

# *DIY Homemade Air Freshener*

During this pandemic we have not been able to find many things that are used for simple household things that we do every day, so why not make a DIY Air Freshener that would be much better than a febreze, or any other fresher. This is what I made, which is more natural and better than the environment.

Vanilla + Lavender

- $\frac{3}{4}$  cup water
- 2 tablespoon Vanilla extract
- 10 drops Lavender essential oil
- Spray Bottle



Step 1: get  $\frac{3}{4}$  cup of water

Step 2: Add in the 2 tablespoons of Vanilla Extract 10 drops of your Essential oils

Step3: Mix!

Step 4: Take the mixture and pour it into a spray bottle. It should look like a brown-ish color. Depending on the strength of the sent you can add more water if it is too strong



Step 5: All Done!

## Why make your own Air Freshener?

Personally I knew that none-homemade Air Fresheners were bad for the environment but I didn't know how bad. After doing some research on them I learned a lot based off of articles that I read. Based off of the articles air fresheners such as Febreze they don't actually eliminate any odor molecules they just cover them up, so after spraying it you can't detect it so you are smelling the odor and the air freshener chemicals as well.

One of the main reasons I wanted to make this is not just because it is better for the environment, it's also because I wanted to show how toxic these air fresheners are, based off of my research it says that the Febreze company doesn't disclose the potentially harmful ingredients in their spray. Some of the ingredients are linked to cancers and chemicals that are poisonous to nerves or nerve cells, as well as chemicals that irritate your eyes, skin and lungs. Choosing to make this was a difficult task to try and find a recipe that would smell good, but would not be too overpowering where the smell would make you feel ill but with the right balance of ingredients it is very easy to make a air freshener that smells good and is not toxic to damage your body.

So having this new opportunity in your home where you can make an all natural freshener, knowing what is in it, you can have your home smelling good and not breathing in any of the toxic ingredients in the manufactured fresheners. Since my second idea was to make a DIY cleaner the same thing also may apply to cleaners since most cleaners are full of ingredients when you read the back of the bottle you don't even know what they are, doing further research some of these are toxic and you are breathing them every time you clean your countertops.

The main focus of this project was not to just make a air freshener, it was cut down on the use of plastics because everytime we throw out a used plastic cleaning bottles takes 1000 years to decompose in a landfill, so thinking to make a DIY freshener at home with the use of 1 plastic spray bottle, and reuse it and never put it in the landfill to just sit there, or have it go in to ocean and have it continue to pollute our oceans with plastic. Would be a good way to help the environment and also not having to breath in the toxic ingredients of manufactured air fresheners would have.