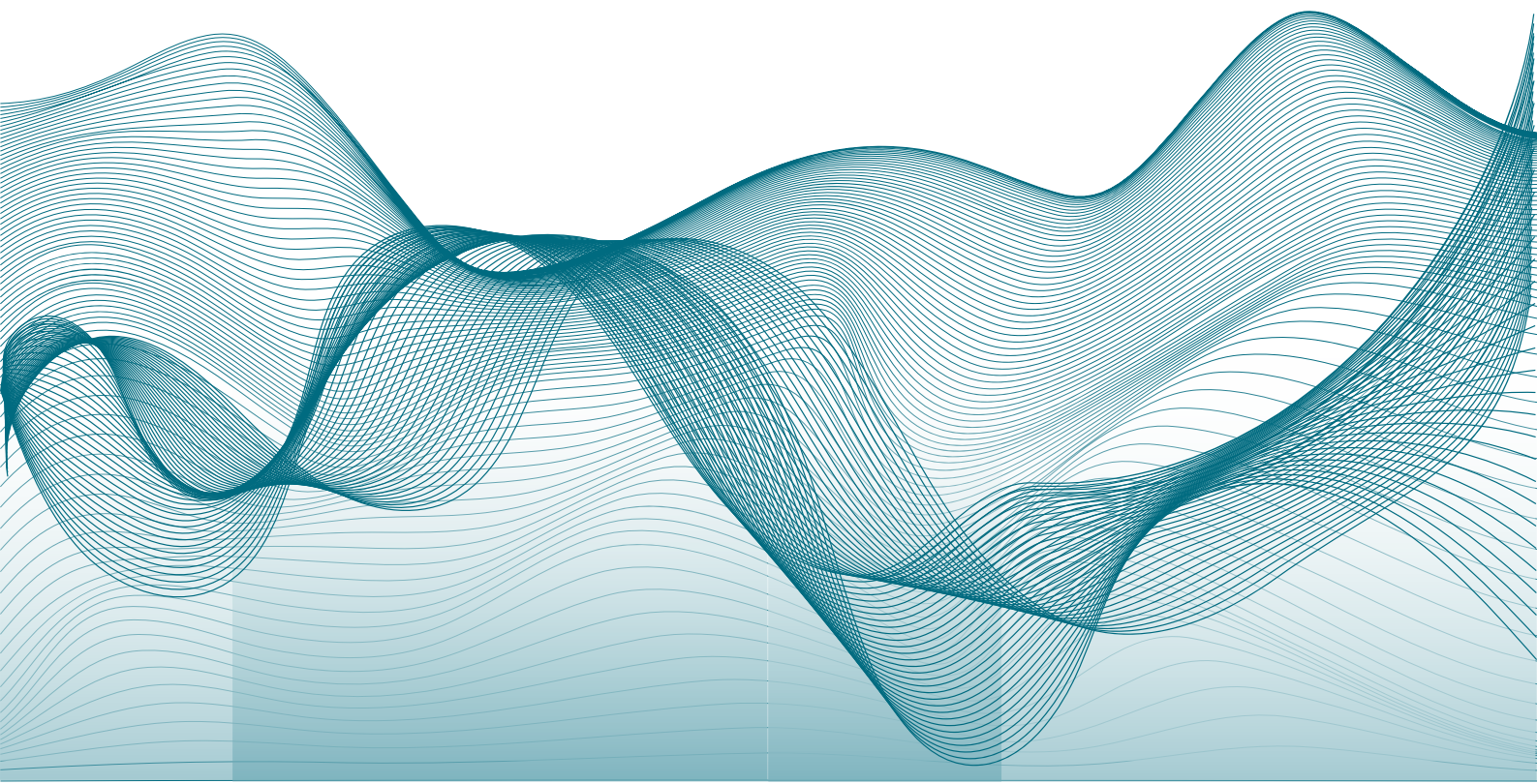




*The Grey Door*

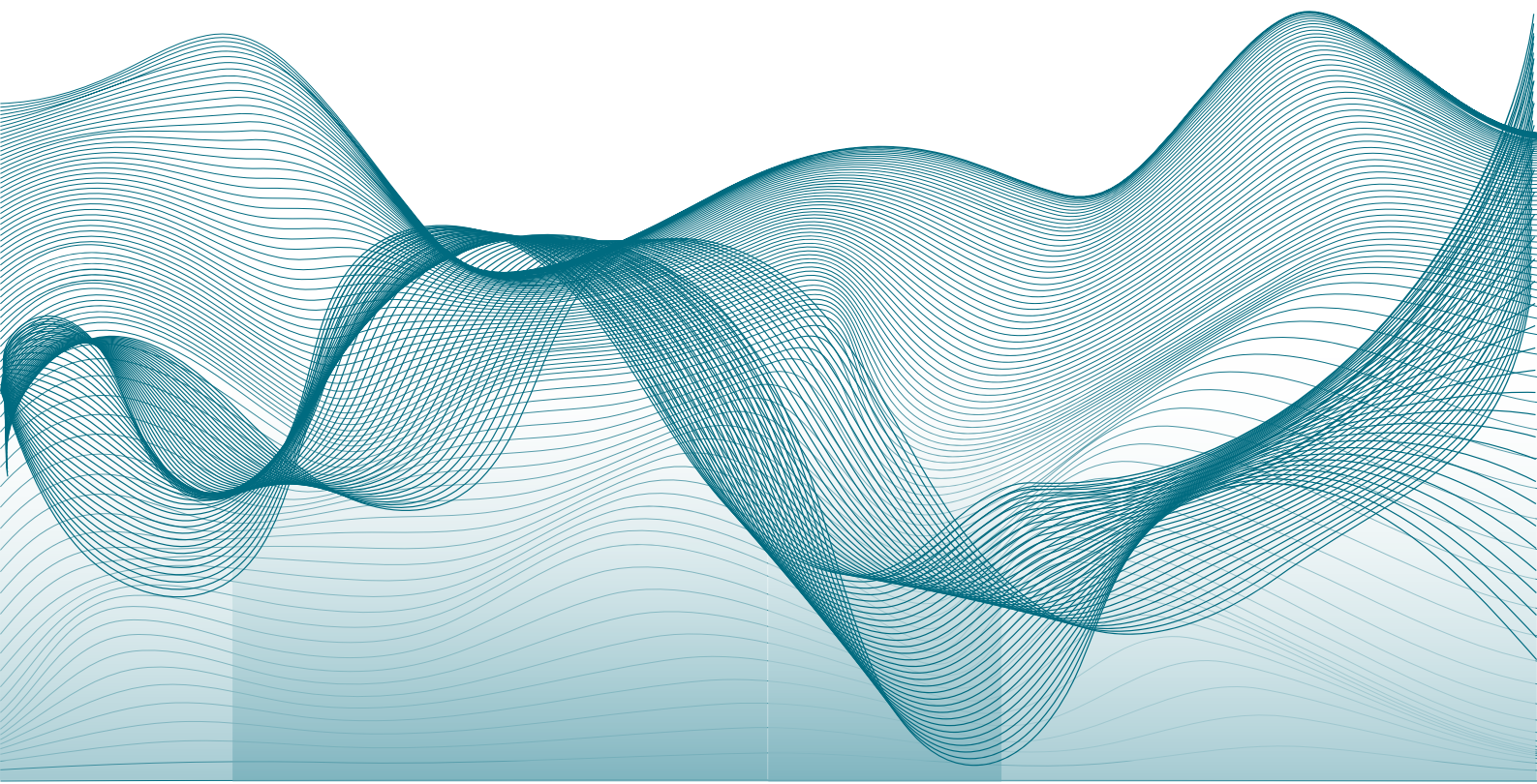
# Perfect Ways To Use Essential Oils In Your Home



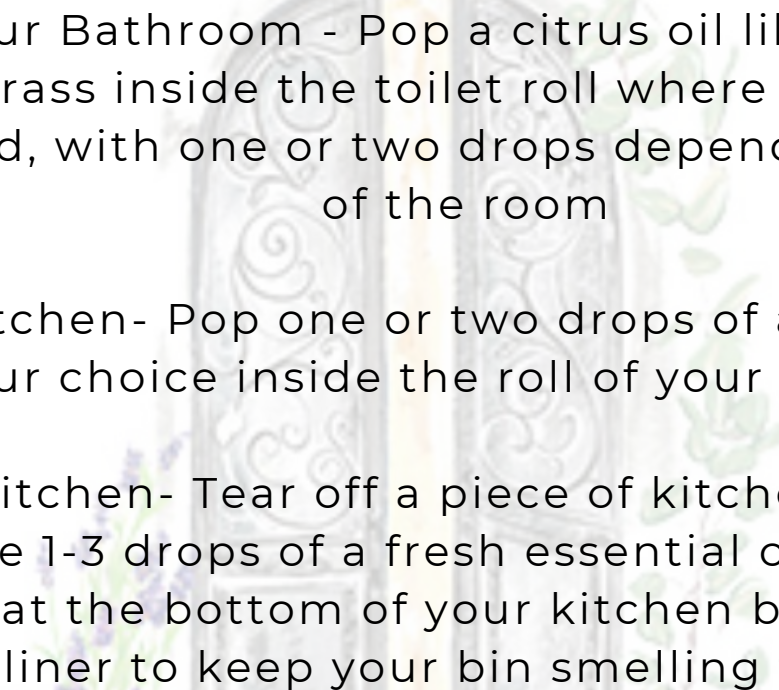


