
Make Scented Sprays for the Home with Arina from BellaCreme

Chapter 1 - Make Scented Sprays for the Home

Overview

- I want you to open your nose to every scent possible. Allow it to captivate you. And then I want you to capture it. And make it into your new favorite scented spray for your home and all of its surfaces. I'm Arina Soler, owner and operator of BellaCreme, an all natural skincare company operating out of the Hudson Valley. These sprays are chemical free, kid friendly, pet friendly and safe because they are free of harsh chemicals, dyes and artificial additives. I'm going to show you two different recipes. Our Amor de Amara recipe includes rose, licorice and milk thistle. Our other recipe, Calendula Menthe, includes coconut and the alluring scents of frankincense and a refreshing burst of mint. I enjoy using my scented sprays because regardless of what type of day it is outside, it makes me feel as if I'm outdoors, enjoying nature.

Materials

- In this class, we will be making two scented sprays, one surface spray, and one room spray. For our room spray, we will need dried rose petals, one liquorice stick and milk thistle seed. For our surface spray, we will need dried mint, dried calendula, dried lemon peel, dried coconut, dried frankincense and two nuggets of dried myrrh. For our materials, we'll need two jars to store our concoctions in until they are ready to use, two amber bottles to help us spray our rooms and our surfaces and make them smell so bright and magnificent, over proof alcohol, anything greater than 100 is the best. Remember we are trying to clean surfaces and deodorize rooms, but if you can only source 80 proof, that is fine too. A measuring cup, a stainless steel mesh strainer and a coffee filter, a little funnel like this or any funnel that you have that will fit into your bottles and a mortar and pestle to break up the larger pieces of my herbs.

Room spray and fabric refresher

- The first recipe that I'm going to show you is my Amor de Amara room spray. It includes a licorice stick, some dried rose petal, and milk thistle seed. I like working with rose because sourcing rose essential oil can be a little difficult. It's expensive, and I wanna take the scent of rose with me all through my house. The best way to do that is to create a room spray. We're gonna add .3 ounces of rose. I want you to know that you can add as much rose as you like as long as you submerge it, but for this recipe we're just doing .3. And then we're going to add .3 of milk thistle seed. Last, we're going to add our licorice stick. If you need to break up your licorice stick, it's okay, they're very sturdy. You can use a hammer. You can use a flat surface. Add it to your jar and now it's time to add your alcohol. This is an overproof alcohol. In this case, I'm using greater than 120. The higher, the better. It allows you to pull and extract the ingredients or the beneficial properties from the botanical itself. There's a whole process when we're cleaning. We like to smell things that make us feel at peace. We like to know that when we walk into the room, we're gonna be greeted by that scent. Alcohol is a big part of that process. I just want to submerge my herbs here. So with everything fully submerged, this looks to be about five ounces. Always remember when you're working with your herbs and botanicals, always submerge them under the alcohol. That is the most important step. Especially here, the amount that you use is not a huge deal if you wanna add more rose, if you want to add more of anything as long as everything is fully submerged. So keep that in

mind. I know looking inside, our licorice stick is not fully submerged. Daily when you agitate this or even weekly, you can take it out, flip it over, reinsert it, and make sure that every part of this licorice stick is incorporated into your room spray. This room spray offers us so much versatility. I chose the scent profiles based on my preference, but you also can choose your favorite botanicals and herbs based on your preference. Now that our ingredients are submerged, we're going to set it aside for six weeks. If you want to use it sooner, you can feel free. But I suggest you wait at least one week so that you can enjoy the benefit of the scent that you're going to get from all of these ingredients that are included in this jar. Next, we'll make our surface cleaner. I chose the ingredients here and the scent profile because I felt like mint and the combination of lemon peel, coconut, myrrh, frankincense, and calendula would make a great scent when you're cleaning. It will keep you in a space that makes you feel like you're not cleaning at all. Also the coconut in this recipe makes it a lot safer to use on various surfaces. Say for instance, your woods or anything that you may be worried about drying it out, that's a good place to start 'cause you'll get some of the oil from the coconut into your mixture. Some of our herbs and botanicals are bulkier than the others, so I want to break them down a little bit first. I have a half cup of calendula here. So we're just gonna grind this down. An alternative would be to throw it into your blender. You can also go in there by hand and just rip it apart into little tiny pieces. We're just trying to make it a little less bulky. I like calendula, it has a huge soothing benefit to it. It has a nice light, honey-like scent. Do you have any favorite herbs that you like to use for anything? How about herbs that you're growing in your garden? What kind of herbs do you see at your local farmer's market, supermarket? Calendula in its dried state is still somewhat soft in comparison to a mint. It doesn't crumble as easily and that's why I suggest a mortar and pestle, or using a blender, or using your hands. I'm going to add our calendula to our jar. I like to put the fluffier herbs at the bottom so that all the other ingredients can work as a weight to help them stay down and submerged. Next is some mint. We're doing a range of .2 to .5 ounces. Sometimes it helps to leave the stems out, but I like to use every part of it so I leave them in. This is a peppermint. I sourced it from the local farmer's market. It smells so good, so fresh. I could smell it all day. I call this one Calendula Mint. Nice and minty, but also mellow and soothing. It's okay to include the stems in the jar. We want every single part of the plant. We don't want to waste anything I'm gonna add a little more mint and then if I want to add more at the end, I will. Next is dried coconut flakes. We're putting in half an ounce. Two nuggets of myrrh. .3 ounces of frankincense resin. .2 ounces of dried lemon peel. Let's pour our alcohol on top. I'll use my spoon and mash it down, mix it up. Make sure everything is at least wet. Over time it will get more saturated. But sometimes with more dense materials, they tend to clump up and you may think that you've reached a point that you need to be as far as making sure that your herbs is submerged. And then later you might find out that because of air displacement and different things, there's a little pocket of dry material. That's why it's always a good idea to go back in, check it out, shake it up daily. Check on your mixture. That smells good. I want to add a little more calendula and a little more mint. There are days when I like to store it in a cool, dark place but there are also days when I like to put it on the window sill and let it just take in the sun. It's okay to do it that way because we want to get every bit of benefit and scent out of our herbs and botanicals in this case, and the sun is going to help us do that. We wanna let this sit for six weeks, but you can use it sooner. I suggest that you give it at least a week to soak up everything that all of the ingredients that you put in here have to offer. I have a version of Amor de Amara that's been sitting for about a week. Gonna take one single filter and your stainless steel strainer. I left mine out in the sun, so my liquid is a little hot. It still works the same. Now we're gonna put it inside of this pretty bottle. I love amber bottles

because they're just golden and beautiful, but also they preserve your hard work by protecting the essential oils that you've extracted from these botanicals. I want you to take this moment to consider whether the scent is to your liking. I like this one, but I also love the way that rose and clary sage compliment one another. If you have a favorite essential oil, now is the time where you would add a few drops to enhance or compliment the scent that you've created naturally. I'm adding five drops of clary sage. Cap it, give it a shake. Spray. That's nice. Although I've shared with you two different recipes, you can use both interchangeably. You can use the Amor de Amara as a surface spray or the Calendula Menthe as a room spray. Both the bottle and the alcohol are going to work together to preserve all of your hard work. You can allow this to sit for months and years, but I'm sure that you'll use it all up before then. Being able to clean a surface with your favorite scent, it's unmatched and knowing that it's safe for your family, safe for you, your pets. It all makes a difference.