



Naturally fresh and clean!

It's just so ecologically friendly and economically savvy to use essential oils for cleaning!

For example, a couple drops of essential oil of lavender (*lavendula augustifolia*) on an old sock or small rag can replace store-bought dryer sheets. And the lavender is an anti-bacterial!

Dust mites are among the most common allergens, responsible for many respiratory problems. Bedding is an especially popular gathering place for them. Some

researchers feel wash water must be so hot to kill them that it will also damage fabric. Essential oil of eucalyptus (*eucalyptus globulous*) kills dust mites in addition to imparting a fresh scent to your linens. Use about 10-15 drops of the oil per load in combination with unscented liquid detergent.

Instead of using lavender in the dryer, you can add 4-6 drops of lavender essential oil (*lavendula augustifolia*) during the rinse cycle to leave your linens fragrant.

*** Make sure no one in the home is sensitive to these oils by allowing those you share a space with to smell the blend before you use and test all furniture finishes.**

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