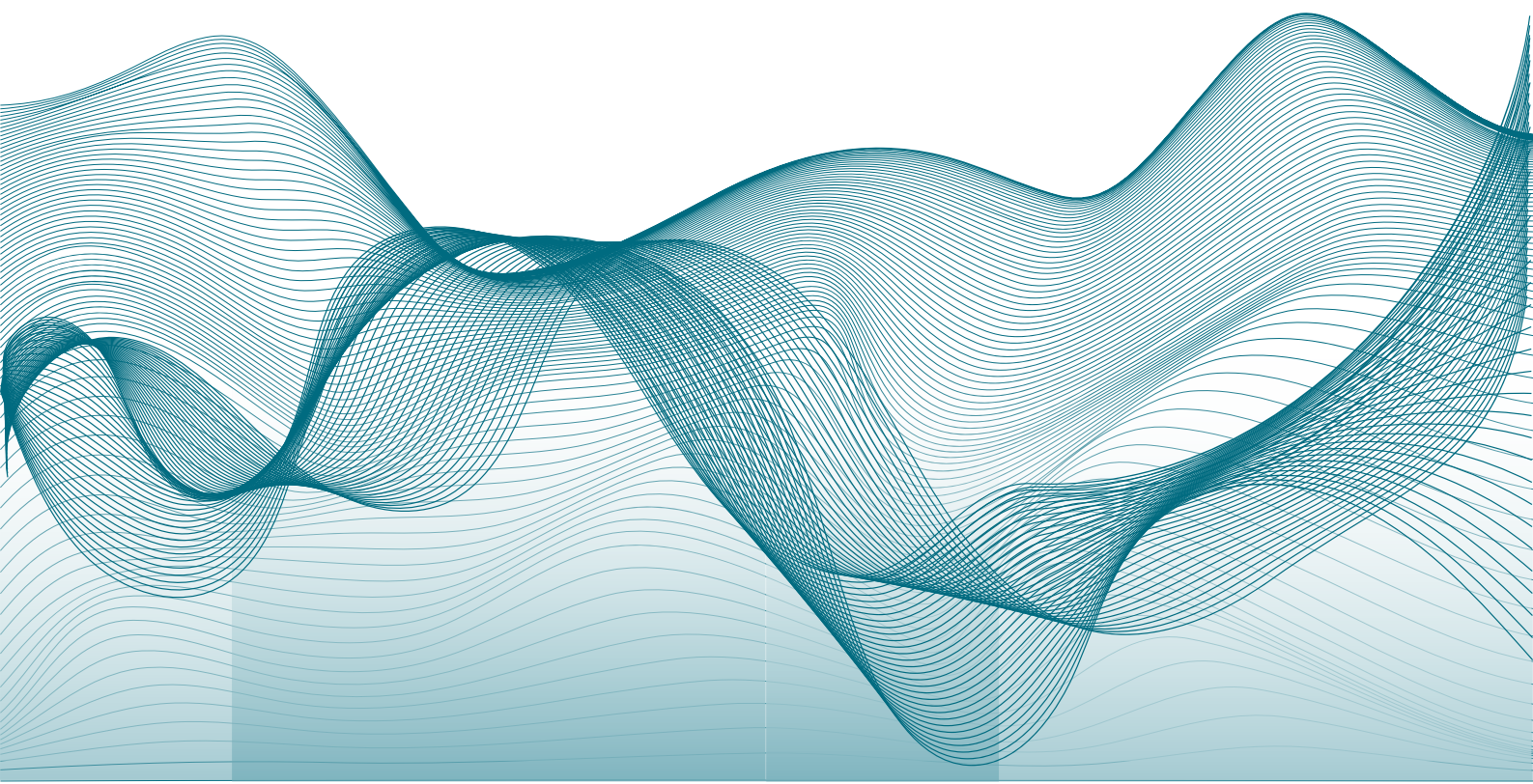
Please be aware if you are pregnant, trying to conceive or have a baby under 6 months old. Please follow the Meidal advice you have been given.

