

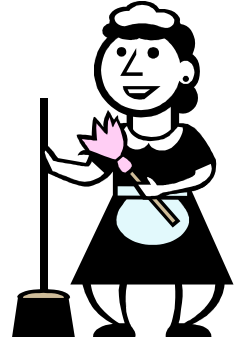
Kathleen Gips
Village Herb Shop
17 East Orange Street
Chagrin Falls, Ohio 44022

440-247-5029 www.villageherbshop.com

Open Monday through Saturday, 10 am to 5 pm Sundays Nov, Dec, May, June, July 12-4
...herbs and gifts for kitchen and garden, fragrance and beauty...

Herbal Home Keeping: How to Keep a Naturally Clean Home

Presented by Mrs. Herb Cleaner



Join Mrs. Herb Cleaner and her herbal cleaning team to learn how to clean your entire home with only four ingredients. Did you know that the herbs in your garden are stronger at killing bacteria than commercial cleaners or antibiotics? By using the herbal team of Rose, Melissa, Rosemary and Basil and their friends to clean your home you can preserve the environment and eliminate indoor pollution. Learn how you can reduce disease, colds and infections. Get rid of insects without poisons the natural way. Every time you clean with the herbal team you get aromatherapy benefits such as relaxation, stress relief and even a stronger memory. Interested? Take the herbal challenge from Mrs. Cleaner and go "clean, green and herbal" to clean your home. She will show you that the alternative to chemicals is right in your herb garden. Cleaning with herbs is safe, effective, inexpensive and good for you and the earth. Learn simple recipes from Mrs. Cleaner's pantry of cleaning products: rosemary/lemon baking soda cleanser, cedar/orange vinegar floor cleaner, eucalyptus/tea tree bowl cleaner, lavender/lemongrass counter top cleaner, and grapefruit/geranium air freshener. Join Mrs. Cleaner, an herb lady herself, to make your home smell like the garden and become clean and green.

Mrs. Herb Cleaner's Favorite Herbs for your Home Keeping Herb Garden:

Basil: repels flies and other winged insects; anti-bacterial; clears the mind
Bay: anti-bacterial, fungicide

MHC tip: Whole bay leaves in grains and beans keep eggs of weevils from hatching

Bee Balm: contains thymol which inhibits herpes virus, antibacterial

Chamomile: nature's antibiotic, antibacterial for staphylococcus and Candida

Costmary: antiseptic anti-parasitical

MHC tip: place dried leaves between linens



Hyssop: antiviral, antiseptic, insect chaser

Lavender: antibacterial, insect chaser

Lemon Balm: antiviral, uplifts the spirits, anti-depressant

Lemon Grass: insect repellent, fresh clean scent

Peppermint: menthol is the active ingredient, antibacterial, antiviral, repels insects and mice

Rosemary: antiseptic, antioxidant (preservative)

MHC tip: rosemary contains antioxidant oils which prevent rancidity

sage: antibacterial, antioxidant

Southernwood: insect repellent

Sweet Woodruff: repels insects

Tansy: Repels insects including flies, fleas, ants

Thyme: the strongest antibacterial herb, strong disinfectant, antifungal

Wormwood: repels wool mite and insects, antiseptic

Mrs. Cleaners Favorites Five for Housekeeping: Lavender, Peppermint, Rosemary, Sage, Thyme

Mrs. Cleaner's Suggestions for Essential oils for Home Keeping

Cedar wood: antiseptic, preservative, fights respiratory infections

Eucalyptus: antibacterial against Staph, strep, pneumonia, kills viruses on contact, insecticide

Grapefruit: stimulates pain relief, important in cleaning the sick room

Lavender: antibacterial, antiviral, enhances the immune system, antifungal=gal

Lemon: negative charge attracts dust, disinfectant, odor absorbent

Lemongrass: disinfects, soothes, fights fatigue, antifungal, insect repellent

Peppermint: antiviral, antibacterial

Rosemary: antibacterial, dissolves grease, activates the brain

Sweet Orange: antiviral, antibacterial, enhances immune system

Tea Tree: antibacterial, antiviral antifungal, antiseptic, enhances immune system

Thyme: strongest anti-microbial herb, antibacterial

**Mrs. Cleaner's Essential Oil Favorites for a Cleaner, Healthier Herbal Home
Eucalyptus, Lemongrass, Lavender, Peppermint, Rosemary, Tea Tree**

Cautions Using Essential Oils

- Keep oils in cool, dark location away from children and pets. Store oils in dark colored glass bottle only. Oils will disintegrate plastic bottles
- Citrus oils evaporate quickly. Use with a natural preservative like rosemary or cedar wood oil.
- Citrus oils may change their chemical make-up in six to twelve months. Purchase citrus oils in small amounts, store carefully and use up quickly to prolong potency. Citrus essential oils should be used within six to twelve months.
- Essential oils may actually improve with age if they have been properly stored.
- Fragrance oils are synthetic copies of more expensive essential oils. Often fragrance oils are a combination of both essential and synthetic. Fragrance or synthetic oils do not have therapeutic, aromatherapy or antibacterial effects.

Herbal Housekeeping Recipes

Natural Housekeeping

All Purpose Herbal Vinegar Cleaner

Remove one or two cups of vinegar from a gallon jug of white vinegar. Add one quart of the following fresh herbs to one gallon of white vinegar.

