Natural Air Freshener and Odor Remover

Remove the smell at its source first, then freshen the air - with baking soda, vinegar, citrus and herbs you already have at home.



4	5-10 min	2 weeks	30 days
core recipes	to make each one	room spray life	baking soda box life

First, Fix the Source - Do This Before Any Freshener

A spray only masks a smell for a few minutes if the source is still there. Work through this list first, every time.

- [ ] Take out rubbish, food scraps and recycling, then wash the bin if it still smells
- [ ] Wipe the spill, grease or damp patch causing the smell - do not just spray over it
- [ ] Open windows on opposite sides of the room for 10-15 minutes for real fresh air
- [ ] Wash soft sources: cushion covers, throws, pet bedding, towels and bath mats
- [ ] Check for damp, mould or a blocked drain - fix those first, or the smell will return

RECIPE 1

Everyday Room Spray

You need

1 cup (240 ml) distilled or cooled boiled water, 2 tablespoons vodka or rubbing alcohol (helps it mix and dry faster), 10-15 drops essential oil in total, 250 ml spray bottle.

Method

1. Pour the water and alcohol into the bottle.
2. Add the essential oil. Good pairs: lemon + rosemary, orange + clove, lavender + lemon.
3. Shake well, label with the scent and date.
4. Use within 2 weeks. Shake before every use.

Mist into the air and onto washable curtains. Test fabrics first - see safety notes on page 3.

RECIPE 2

Baking Soda Deodoriser

You need

1/2 to 1 cup baking soda per spot, a jar with holes in the lid or an open bowl.

Method

1. **Fridge / cupboard:** leave an open box or bowl inside. Replace every 30 days.
2. **Carpet / rug / mattress:** sprinkle generously, leave 30 minutes to overnight, then vacuum slowly.
3. **Shoes / bin:** sprinkle 1-2 tablespoons inside, leave overnight, shake or tip out.
4. **Jar freshener:** fill a jar, add 5-8 drops essential oil if wanted, cover with a holed lid or cloth.

Baking soda absorbs odours instead of covering them. Keep it dry - wet baking soda stops working.

Two More Recipes for Stubborn Smells

RECIPE 3

Stovetop Simmer Pot

You need

A saucepan, water, plus one mix: lemon slices + rosemary + 1 teaspoon vanilla, OR orange slices + cinnamon sticks + cloves, OR apple slices + cinnamon.

Method

1. Fill the pan two-thirds full with water.
2. Add your mix and bring to a gentle boil.
3. Turn to the lowest heat so it only just simmers.
4. Top up the water every 30 minutes - never let it boil dry.
5. Use for 1-2 hours, then turn off. Reuse the same mix for up to 2 days, kept in the fridge between uses.

Best before guests arrive or after strong cooking smells. Never leave a simmer pot unattended.

RECIPE 4

Vinegar Bowl and Coffee Grounds

Vinegar bowl - for cooking and paint smells

1. Pour 1 cup white vinegar into a bowl.
2. Leave it in the middle of the room overnight.
3. Tip it away in the morning. The vinegar smell fades as it dries and takes other odours with it.

Coffee grounds - for fridge and car

1. Put 1/2 cup dry, used or fresh coffee grounds in an open bowl.
2. Leave for 24-48 hours, then replace.

Use one method at a time. Do not mix vinegar and baking soda in a closed bottle - they cancel each other out and build up pressure.

Room-by-Room Odor Fixes

Place	Best method	How long / how often
Kitchen	Vinegar bowl after cooking; baking soda in the bin; simmer pot	Vinegar overnight; bin soda weekly
Fridge	Open box of baking soda at the back; wipe shelves with warm water and a little baking soda	Replace soda every 30 days
Bathroom	Jar of baking soda on a shelf; keep the room dry and aired; wash towels and bath mat	Jar monthly; air daily
Living room	Baking soda on carpets and sofa fabric, then vacuum; room spray on curtains	Soda 30 min, weekly if needed
Bedroom	Baking soda on the mattress when you change sheets; air the room each morning	Mattress 1-2 hours, monthly
Pet areas	Wash bedding weekly; baking soda on carpets, vacuum well before pets return	Weekly - see pet safety, page 3
Car / wardrobe	Small jar of baking soda or bowl of coffee grounds; open and air when you can	Replace every 2-4 weeks

How to Use This Guide - Tick-Off Checklist

- [ ] Find and clean the source of the smell first (page 1)
- [ ] Air the room for 10-15 minutes
- [ ] Pick the right recipe for the place - spray for air, soda for fabrics and closed spaces, vinegar for strong cooking smells
- [ ] Label every spray and jar with its name and the date you made it
- [ ] Repeat light and often rather than using a lot once - and re-check for damp or spills if a smell keeps coming back

Use It Safely - Pets, Children and Fabrics

Safety and Storage Checklist

- ☐ Essential oils are strong: never use undiluted oil on skin, furniture or pet bedding, and never let anyone drink a spray or simmer mix
- ☐ Pets: many essential oils - including tea tree, and strong citrus or pine oils - can harm cats and dogs. Use plain baking soda or a simmer pot in pet areas, keep sprays away from pets, and let pets leave the room while you spray
- ☐ Never spray near pet food, water bowls, litter trays, bird cages or fish tanks. Vacuum up all baking soda before pets walk on a treated carpet
- ☐ Children and asthma: keep all sprays, oils and jars out of reach, use less scent rather than more, and stop and air the room if anyone coughs or feels unwell
- ☐ Fabrics and surfaces: test spray on a hidden spot of curtains, sofa fabric and wood first. Oils can stain silk, leather and polished wood - do not spray those directly
- ☐ Simmer pot: never leave it unattended, keep topping up the water, and keep handles turned in away from children
- ☐ Never mix vinegar with bleach, and never store vinegar and baking soda together in a sealed bottle
- ☐ Label and date everything. Throw away room spray after 2 weeks, replace fridge baking soda after 30 days, and discard a simmer mix after 2 days

What NOT to Do

- ☐ Do not spray over a dirty bin, spill or litter tray and expect the smell to go
- ☐ Do not use more essential oil to make a spray stronger - it stains and irritates
- ☐ Do not leave baking soda on wet carpet or a damp mattress - dry the surface first
- ☐ Do not use vinegar spray on marble, granite or natural stone

Weekly Fresh-Home Tracker

Task	Done
Air main rooms 10-15 min	☐
Empty and wipe bins; new soda	☐
Wash pet bedding / throws	☐
Baking soda on carpets, vacuum	☐
Check fridge soda box date	☐
Make a fresh room spray	☐

Photocopy this page or tick a new box each week.

Cut-Out Label - Room Spray

Scent: _____

Date made: _____

Shake before use. Use within 2 weeks.

Cut-Out Label - Baking Soda Jar

Room / place: _____

Date started: _____

Replace after 30 days.

Notes - Scents That Worked in My Home