

Household Hints Using Aromatherapy and Essential Oils

By Lyn Belisle

Note: Essential Oils are more than just fragrance. Because they come from plants, they share the same characteristics and can be antiseptic, uplifting, relaxing, germicidal, and many other things. Here are some hints for using them around the house.

Put a few drops of essential oil of lavender on dryer sheets before drying your laundry to give it a fresh, light outdoor smell.

Take those used dryer sheets, put a drop of essential oil of peppermint on them, and tuck them into track shoes or work boots to keep them odor-free.

Keep a dropper bottle of essential oil of eucalyptus by your shower – add a drop when you turn on the spray – it will smell like a spa and help keep germs away.

When you visit a friend in the hospital, mix a 2-ounce spray bottle with distilled water to which you've added 10 drops each of lavender and lemon essential oil to mist lightly on the linens – the lavender helps promote relaxation and the lemon is uplifting and cheering.

Use essential oil of cedar to refresh cedar chests or closets – put a few drops on an old washcloth, wipe the wood gently, then fold the cloth and tuck it in a corner of the chest or closet.

Essential oil of cedar is a good freshener for pet beds – put a drop or two on the underside of the pillow.

Keep a small bottle of essential oil of lemon by the kitchen sink and put a drop on your sponge or dishcloth to wipe the sink after the final rinsing.

Take a cup of Epsom Salts, add 30 drops of essential oil of rosemary or lavender, pour into a brown paper lunch sack and fold the top down and around to make a neat packet – store these between towels in the linen closet to give them a wonderful aroma, and when you want to, add half the salts to your bath for a soothing soak.

Herbs and Their Properties

Musk:

Sandalwood — Antiseptic, Antiviral, Antifungal

Patchouli — Antibiotic, Antiseptic, Antifungal

Eucalyptus — Antibiotic, Antiseptic, Antiviral, Antifungal

Citrus:

Orange — Antiseptic

Tangerine — Antiseptic

Grapefruit — Antiseptic

Lemon — Antibiotic, antifungal, antibacterial

Mint:

Wintergreen — Antiseptic

Spearmint — Antiseptic

Peppermint — Antiseptic

Floral:

Rose — Antiseptic

Lavender — Antibiotic, antifungal, antiviral, antibacterial

Ylang-Ylang — Antiseptic



San Antonio Herb Society

Meets the 2nd Thursday of every month at 6:30 pm.

3310 North New Braunfels

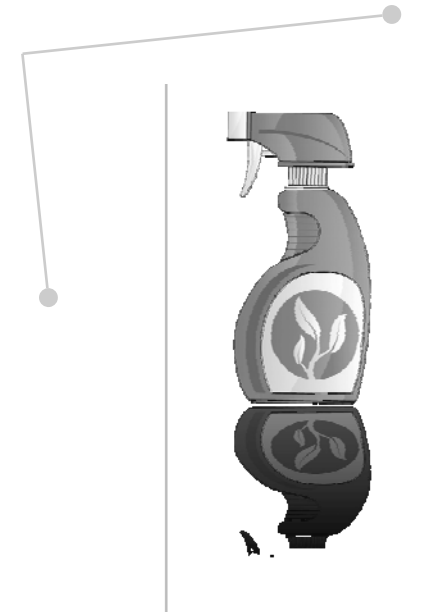
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San Antonio Herb Society

Cleaning Green



Clean & Green Recipes

Gather up clean utensils before starting. Collect clean containers and/or dispensers appropriate to the product. Squirt or spray bottles, jars with tight-fitting lids, zip-lock bags, paper bags are a few.

Make labels for containers and apply beforehand. It's always a good idea to put a date on the label, too. Cover any paper labels with clear tape for waterproofing.

Some basic ingredients include: 5% vinegar, all-natural soap or castile soap, lemon juice, baking soda, borax, washing soda, cornstarch, isopropyl alcohol, trisodium phosphate, fresh & dried herbs and essential oils.

Making a Vinegar Tincture:

Cut, wash, dry and bruise fresh herb. Place in bottle and fill with white distilled 5% vinegar. Use the proportions of 1 part herb to 4 parts vinegar. Shake every couple of days and after two weeks, strain using coffee filter or cheese cloth.

If you want more scent, add new herbs and check in a week or two. Do not leave plant matter in the vinegar for more than two weeks or it will spoil. If you do not have fresh herbs, just use your favorite essential oil.

Note: Since vinegar has acidic properties, do not use on granite or wood without testing.

Making Scented Baking Soda:

Mix your favorite dried herbs (thoroughly crushed) or ground cinnamon with baking soda for a clean, fresh-smelling cleanser ingredient.



To Freshen Your Garbage Pail:

Make a scented baking soda and sprinkle about 1/4 C in the bottom of the garbage pail.



All Purpose Cleaner:



For a 16 ounce spray bottle, add ingredients in the following order: 1 tsp borax, 2 Tbs of vinegar (you can use the tinctured vinegar or add 5 to 10 drops of essential oils). Fill bottle with warm water to dissolve borax. Add 1 Tbs of all-natural dishwashing soap, or castile soap. Shake & you're ready to clean!

Where to use: Shower stall, kitchen sink, mirrors, shine chrome. Test before using on granite.

Soft Scrub Alternative:

This simple recipe uses baking soda, liquid soap, vinegar, water. To fill a 16 oz flip top squirt bottle, mix: 1 2/3 C baking soda with 1/2 C liquid soap in a bowl. Dilute with 1/2 C water. Add 2 Tbs vinegar LAST. Stir until lumps are gone. If it's too thick, add more water. Shake well before using.

Cleaner For Tile Showers:

To prevent buildup of soap mildew: Keep scented vinegar in a spray bottle handy and spritz the shower walls after each use.



Scrubber For Sinks And Shower:

Combine baking soda and your choice of dried herbs. For 8 oz, fill container 1/2 full with baking soda, 1 Tbs of herbs, & top off with baking soda.

If you do not have dried herbs, you can substitute 5-7 drops of essential oil. An empty Parmesan cheese shaker container works great as a recycled dispenser!

Air Freshener:

For an 8 oz mist spray bottle mix: white distilled vinegar with 20-30 drops of your favorite essential oil. Shake before using.

Orange Glow Fabric Softener:

White vinegar softens hard water and reduces static cling. The addition of sweet orange essential oil provides a fresh, clean scent.

8 C water
6 C white vinegar
1 C baking soda
25 drops sweet orange essential oil.

Combine all ingredients in a large plastic jug. Shake well before adding 1/2 C to the rinse cycle.

Note : Try other scents like Peppermint, Lemongrass or Lavender.



Furniture Polish



Mix 1/4 C olive oil or mineral oil (baby oil works well, too) with 4 Tbs distilled white vinegar and 20-30 drops lemon oil.

Pour into a spray bottle and shake well before using. Use an old terrycloth towel to wipe up dirt and grime.

Websites & Books

Green Clean, By Linda Mason Hunter & Mikke Halpin

The Naturally Clean Home, Second Edition, By Karyn Siegel-Maier

Clean House Clean Planet by Karen Logan

Websites: Your choice. Try searching for "homemade herbal/household cleansers".

