal, Geogard Ultra™, Optiphen™ bsb-w preservative, Geogard ECT™ or Euxyl™ k 903. If you are going to use preservative, please read the suppliers information on pH requirements, dilution rate, and how to combine with product.

### Shelf Life of Aromatic Spritzers

- If made with distilled water only, 1–3 months when stored in a cool place.
- If made with alcohol, store for 6–12 months. We recommend using aromatic spritzers within six months if possible. This ensures the vitality of the aroma.

## General Dilutions for Aromatic Spritzers

Water (Fluid ounce)	.5% dilution	1%	2.5%	3%
½ fl. oz.	1-3 drops	3-5 drops	8-11 drops	9-13 drops
1 fl. oz.	3-5 drops	6-9 drops	15-23 drops	18-27 drops
2 fl. oz.	6-10 drops	12-18 drops	30-46 drops	36-54 drops
4 fl. oz.	12-20 drops	24-36 drops	60-92 drops	72-108 drops

## How to formulate an Aromatic Spritzer

This is for a 2 fl. oz. (60ml) aromatic spritzer.

2-ounce Boston round holds: 60ml / 53gm water

2.5% dilution = 30 – 46 drops

**My intention/goal:** To create an antimicrobial room spray

**My focus:** Physical (reduce microbes in the air)

**My approach:** Therapeutic actions

1. Select 3-5 essential oils to work with based on client consultation and goals of treatment or product.

Role of EO	Essential Oil	BF	Drops	Grams
<b>Core:</b>	Tea tree ( <i>Melaleuca alternifolia</i> ): Powerful antimicrobial	3	10	0.37
<b>Enhancer:</b>	Lemon ( <i>Citrus limon</i> ): supports tea tree as an antimicrobial	6-8	20	0.57
<b>Harmonizing:</b>	Scots Pine ( <i>Pinus sylvestris</i> ): supports core and enhancer plus rounds out aroma	6	16	0.5
<b>Dilution Rate Used:</b> 2.5%		Total Drops	46	1.44

2. Combine essential oils (and solubilizer, if using) into the bottle.
3. Gently shake to combine essential oils.
4. Fill the bottle with distilled water.
5. Close the bottle, and shake gently.
6. Label with name and ingredients.
7. Your aromatic spritzer is now ready for use.

## Recipes

### Forest Bathing Spray

2 fl oz spray bottle

3% essential oil dilution: 36-54 drops

- 2 fl oz distilled water
- Solubilizer, if using (as per instructions)
- **Core:** 15 drops Scots Pine (*Pinus sylvestris*)
- **Enhancer:** 15 drops Black Spruce (*Picea mariana*)
- **Harmonizer:** 10 drops Balsam Fir (*Abies balsamea*)

#### DIRECTIONS

1. Combine essential oils (and solubilizer) into the bottle.
2. Gently shake to combine essential oils.
3. Fill the bottle with distilled water.
4. Close the bottle, and shake gently.
5. Your aromatic spritzer is now ready for use.
6. Spray in the room to enjoy the aroma!

### Soothe Anxiety Away Spray with 190-proof alcohol

2 fl oz spray bottle

2% essential oil dilution 24-36 drops

25% 190-proof cane alcohol

- 1.5 fl oz lavender hydrosol (or distilled water)
- 0.5 fl oz 190-proof cane alcohol
- **Core:** 15 drops Lavender (*Lavandula angustifolia*)
- **Enhancer:** 10 drops Frankincense (*Boswellia sacra*)
- **Harmonizer:** 6 drops Patchouli (*Pogostemon cablin*)

#### DIRECTIONS

1. Combine the essential oils and alcohol into the bottle.
2. Gently shake to combine.
3. Let essential oils and alcohol sit together for 1-4 hours.
4. After 1-4 hours, fill the bottle with distilled water.
5. Close the bottle, and shake gently.
6. Your aromatic spritzer is now ready for use.
7. Spray in the room and enjoy the aroma!

## Sleep Linen Spray

2 fl oz spray bottle

2% essential oil dilution 24-36 drops

- 2 fl oz distilled water
- Solubilizer, if using (as per instructions)
- **Core:** 12 drops Lavender (*Lavandula angustifolia*)
- **Enhancer:** 8 drops Clary sage (*Salvia sclarea*)
- **Harmonizer:** 10 drops Sweet orange (*Citrus sinensis*) or Mandarin (*Citrus reticulata*)

### DIRECTIONS

1. Combine essential oils (and solubilizer) into the bottle.
2. Gently shake to combine essential oils.
3. Fill the bottle with water.
4. Close the bottle, and shake gently.
5. Your aromatic spritzer is now ready for use.
6. To support a healthy night's sleep, consider misting around your bed, under your pillow, on top of your blankets, or in the air around your bed. Enjoy the relaxing, calming aroma as you fall asleep!