

# Time for Spring Cleaning!

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# Spring into a lighter you with Better Digestion



**now**  
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## Spring Cleaning Naturally!

### Homemade Lavender Fabric Softener



Safely soften your laundry with a natural vinegar and baking soda based fabric softener for the rinse cycle. Lavender essential oil imparts a fresh, natural scent to this simple recipe.

- 1/2 cup white vinegar
- 2 tbsp baking soda
- 60+ drops lavender essential oil

#### **DIRECTIONS:**

1. In a measuring cup, dissolve the baking soda in the vinegar.
2. Stir in the lavender essential oil.
3. Add mixture to rinse cycle, using 2 tablespoons for a small load, 4 tablespoons for medium, and 8 tablespoons (1/2 cup) for large.



### Freshening Citrus Carpet Powder

Few places in our homes are as well-lived on as our carpets. Next time you vacuum, don't just remove dirt and dust; freshen your carpets with the clean scent

- 4 tbsp (60 mL) baking soda
- 25 drops lemon essential oil

#### **DIRECTIONS:**

1. Measure baking soda into a mixing bowl. Sprinkle with essential oil.
2. Mix thoroughly until a damp powder forms.
3. Store in an airtight container. To use, sprinkle on carpet and let sit for 10 minutes. Vacuum as usual.

Tip: Try lavender essential oil instead of lemon



### Multi-Purpose Spray Cleaner

Just 4 simple ingredients: water, Borax, liquid soap and lavender essential oil create a multi-use cleaner that will purify your home with a fresh, sweet scent.

- 2 cups water
- 1/2 tsp sodium borate (Borax)
- 1/4 tsp unscented castile liquid soap
- 2 tsp lavender or tea tree oil or Melissa oil blend

#### **DIRECTIONS:**

1. In a spray bottle, dissolve Borax into water.
2. Stir in lavender essential oil.
3. To use: shake bottle and spray into cleaning cloth or onto surface, wipe clean.

