

Make Your Own Vanilla Scented Body Spray



Easy 'At Home' Recipe

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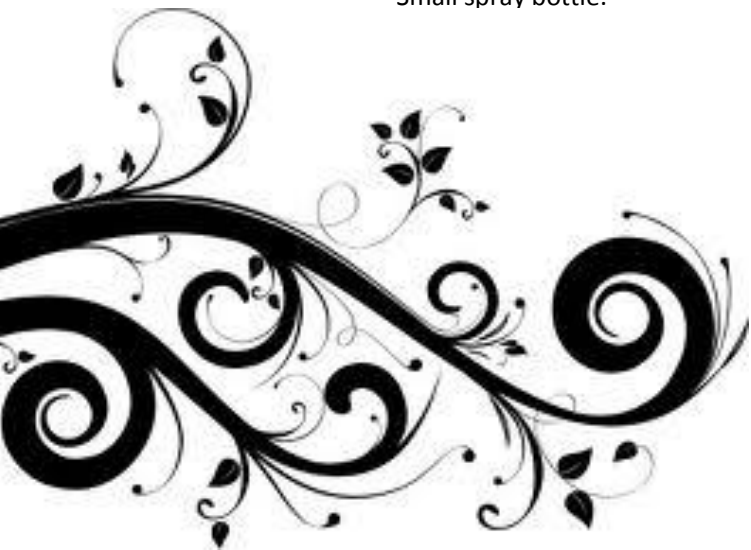
Make Your Own Vanilla Scented Body Spray

Here's an economical way to make a homemade spray that is great to wear on you, on your clothes or as a quick air freshener!

Original article by
Lisa Fraley

Ingredients:

- 3 tablespoons of vanilla extract (can be artificial or pure whichever you prefer.)
- 1 cup distilled water (longer lasting-regular tap water goes rancid much faster)
- 1 teaspoon of rubbing alcohol
- Small spray bottle.



Directions:

Combine all ingredients in a spray bottle and shake.

After bath or shower spray all over your body. Mist your clothes if you like. You'll smell like vanilla and so will your clothes.

Want to make a spray for your daughter? Try substituting peppermint extract in place of the vanilla. Peppermint extract has a stronger fragrance so you may want to use less of it. Start with 1/2 tablespoon. Add in 1/2 tablespoon increments, up to 3 tablespoons, if necessary until you reach your desired fragrance.

Important:

Be sure to do a skin test to check for any allergic reactions. Spray a small amount on the inside of your forearm. If any redness, itching, or rash occurs, discontinue and do not use.

Experiment with other extracts too. Use lemon extract in the above recipe as a citrus air freshener in your pantry or cupboards.

Mist your curtains and/or furniture with this homemade spray to give your room a quick fragrance pick me up. Be sure to test on a small part of whatever fabric you are spraying to check for any discoloration issues.

