

## Storing Seasonal Clothing

As the seasons change, so do our choices of clothing. So, we pack up the spring and summer articles and tuck them away. And then we unpack the Fall and Winter clothing. Oh Boy, this can take up a whole weekend!

Now, many of us have children and may have lots of items to exchange. Do you ever notice how the stored clothing just has that – well – stored away smell? Even after laundering your clothing, just packing them away they seem to have this 'seasonal' odor.

You can easily help reduce your work so you won't have to launder everything again. First since you may not have stored them previously with essential oils you can put them in the dryer with a wash cloth or towel dampened with water and then add some essential oils to the dampened towels before putting them in the dryer. Use any scent you like. For me to freshen clothing I like the citrus scents. Lemon and Orange always smell so refreshing to me. Use your favorites or use a blend of 2 or 3 oils.

To get a head start next season, before storing the summer items tuck a sachet or terra cotta diffuser in the box, drawer or bins. Again, using your favorite essential oils. (We go to a cabin/resort each August and have to bring our own towels, well, I have a set of towels in a bin just for 'cabin' use and so I like to tuck a few Lavender Sachets in the bin before closing it up for the year).

Anyway, simply add essential oils to the Terra Cotta Discs (or additional oils to the Lavender Sachets) and let them soak in completely. This takes about 15-30 minutes depending on what essential oils you choose. Then wrap the terra cotta diffuser in a paper towel or two. Just to protect any clothing that might come in direct contact with the terra cotta disc.

If you are storing woolen items (not now but next spring) and live in an area when moths that like to eat holes in wool are prevalent you should strongly consider using Cedarwood essential oil on the sachets or discs. You can use other essential oils along with the Cedarwood, but definitely use Cedarwood as your main essential oil for storing woolen items.

Experiment with different essential oil scents to find out which one you enjoy more – when you are unpacking and switching your clothing – six months from now. What scent do you want to smell then?

Good choices for storage include: – your favorites of course. Please realize that Pine and Citrus oils and some florals will disappear long before your storage time is done and you may choose to use others that will last longer. Or mix several essential oils including a base note such as Sandalwood, Patchouli, Vetiver or such that will help to hold the scent longer.

To me anything smells better than clothes stored away for months by adding a few essential oils to the storage boxes it is a whole lot more pleasant these days!

**Disclaimer:**

We do not endorse, nor do we encourage anyone to implement Aromatherapy or any suggestions contained within this site without the consent of his/her medical doctor. We also do not take any liability for your implementation of any oils, recipes, or anything else available through this site, from any book or company recommendation, or available on any site linked from Birch Hill Happenings Aromatherapy, LLC

**Aromatherapy Tip of the Week**

**Presented by Birch Hill Happenings Aromatherapy, LLC**

**Copyright 2008**

**Visit on the web at: [birchhillhappenings.com/aroma1.htm](http://birchhillhappenings.com/aroma1.htm)**