

LIFE HACKS

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GAYLORD HOTELS®

Make your own aromatherapy (steam) room spray like the pros.



Recommended oils from Relâche Spa
Headache relief: Peppermint or Rosemary
Stress relief: Chamomile or Rose
Relaxation: Lavender
Sinus relief: Eucalyptus

Steps:

1. Start with a 4 ounce glass spray bottle.
2. Fill half of the bottle with distilled water and half with witch hazel (but leave a little room at top for oils).
3. Add the essential oil scent of your choice. 20 drops is ideal, (the more drops added, the stronger the scent). Scents can also be blended.
4. Once you have made your spray, give the bottle a little shake prior to each use and enjoy!

You can use the spray for an in-shower aromatherapy experience or as a room spray.