

Practical Potions

An Aromatic E Course

Unit 3G

The Cleaning Genie



The Genie of Cleaning

Simple Ways to Create Sparkle

Don't you wish you could clean your home by wiggling your nose, or crossing your arms and wishing? Well this hasn't happened for me, yet. It is however; more fun and healthy to clean with non-toxic, home-made cleansers than with the commercial variety. It makes you into a virtual "Genie of Cleaning," or as my close friend, Jo Ann says, "A Cleaning Genius". The topic of cleaning will be explored more deeply in Advanced Aroma-but here are some, magically simple ideas.



I Believe in Genie, (Practically) Magical Spray



Add 10% essential oil to 90% water.

Eucalyptus, orange, lemon, pine and tea tree all make effective spray cleaners. Take your pick and enjoy breathing without the toxins.

Cautions: Remember to shake the concoction well before using and do not spray into eyes.

Essential oils are sometimes destructive to plastics or certain furniture and finishes.

Always try on a non-obvious spot, such as under a counter, before you apply to ensure it does not cause a stain or reaction.

Exercise

Create a home cleaner for your bathroom.

Spray Bottles-

A good way to clean is to make a spray. You may use 90-97 % water and 3%-10% essential oil to create a room spray.

The reason for such a range in strength is determined by the purpose of the oil. If I were to use the oil in a bathroom, or less sanitary setting, I would opt for a higher ratio of oil.

Remember to shake the bottle well, before using.



Exercise

Make a Spray for your Home.

Write down your process, recipe and blend.

Find a spray bottle- glass is preferable, as plastic leaches its properties into the mixture and adds possible toxins. Use 90-97 % water and 3%-10% essential oil to create your spray. Label your mixture, including the contents and proportions.

Evaluate your creation- do you like it? Is it effective? Is there anything you would change or enhance?



Vinegar also makes a great medium for cleaning, as it is disinfecting and eliminates smudges. Use a medium of pure white or apple cider vinegar with 5% peppermint or lemon oil for a squeaky, clean finish. Do not use peppermint or eucalyptus around any child under the age of 3 and of course careful with furniture.

Add your process notes here:

continue on the next page...

Exercise

Clean your kitchen cupboards by simply adding a few drops of essential oil into hot water. You may also add vinegar if you are cleaning glass. Substitute a drop of dish soap if you wish for a sudsy consistency.

Which essential oil did you try?

How did you like the results?

What might you try next time?

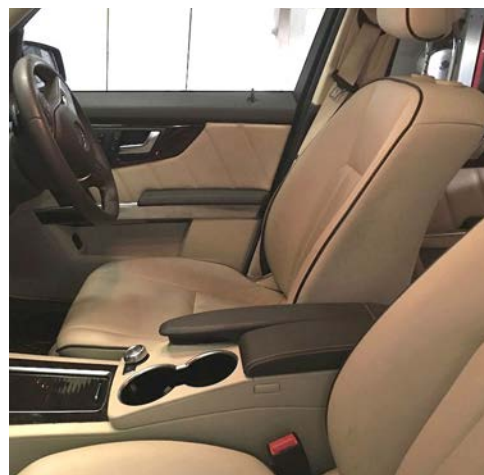
Transformational Step

Creating A “Scentsational” Car Blend

Like homes, cars may also be cleaned with essential oils.

Always check out the reaction of any surface in your car before cleaning to ensure it does not react to your essential oil mix. Also it is advisable to start with a rather familiar scent, such as orange or lemon, so passengers are not repelled.

Diffusing oils into your car can also help refresh the car and increase alertness level. They can also replace chemical fragrances. Be sure you do not leave unattended bottles of more toxic essential oils, like eucalyptus, unsupervised with children. Do not use eucalyptus or peppermint in a car with children under 3, years of age.



Exercise

Go through your notes to find 3 essential oils that increase alertness levels.

Choose the one you prefer. Decide what type of container you might like to create or obtain to diffuse essential oils in your car.

Write out your recipe and the type of diffuser you chose.

How did this work out?

What might you like to shift next time?

Hint: Students in the past have used containers that can hang safely on their car mirrors without banging against the windshield. Others have used small porous pots that sit safely in the car. Some have created herbal pillows they re-scent.



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