

Smoking and Burnt Smell Eliminator

By Penny Keay

Recently we decided to eat out at one of our local Casinos. They serve a great seafood buffet but unfortunately they do not have smoke-free dining. Don't you just hate the smell cigarette smoke? I sure do.

Although there aren't any essential oils that will truly destroy odors. But, what they can do is to help to alter the offensive odor producing molecules and refresh the air so it is more pleasant to breathe.

Nothing can really destroy odors without using harsh chemicals or enzymes. The commercial sprays usually alter the odors in the air to make them less apparent. Many of those commercial sprays end up using more petro-chemicals to mask the odors.

We don't smoke at all but we do cook. On the rare occasion it can happen that I accidentally burn something.

Cooking can easily cause strange odors and things can smell burnt. If for example, you apply too much heat to your pot of food. It, of course, has to boil over and next thing you smell is burnt food! Hopefully, it wasn't the whole pot of food, just the spill over that burned in the drip tray. Oh, what a yucky smell that is!

There are a few essential oils that really do help more quickly than others to remove the odors. These are used most often in industry (restaurants and health care facilities) for refreshing too.

The most popular essential oils are the citrus oils. Lemon and Orange are the two most common. Lime essential oil is better than the others but is a little more expensive. Add the Lime to a little Cedarwood and Lavender. This combination will be great and will beat most offensive odors. Some folks will add a little Pine Oils to this blend but I'm not a big fan of Pine oils so prefer to leave it out.

Try the following Blends next time you need to eliminate odors:

REMOVE the BURNT ODORS (including those from Smoking)

Cedarwood – 10 drops

Lavender – 8 drops

Lime – 8 drops

Lemon – 6 drops

Orange – 6 drops

Emulsifier – 1 teaspoonful (5ml)

Room Spray base – 8 oz

Blend the essential oils with the emulsifier let sit for 30 minutes, next add to the Room Spray Base. Shake well and spray as needed. Spray the air to help eliminate the smell of something burnt.

Some folks like to sweeten the air and not make it so citrus smelling. IF you prefer you can experiment a little and substitute Fennel for the Lemon and Orange and add a little of our V'nilla's blend, just a couple drops.

You'll need to keep the Cedarwood, Lavender and Lime the same, as they are the real odor eliminators in the above blend!

A Strong Citrus Blend for Rooms

Grapefruit – 2ml

Orange – 2ml

Litsea Cubeba – 1 ml

Cedarwood – 10 drops

Emulsifier – 2 teaspoonful (10ml)

Room Spray base – 4 ounces

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Blend the essential oils with the emulsifier let sit for 30 minutes, next add to the Room Spray Base. Shake well and spray as needed.

Another Odor Eliminator with Mint & Spruce

Lavender – 25 drops

Spearmint – 25 drops

Spruce needle – 15 drops

Muhuhu – 10 drops

Emulsifier – 1 teaspoonful (5ml)

Room Spray Base – 4 ounces.

Blend the essential oils with the emulsifier let sit for 30 minutes, next add to the Room Spray Base. Shake well and spray as needed.

IF you don't want to blend - you can use just about any of the Synergy Blends that have citrus oils in them.

Our Favorite is [Air Freshen Blend](#). You can purchase it as a [Synergy Blend](#) that uses 100% Pure Essential oils or you can purchase it as a ready made [Room Spray](#)!

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