Smoking and Burnt Smell Eliminator

Don't you just hate the smell of burnt foods or cigarette smoke?

I sure do. And although there really aren't any essential oils that will destroy odors but what they can do is to help to alter the offensive odor producing molecules and refresh the air so it is more pleasant to breath. In fact, there is nothing that really can destroy odors – the commercial sprays you spray, alter the odors in the air to and make them less apparent. But many of those commercial sprays end up using more petro-chemicals to mask other odors.

We don't smoke at all but we do cook. We have a new stove and wouldn't you know it the first thing that happens, especially since I'm not use to the new controls of this electric range, is to apply too much heat to my pot of food. It, of course, has to boil over and next thing you smell is burnt food! Luckily it wasn't the whole pot of food, just the spill over that burned in the drip tray. Oh what a yucky smell!

There are a few essential oils that really do help more quickly than others to help remove odors and are used most often in industry for refreshing too. These are the citrus oils. Lemon and Orange being the most common. But Lime essential oil is better than the others but is more expensive. Add the Lime to a little Cedarwood and Lavender and you have a great combination that will beat most offensive odors. Some folks will add a little Pine Oils to this blend but I'm not a big fan of Pine oils so prefer to leave it out.

Try this Blend next time you need to Eliminate odors:

REMOVE the BURNT ODORS (including those from Smoking)

Cedarwood – 10 drops Lavender – 8 drops Lime – 8 drops Lemon – 6 drops Orange – 6 drops Linen Spray base – 8 oz

Blend the essential oils together and add to the Linen Spray. Shake well and spray the air and other surfaces to help eliminate the smell of something burnt.

Some folks like to sweeten the air and not make it so citrus smelling. IF you prefer you can experiment a little and substitute Fennel for the Lemon and Orange and add a little of our V'nilla's blend (just a couple drops). (You'll need to keep the Cedarwood, Lavender and Lime the same as they are the real odor eliminators in the above blend!)

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