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"Finding pleasure at home – whether in a family dinner or a book club or a backyard barbecue – can give us the strength to go out into the world and do incredible things."
Reese Witherspoon

Now with Spring coming and the lessening of Covid-19, I hope we can all find ways to enjoy each other more.

And remember, spending time outdoors lowers stress hormone levels and blood pressure.

Why Use Essential Oils?

We are a big believer in using essential oils with our cleaning. If you have ever investigated trying essential oils, here are a few reasons why and how to take the leap!

The first question people ask – what are essential oils and what do they do? Essential oils are compounds extracted from plants. Often, they are called the "essence" of the plant. Distilling them and prepping them for use captures the scent, properties, and/or flavor. Most of the time, each oil is crafted separately to keep the restorative properties each plant possesses.

Can Essential Oils Improve Your Health?

Essential oils are known to possess restorative properties for you, while other oils sanitize and clean areas. Some oils are used in aromatherapy, which emits a scent that can relax, de-stress, etc. Different products possess antibacterial and antimicrobial properties, which means they can sanitize your home. However, they will promote your health naturally, because you aren't adding any unknown factors to your body or environment. Depending on what you want to use them for will determine which essential oils you might want to buy. Investing in a diffuser is a wonderful way to enjoy these beautiful essences.



Our Big News

THIS SPRING WE ARE CELEBRATING OUR 40TH YEAR OF SERVICE HERE AT SPONGE & SPARKLE!!

Thank you for your support, especially in this last, hardest year of all! Looking forward to many more years dazzling, sparkling, shining and scrubbing!!!

Most Common Essential Oils

There are dozens of essential oils to choose from when you take the leap into natural healthcare. However, there are a few to start with that are versatile and will help you jump into eco-friendly methods like essential oils. The most common essential oil is Peppermint Essential oil. This one is the most versatile with its care – ranging from treating allergy symptoms to sunburn relief, with therapeutic energizing effects. Researchers found that when rats sniffed a combo of peppermint, rosemary, orange and clove, they were able to swim about twice as long as the rodents who smelled plain water!

For relaxation and a calming effect, Lavender Essential oil is also therapeutic with its properties. Additionally, it can pose as a mood booster and calmness enhancer for some people due to the aromatic scent. Tea Tree oil is another common essential oil that treats infections and other issues directly on your skin. It can also be used as a wound antiseptic if you scratch or cut yourself.

Thrown in the Towel

Want to avoid your herbs and greens going slimy while storing them?

Try this trick:

Throw a paper towel in the bag or container with them to help control the moisture. Check it from time to time and when it gets damp, replace it.

And Another use for Chopsticks!



I have a lot of houseplants and I know one of the problems is that a plant's roots can get bound in the pot. To give them room to breathe, gently poke a chopstick into the soil about every month or so and move it back and forth a few inches. It really helps!

New Uses for your French Press

For health-conscious folks, a delicious way to stay hydrated is by drinking infused water, which is simply plain drinking water to which herbs or fruit have been added. The natural nutrient goodness of the herbs or fruit gets infused into the water when left overnight in the refrigerator.

Using a French press, you don't need to buy an expensive infuser water bottle. The French press can serve as your infuser! Put your chosen fruit or herbs in the French press. Cover it with filtered water and place the lid on top. Place the French press in the refrigerator overnight. The following day, take it out of the refrigerator, press down on the plunger, and enjoy your healthy, refreshing infused water.

Another nifty use for the French press is with rinsing grains like quinoa!

(A version of this content was originally published at Kitchenistic.com)



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