

DIY Aromatherapy Air Fresheners:

Materials:

- ❑ String
- ❑ Strip of cotton fabric 6x9" (such as t-shirt sleeve)
- ❑ Essential oils or spices
- ❑ Baking soda (1.5 tbsp)

Directions:

- 1) Cut the seam of the t-shirt sleeve and lay the piece of cloth flat
- 2) Scoop out ~1.5 tablespoons of baking soda and pile it in the middle of the cloth.
- 3) Add 3-5 drops of the essential oil of your choice to the baking soda
- 4) Roll cloth around the baking soda until you have a long tube.
- 5) Fold long ends towards each other creating a sachet and secure together using string or twine.

Aromatherapy Pouch Uses:

- replace candles, incense & fragrances
- as a scented drawer freshener
- Shoe odor freshener

Why?

Baking soda is a natural deodorizer and odor absorber.

Essential oils:

- Derived from plant extracts, these are non-toxic. This is better for air quality and human health than chemical fragrances found in most commercial products.

Synthetic fragrances in air fresheners:

- Contain mixtures of hundreds of chemicals classified as toxic or hazardous by the U.S. Environmental Protection Agency.
- These chemicals have been found to cause respiratory illness, neurological problems and cancer.¹

Repurposing the t-shirts:

- Diverts them from becoming textile waste in landfills
- Gives shirts a new life as assorted items.



¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3018511/>