

IT'S TIME FOR SPRING CLEANING!!

Spring is here and most folks are so happy to see warmer temps. Nothing smells so great as fresh spring air. But then you look around and discover the house is in need of a clean-up too!

And soon Spring Holidays are here too and so it's time to get the cleaning bucket out and busy.

Favorite essential oil scents include any that are Citrus, Evergreen, Minty and Spicy.

Most folks don't usually use a straight floral scent to clean with, but you might want to add it to any of the above categories as a surprise!

One great thing about using essential oils for cleaning is their disinfecting properties. You can destroy a lot of bacteria and molds. And inhibit their return for several weeks. Spring time can bring increased levels of humidity and bacteria and mold just love that along with any extra 'dirt'.

You don't need to add a lot of essential oils to your cleaning solutions. Just a little will make a difference. Simply add your essential oils to your bucket of water with your cleaning solution or soap and swish around. Then use your mop or cleaning rag/sponge to wipe down your surfaces.

How much to use? It really is your preference on how strong you want it to smell. I usually use about ½ teaspoon or about 40 drops = 2 ml of essential oils per gallon of water. This is a perfect time to use up little bits of essential oils left in half empty bottles. These are great for cleaning but may not be as affective for therapeutic results. Of course you can always buy and use nice fresh essential oils to replace old.

If you want to make a surface spray sanitizer use the following suggest as a guideline: for every 50 drops of Essential oil or blend add 1 teaspoon of emulsifier, mix well. Then add to 4 ounces of distilled water or our [All Purpose Spray Cleaner](#). Some recipes for sanitizers may use as much as 100 or more drops of essential oils. Again let you nose be your guide.

When we make a spray disinfectant/sanitizer often times we use one of our premade synergy blends. Favorites for the real nasty germs are [Four Robbers](#) and [Pure Cleansing](#). For light and fresh scents: [Citrus blend](#), [Elation](#), [Enlighten](#) and [Inspiration](#). Pine freshness blends: [Conifer](#) and [Forest Rain](#). Mint Energizing blend is great too for those that like the mint scents. Remember that all essential oils have varying degrees of antimicrobial actions and just cleaning away dust, dirt and debris with a cloth dampened with a cleaning solution with your favorite essential oils is always an option.

Simply mix your sanitizer as directed above then spray on the surface you want to clean and/or disinfect. Let this set on the surfaces for no more than 10 minutes then wipe off with a dry towel or cloth. Do not let dry completely and use caution near painted or finished surfaces. As even though essential oils are diluted they could still damage furniture finishes if left on or if allowed to pool on the surface for too long.

Here are a couple recipes for those of you that like to blend your own.

Room Surface Spray Cleaner

[Ravensara](#) – 25 drops

[Lavender](#) - 15 drops

[Lemongrass](#) – 10 drops

[Emulsifier](#) (your choice) 1 teaspoon

[All Purpose Cleaner](#) - 2 oz

Blend the essential oils together and add to emulsifier. Mix well then add to your [All Purpose Cleaner base](#) (or distilled water). Shake well and use to clean just about any surface. This blend of essential oils is a wonderful disinfecting blend.

Lemon- Mint Cleaning Blend

[Lemon](#) – 40 drops

[Peppermint](#) – 5 drops

[Emulsifier](#) – 1 teaspoon

[All Purpose Cleaner](#) – 2 oz

Blend the essential oils together and add to emulsifier. Mix well then add to your [All Purpose Cleaner base](#) (or distilled water). Shake well and use to clean just about any surface. This is a wonderful refreshing scent.

Either of the above recipes can be mixed and added to any cleaning solution.

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Aromatherapy Tip of the Week

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