

# Where did that smell come from?... Need a Better smelling Gym bag?

By Penny Keay

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School sports and your very own workouts have once again begun. Oh boy, you don't have time to switch things around and before you know it, your work out bag or your sports bag is starting to smell.

Simply mix a cup of baking soda with several drops of essential oils.

Women will probably want to try a Floral or Citrus blend.

Men might prefer a Pine needle, Sandalwood, Cedarwood or a spicy essential oil such as Allspice or Bay rum, Clove bud or Cinnamon leaf. Simply be creative and have fun.

Experiment a little. Write your recipes down!! Then put the baking soda & essential oil mix in an old sock, tie the end shut and tuck inside your gym bag.

Next time you shouldn't have your socks knocked off when you open your back.

And don't worry, if you just dump out the clothes into the washer and your scent sock ends up there too – the baking soda and oils will dissolve in the wash water and you can easily refill the now clean sock with more of your easy gym bag deodorizer.

You can use any of our Synergy blends that you like too. How about Air Freshen blend? It is one of our most popular blends for getting rid of kinds of odors.

You might want to try Mint Energizing or Invigorating blends too to help pep up your workouts.

## Gym bag Blend for Him

Peppermint – 10 drops  
Bay rum – 8 drops  
Cinnamon Leaf - 4 drops  
1 cup Baking Soda

Blend all ingredients together in a glass jar let sit overnight, then put in clean old sock, tie shut and throw in your gym bag. Replace every couple of weeks or sooner if needed.

## Gym bag Blend for Her

Tangerine – 20 drops  
Grapefruit – 20 drops  
Cinnamon leaf – 5 drops  
1 cup Baking Soda

Blend all ingredients together in a glass jar let sit overnight, then put in clean old sock, tie shut and throw in your gym bag. Replace every couple of weeks or sooner if needed.