

Aromatherapy Tip of the Week - #17

May 13, 2008

Spring Cleaning Tips Using Essential Oils

After winter and during spring many folks like to freshen up their homes. Simple things to do include adding a few drops of essential oil to your cleaning buckets. Depending on what your favorite scent is you have a wide variety of essential oils to use and of course you can mix and match too.

Favorite scenting categories used in cleaning include: Citrus, Evergreen, Minty and Spicy.

Usually you are not going to use a straight floral scent to clean with, but might want to add it to any of the above categories as a surprise!

Remember the 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.

You don't need to add a lot to your cleaning solutions to 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.

If you want to make a surface spray sanitizer I would use the following: for every 50 drops of Essential oil add 1 teaspoon of emulsifier, mix well. Then add to 4 ounces of distilled water. Some recipes for sanitizers may use as much as 100 or more drops of essential oils.

When I make a spray disinfectant/Sanitizer often times I use one of our premade synergy blends. Favorites for the real nasties – **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.

Mix your sanitizer as directed above then spray on the surface you want to 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 can still damage furniture finishes if left on or if allowed to pool on the surface for too long.

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

Fresh and Clean for the Floors and Walls

Lemongrass – 20 drops

Orange – 20 drops

Pine – 10 drops

Emulsifier – 2 teaspoons (optional)

Blend the above then add all to a 1-2 gallon mop bucket and add Organic – Unscented Dish Soap – 1-2 tablespoons. Swish around and then mop floor or wipe down walls as regular. No need to rinse these areas as you are using a small amount of essential oils for a large amount of water.

Surface Sanitizer for around the house

Peppermint – 50 drops

Orange – 40 drops

Cinnamon – 20 drops

Emulsifier – 2 teaspoons (optional)

Distilled water – 4 ounces

Blend essential oils with emulsifier then add to the distilled water. Shake well. Spray on surfaces to sanitize, then wipe dry after a few minutes.

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Presented by Birch Hill Happenings Aromatherapy, LLC

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