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Nature!

We can create joyous experiences for ourselves anyplace, but heading outside brings a special magic. Studies have found that being in nature actually changes your brain physiology.

In Japan, they have "forest bathing" or shinrin-yoku, where hundreds of acres of parks all over the country have been created for people to escape the city and experience nature through all five senses.



Being in nature improves your mood, definitely lowers stress levels and high blood pressure, and gives a better sense of balance and meaning in your life.

The studies also found that five hours a month spent outdoors is the minimum time needed to experience the most benefits, and surprisingly, they also found that the benefits were residual, and did not dissipate typically until weeks later!

A really great read about this fascinating subject is *The Nature Fix: Why Nature Makes Us Happier, Healthier and More Creative* by Florence Williams. Her stories of scientific research all over the world are fascinating: how leisurely forest walks have led to decreases in cortisol levels and, in another, to increases in immune-boosting killer T-cells in women with breast cancer after two weeks in the forest.

It is a thoughtful and refreshing book with a simple but powerful message:

"Go outside, often, sometimes in wild places. Bring friends or not. Breathe."

Sponge & Sparkle Online

- www.spongeandsparkle.com
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Dear Clients,

The weather is gorgeous this time of year, and I hope that we are giving you a bit more time to enjoy it!

We are thankful that you are part of our Sponge & Sparkle family, and I appreciate you reading our newsletter. I think this issue has a lot of good information in it that you will enjoy. Be sure to look for the trivia question to win a \$25 gift card to Cafe Intermezzo! Also, for Spring we are offering \$35 off a Super Sparkling detail clean (expires June 1st). In every issue we will offer something, so it pays to read!

Cost Cutting Cruises

Have you ever thought of taking a repositioning cruise? With an average discount of 50%, these one-way, often ocean crossing voyages occur when cruise lines relocate or reposition ships from winter routes in the Caribbean to places such as



Alaska and the Mediterranean. Ask a travel agent about these cruises or search "repositioning cruises" online. Also, visit websites such as CruiseCritic.com and RepositioningCruise.com.

(AARP Magazine)

Flies hate Pine Sol!

Mix pine sol with water 50/50 in a spray bottle. Use to wipe counters or spray on porch and patio furniture.



Lend A Hand

When you help others, you may be helping yourself, especially as you age. A five-year study in the "American Journal of Public Health" found that people over 65 who did not assist friends, neighbors, or relatives had a 30% higher chance of dying after a stressful event, like a job loss, than did those who were generous.

Trivia Question

What insect depends the most upon sight, rather than sound, to locate mates?



Your Hardworking Kitchen Sponge

When 325 kitchen sponges were tested, it was found that 15% contained salmonella and many more had E. coli. Because they are moist and full of food, they have everything bacteria need to survive. But an easy fix is to just toss in the microwave for one minute on high.



Stain Busters

Grease:

Sprinkle corn meal or talcum powder on the spot until absorbed. Brush off with dry cloth

Coffee and Tea:

In a spray bottle, mix 1 cup white vinegar and 1 cup water. Spritz the stain, then, blot with a clean, damp cloth. Next dab diluted ammonia (1 tablespoon in a cup of water). Blot with a damp cloth followed by a dry cloth.

REMEMBER!

When you refer us to a friend or neighbor who use us, you will get \$50 off your next cleaning!

You can leave a review (On Yelp, Google, Kudzu).

Reviews really help us to provide better service and we appreciate them very much!

Thank You for Your Business - We Very Much Appreciate You!!!!!!