If you have pets Please always make sure they have the freedom to escape the room if using essential oils



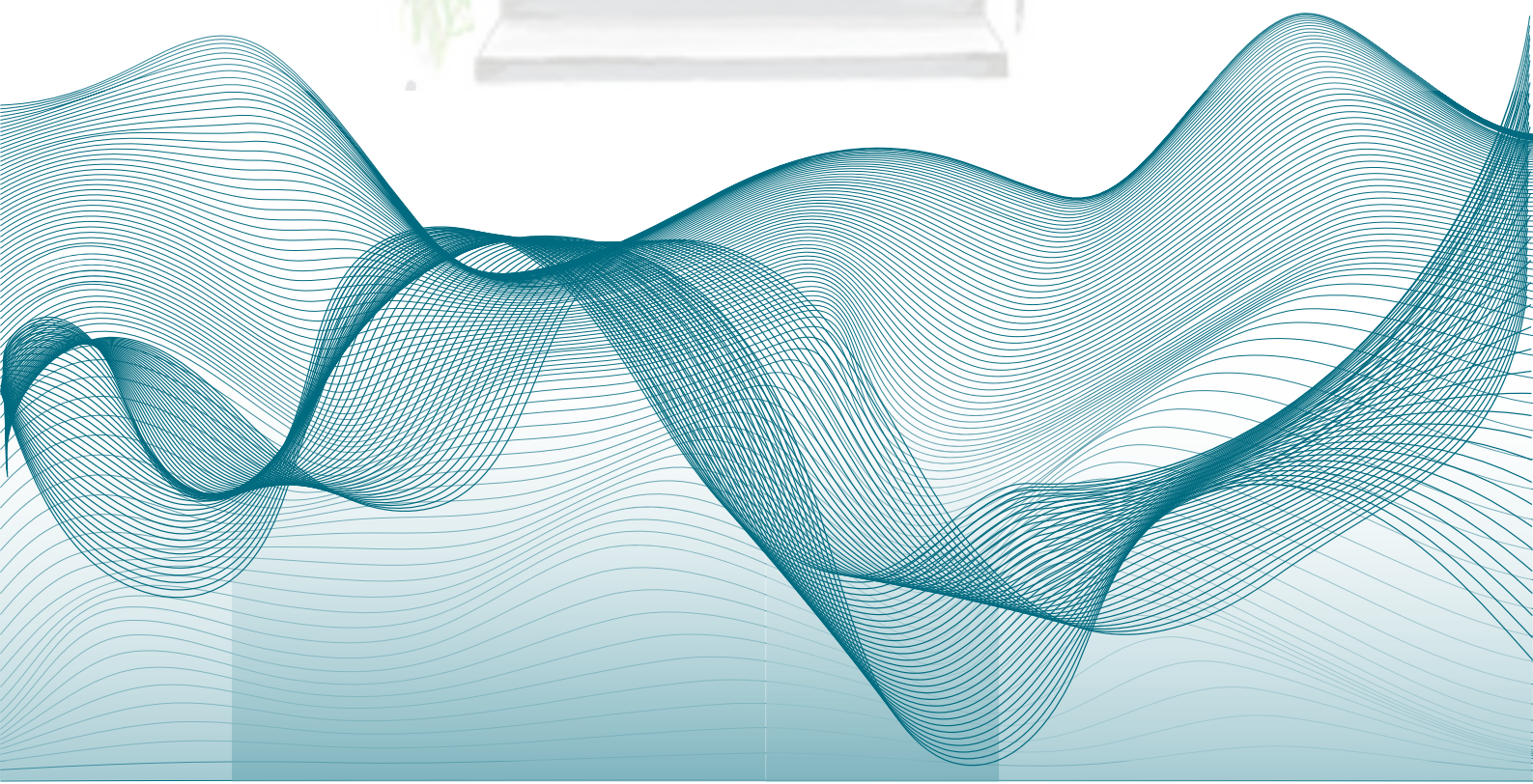
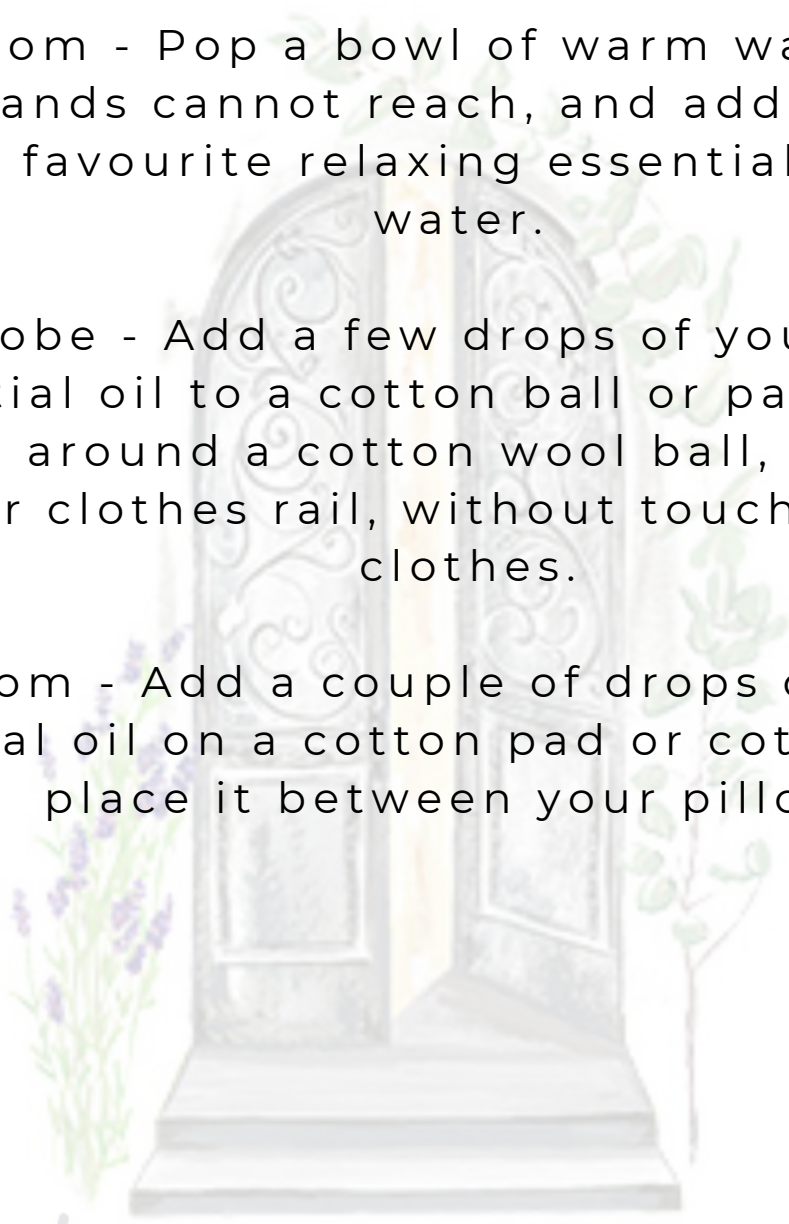


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- In Your Bathroom - Pop a citrus oil like lemon or Lemongrass inside the toilet roll where the cardboard roll is held, with one or two drops depending on the size of the room
  - In your kitchen- Pop one or two drops of a fresh essential oil of your choice inside the roll of your kitchen paper.
