

Simple to make Cooling Sprays for many kinds of Heat

The hot summer air, the sunburn, the 'hot flashes'. So many things that make you feel hot and uncomfortable. What better than to spritz yourself or the air to help relieve the uncomfortable feeling from being too warm.

Many essential oils can be used in a spray bottle to help cool you down, whether it be from the air temperatures or your inner fire (for those women approaching or in menopause) or if you have been out in the sun a bit too long to cool down that fiery sunburn.

Most adults and especially children like to get spritzed!! If they or you are sunburned and you can cool them down without touching that sunburned skin that makes the sunburn hurt even more, then both of you will so much more happy.

Some commonly used oils to help you feel cool includes [Lavender](#), [Eucalyptus](#), [Peppermint](#), [Geranium](#), [Roman Chamomile](#).

A very simple and pleasant Cooling spray is 5 drops [Lavender](#), 1 drop [Peppermint](#) to 1 cup distilled water. Spritz as often as desired to help you cool down. Spray on arms, and legs. Due to the [Peppermint](#) do not spray on face. If you wish to use this mixture near the face, dampen a cloth with plain water then apply a light spritz to the dampen cloth before placing the cloth on your face.

To sooth summer sunburn - Add 20 drops [Lavender](#) to 1 ounce water and 1 ounce [Aloe vera liquid](#). Spray on affected areas as needed. Keep this spray in the refrigerator it will keep longer and the coolness helps the spray feel even better on the sunburn.

If you are having a "hot flash" - a spritzer made with [Roman Chamomile](#), rose and [Lavender](#) is very cooling and relieving. 1 drop [Rose](#), 3 drops - [Roman Chamomile](#) and 5 drops [Lavender](#) to 2 ounces distilled water, Shake well, spray as needed to help cool you.

Adding some of the above mentioned essential oils to distilled water and spraying in the air will help you to feel cool. The same rule of thumb applies to sprays. A little essential oil can go a long way. Do not add more than a drop or two of [Peppermint](#) to any spray as it feels cool in small amounts but can feel very warm if too much is added.

Do not add more than 6 drops of essential oil to 2 ounces of water. Shake well before each spraying. We have several colors and styles of [Spray topped bottles and vials](#) to help you mix and store the size of 'spritzing spray' that will work for you and your family.

Cooling Body Spray

[Clary Sage](#) - 4 drops

[Roman Chamomile](#) - 3 drops

[Geranium](#) - 3 drops

[Cypress](#) - 2 drops

[Peppermint](#) - 1 drop

8 ounces distilled water.

Mix essential oils in [PET bottle](#) and add 8 ounces distilled water. Spritz yourself as needed to cool down. Shake well before each use. Keeps refrigerated for up to 2-3 weeks.

NOTE: You can also use [Spearmint](#) in place of Peppermint to help cool. And Lavender can be any variety you desire. French Lavender is softer in scent and may be preferable to the stronger Bulgarian or Super Lavenders.

And if you don't want to use a spray bottle – Mix the above blends and use as a compress. It feels good too.

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