

## Objective

By the end of this lesson, the student will understand the purpose and benefits of each ingredient used in making a homemade room spray, and they will successfully create their own custom-scented room spray using water, essential oils, and witch hazel.

## Materials and Prep

- Water (distilled is preferred)
- Essential oils (choose a few favorite scents)
- Witch hazel
- Spray bottle (preferably glass or BPA-free plastic)
- Measuring cups or spoons
- Funnel (optional, but helpful)

Before the lesson, ensure you have all materials ready and discuss with the student why each ingredient is chosen for the room spray.

## Activities

### • **Ingredient Exploration:**

Start by discussing each ingredient. Have the student research the benefits of essential oils, witch hazel, and the role of water in the mixture. This can include looking up different essential oils and their properties, such as lavender for relaxation or lemon for freshness.

### • **Custom Scent Creation:**

Let the student mix and match different essential oils to create their own unique scent. Encourage them to think about how different combinations might smell and what feelings or memories they might evoke.

### • **Making the Room Spray:**

Guide the student in measuring the ingredients and combining them in the spray bottle. Discuss proper ratios, such as a common recipe of 1 cup water, 1 tablespoon witch hazel, and 10-15 drops of essential oil.

### • **Labeling and Decorating:**

Once the room spray is made, have the student create a label for their spray. They can design it with the name of their scent and any special instructions or quotes that resonate with them.

## Talking Points

- "Water serves as the base of our room spray, helping to dilute the essential oils so they can be sprayed evenly."
- "Essential oils are the star of our room spray! They not only add fragrance but can also have therapeutic benefits, like calming or uplifting your mood."

- "Witch hazel acts as a natural preservative and helps the essential oils mix better with the water, creating a more effective spray."
- "Always remember to shake the bottle before each use, as the oils can separate from the water over time."
- "Experimenting with different essential oils can lead to discovering your favorite scents and their effects on your environment!"