  - In Your Kitchen- Tear off a piece of kitchen roll or tissue and place 1-3 drops of a fresh essential oil onto it. Then place it at the bottom of your kitchen bin under a bin liner to keep your bin smelling fresh.

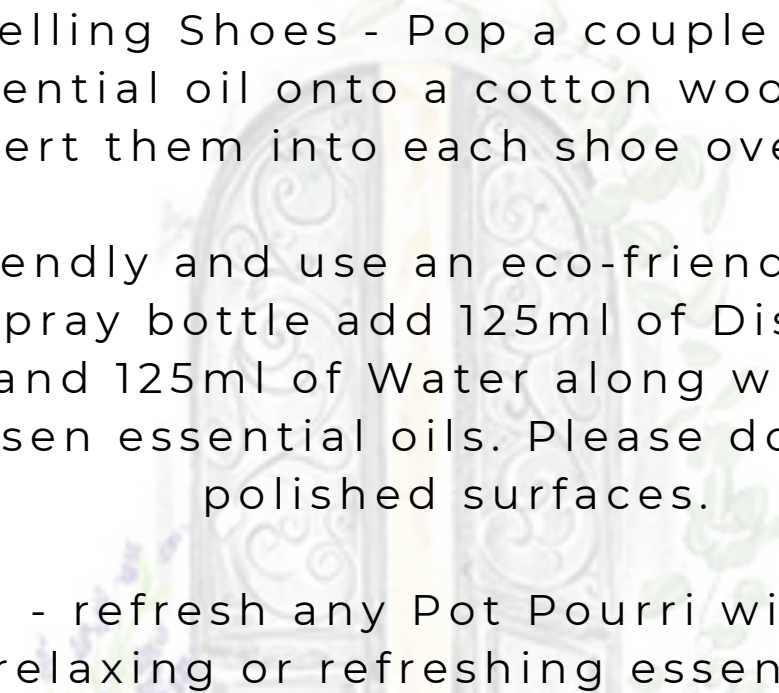


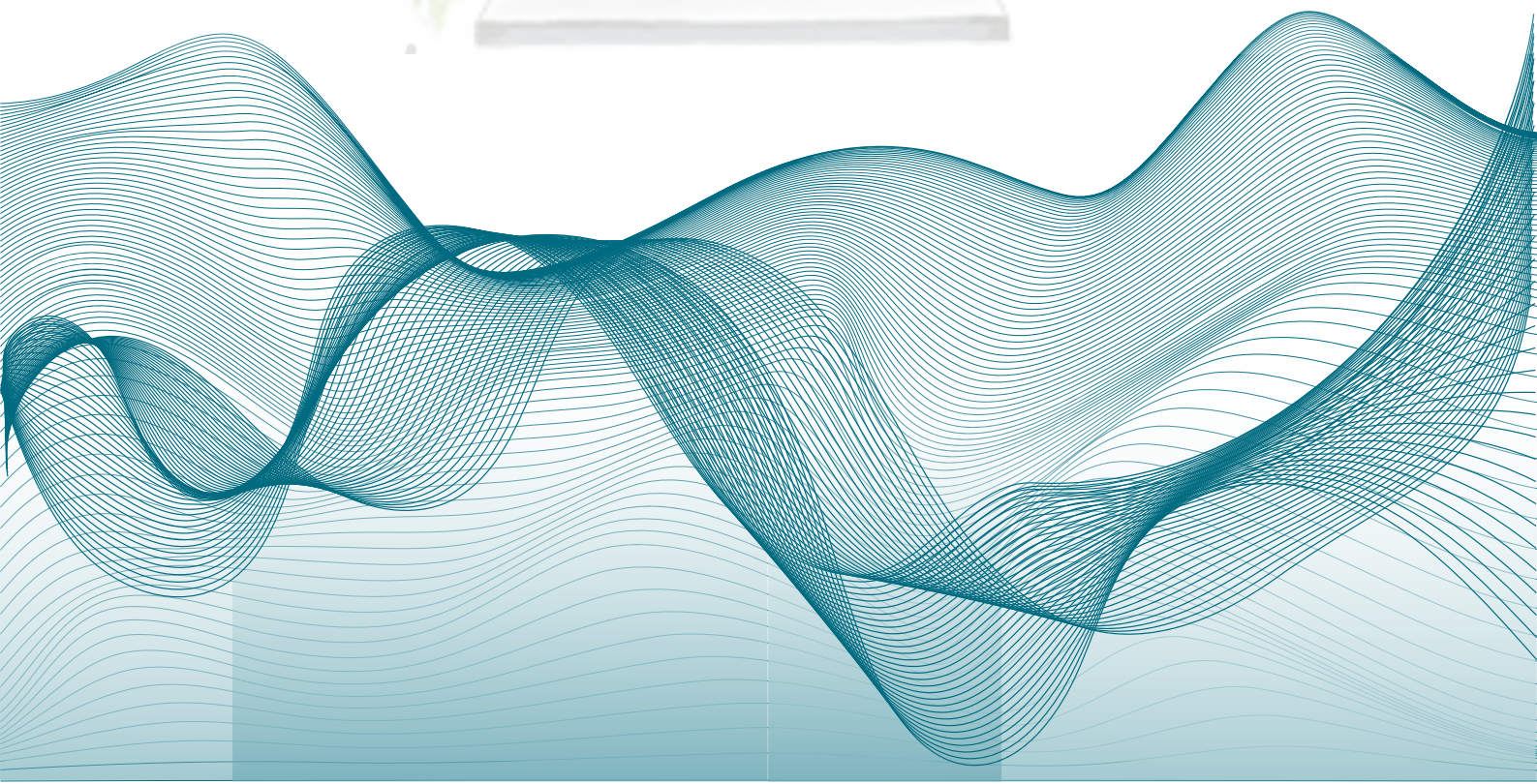


- Bedroom - Pop a bowl of warm water, where little hands cannot reach, and add a few drops of your favourite relaxing essential oil into the water.
- Wardrobe - Add a few drops of your favourite essential oil to a cotton ball or pad. Tie some cotton around a cotton wool ball, Tie it up on your clothes rail, without touching your clothes.
- Bedroom - Add a couple of drops of Lavender essential oil on a cotton pad or cotton ball and place it between your pillows.





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- Bad Smelling Shoes - Pop a couple of drops of a fresh essential oil onto a cotton wool ball/pad and insert them into each shoe overnight.
  - Be eco-friendly and use an eco-friendly cleaner. In a clean Spray bottle add 125ml of Distilled White Vinegar and 125ml of Water along with 12 drops of your chosen essential oils. Please do not use it on polished surfaces.
  - Any room - refresh any Pot Pourri with a few drops of relaxing or refreshing essential oils.



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- All of our gorgeous blends can be used in this manner too.
  - A diffuser is also the perfect way to bring a beautiful aroma to your home. We have fabulous priced Diffusers for you Here along with ways to create an aromatic home:
  - <https://thegreydoor.co.uk/product-category/aromatic-home/>