Bay

Costmary

Lavender

Lemon Grass

Lemon Verbena

Peppermint

Rosemary

Sage

Thyme

Optional: orange, lemon or grapefruit peel

Allow herbs to steep in vinegar for two weeks.

Strain out herbs and use herbal scented vinegar spray to clean counters, stove, microwave, cupboards, refrigerator, floors, windows. The natural herbal scents will disinfect and discourage insects. The natural relaxing aromatherapy effects will keep smile on your face!

Biodegradable Scouring Powder

Use on sinks and counters. Rinse with water or herbal vinegar

1 cup baking soda

1 teaspoon essential oil

Suggested Combinations:

Kitchen: lemon and rosemary

Bathroom: Lavender and peppermint

Laundry: eucalyptus and lemongrass

Glass Cleaner

3 cups vinegar

1 cup unscented alcohol

1 t essential oil

Suggested Oils

Thyme/ Sweet Orange

Rosemary/ Grapefruit

Lavender/ Lemongrass

Furniture Cleaner

1 tablespoon Murphy's oil liquid or liquid castile soap

1 quart water

1 teaspoon essential oil

Suggested Combinations:

Lavender/ Lemon

Sweet Orange/ Cedar

Lemongrass / Rosemary

Herbal Antibacterial All Natural Hand Disinfectant

Essential oils of herbs kill bacteria on contact. Each essential oil has varying levels of antibacterial effectiveness. These essential oils have been chosen for their antibacterial and antiviral properties. The aloe vera gel keeps hands softened and smooth.

Ingredients:

1 ounces aloe vera gel

1 ounces unscented alcohol or vodka

10 drops eucalyptus essential oil

10 drops lavender essential oil

10 drops lemongrass essential oil

Mix all ingredients together in a small bottle or plastic container. Shake well before each use.

Directions to use:

Squeeze a small amount (less than the size of a dime) in the palm of your hand. Rub hands together until dry.

All Natural Herbal Eucalyptus Disinfecting Room Spray

Eucalyptus essential oil is anti-viral and is effective in killing airborne viruses. Keep this eucalyptus spray handy to spray the air through the winter months to reduce the spread of colds and flu. Keep an extra spray bottle handy to use on your phone, on your hands, on your pillowcase and in your car and workplace.

Ingredients:

4 ounces distilled water

30 drops eucalyptus essential oil

Place ingredients in a plastic or glass spray bottle.

Shake well to mix before each use. Keep away from eyes and furniture finishes. Shake well before each use.

Air Freshener Spray

1 cup spring or distilled water
2 tablespoons unscented alcohol
60 drops or 1/2 teaspoon essential oil of grapefruit
Suggested Oils with Aromatherapy Effects:
Eucalyptus: air disinfectant, clear the sinuses and the mind
Peppermint: stimulating, wake-up sent
Lemongrass: fights fatigue; alertness
Sweet Orange: promotes a sense of well-being and happiness
Grapefruit: uplifting, dispels grief
Lavender: stress relief, skin disinfectant; calming, relaxes large muscles
Rosemary: stimulates the mind, energizing
Ylang-Ylang: sensual awareness, releases endorphins which produce euphoria and reduce pain
Rose Geranium: hormonal and mental balancing; repels insects
Sweet Orange: sense of well being, happiness

Floor Cleaner

1 tablespoon Murphy's Liquid Soap or castile liquid soap
1 quart herbal vinegar made from white vinegar
1 teaspoons essential oil
Suggested Combinations:
Eucalyptus / lemon
Lavender / thyme
Cedar wood / sweet orange

Toilet Bowl Cleaner

1/2 cup borax
1/2 cup baking soda
1 t. essential oil
Suggested Combinations:
Eucalyptus/ tea tree
Thyme/ Rosemary
Peppermint/ tea tree

Bathroom Spray Cleaner

1 tablespoon castile liquid soap
1 quart vinegar
2 Teaspoons essential oil
Suggested Combinations:
Grapefruit/tangerine
Lavender/peppermint
Tea tree/ eucalyptus

Kill the Mold Shower Spray

3 cups white vinegar
1 cup unscented alcohol
1 Tablespoon liquid castile soap
1 teaspoon tea tree essential oil
Mix ingredients together in a spray bottle. Spray on shower curtain and shower stall after each shower or at least once per week to prevent mold.

Lavender Linen Water

30 drops lavender essential oil
3 cups distilled water
Mix together in a spray bottle. Spray linens before ironing.

Insect Chasing Closet Spray

4 ounces distilled water
1 teaspoon unscented alcohol
10 drops eucalyptus essential oil
10 drops lavender essential oil
10 drops lemongrass essential oil
Mix all ingredients together in a spray bottle. Shake well before each use. Avoid eye area. Contain natural herbal essential oils that repel insects. Use to spray closets and spaces to discourage insects. Use in trunks and dressers for storing linens and seasonal clothing. Always check for color fastness before using on clothing or fabric. Safe around children and pets.

Hint: Add one teaspoon of eucalyptus essential oil to the washing machine to kill dust mites.

Dryer Freshener

1 tablespoon finely cut costmary
1 tablespoon finely cut sweet woodruff
2 tablespoons lavender flowers
Mix well and tie securely in muslin bag. Keep in dryer to scent sheets and towels.

Vacuum Scents

1/2 cup baking soda
1 tablespoon lavender flowers
30 drops lemongrass essential oil
30 drops lavender essential oil
Mix all ingredients together and store in a glass jar or shaker topped jar. Sprinkle on carpet before vacuum. Sprinkle into vacuum bag.