

# Essential Oil Therapies

## Satisfy Your Cleaning Urges

Flowers are poking up from the ground. The sun is shining. Pastel colors are flooding the stores. And it's time to give your house a deep cleaning. That's right – spring is here. Studies show that around 82% of Americans use this season as an annual opportunity to deep clean their house, and if you're among them you probably recognize what a time-intensive project it can be. Unfortunately, there's no magic wand that you can wave to instantly sanitize and organize your home, but Young Living can make the task a little easier. Here are 10 tips for helping you get your home in peak shape:



1. Use Lemon: Use 1–2 drops of lemon essential oil to remove gum, oil, grease spots, glue or adhesive, and crayon from most surfaces. And not only is lemon a great degreaser, it can also be used to help pull out stains, brighten carpet and rugs, and leave a fresh smell in the room when it's added to carpet cleaner.

2. Purge: Spring cleaning is a great time for a fresh start, so don't hesitate to toss or donate the things you no longer need. You'll enter summer feeling more relaxed and at peace. This is best done before you start doing any major cleaning so you can avoid spending time on unnecessary things.

3. Wipe it off: Thieves® Wipes are ideal for use on door handles, toilet seats and any surface that needs cleaning to protect from dust, mold and undesirable microorganisms.



4. Purify: Add Purification essential oil blend to your washing machine. It's an ideal way to freshen massive loads of spring laundry.

5. Organize: As you're pulling out items to clean behind, above and around them, take the time to organize your space. Experts suggest that you focus on one area at a time to avoid becoming overwhelmed.

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6. Clear the air: Citrus Fresh™ is a relaxing, calming blend that can purify the air and give your home a fresh, spring scent.

7. Involve the whole family: Cleaning can be a great opportunity to bond. Try giving young children simple tasks so they can help enhance their home and improve their work ethic.

8. Relax: Cleaning can be a stressful activity, especially when you're attempting to conquer the whole house. Try using lavender essential oil or Peace & Calming® blend to feel more relaxed and uplifted.

9. Make a checklist: List all the rooms/areas you want to take care of. Focus on one at a time and check off things as you finish them. You'll feel accomplished as you physically map your success.

10. Don't sweat it: Remember, this is all for your benefit, and it will be worth it in the end.



It can be hard to remember the small things. Here are a few commonly neglected chores that will make your house sparkle.

- Dry-clean drapes and curtains
- Dust tops of bookcases, cupboards
- Dust light bulbs
- Clean ceiling fans
- Dust/polish books
- Polish metal door and window hardware
- Wipe down blinds
- Clean baseboards

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