

What is that funky smell in the Bathroom? Is it Mildew?

Mildew loves to grow in damp and high humidity areas. And when the mold and mildew gets growing it smells.

Now, if you are lucky you may have a just a mild case. Something that you can control easily just by doing basic cleaning.

First you want to clean the area as completely as possible. There are many products available that contain chlorine - which is very strong and they will kill molds and mildews. The problem is that it isn't that healthy for you to breathe chlorine on a regular basis.

You can clean with plain vinegar water and try to remove most of the mildew with a little "elbow grease". Once you have the area well cleaned then spray weekly with a solution containing essential oils.

You can find a list of essential oils that have anti-fungal properties in a past Tip of the Week issue. Tip 52 found at <http://birchhillhappenings.com/aromatip/5209.pdf> Use any combination of essential oils that you desire.

Remember you will need to spray the area often - at least weekly to keep the mildew from returning. This is especially true for bathrooms as they are the highest in humidity of any room in a home.

Here is a pleasant Bathroom Diffuser blend that can also be used in your cleaning bucket or spray bottle to help make the room smell pleasant while helping to keep mildew and molds at bay.

Pleasant Bathroom Diffuser Blend

Eucalyptus - 2 mL

Rosemary - 1 mL

Pine Needle - 1 mL

Juniper Berry - 1 mL

Cypress - 1 mL

Blend all essential oils together in an amber glass bottle. Then add several drops to diffuse as desired. Also you can add several drops to your cleaning bucket or to bottle of All Purpose cleaner base and use that to clean too.

If the smell is from just plain 'bathroom' odors you can use the above blend to leave a nice clean scent or try this one too.

Bathroom Deodorizer Blend

Tea Tree - 15 drops

Pine needle - 8 drops

Lavender - 8 drops

Blend all essential oils together in an amber glass bottle. Then add several drops to diffuse as desired. Also you can add several drops to your cleaning bucket or to bottle of All Purpose cleaner base and use that to clean too.

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Aromatherapy Tip of the Week

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