



FENG SHUI  
CONSULTING SERVICE

## Let's Clear the Air



I don't know about you, but one of my favorite rites of spring is throwing the windows open and finally getting a breath of fresh air after having been "shuttered in" for the winter. Although several manufacturers of cleaning products would have you believe they've been able to bottle that "fresh scent," there are better ways to accomplish your spring cleaning while still enjoying clean, aromatic air.

Modern cleaners often contain indoor pollutants from fragrance compounds. So as you begin your spring cleaning, turn to natural cleansers, like vinegar, baking soda, lemon, salt, cooking oils and borax (a natural mineral) to accomplish the same thing that harsh chemicals do. Salt and baking soda can serve as natural abrasives, while vinegar is a natural degreaser. Oils can help add luster to dull woods and baking soda's natural deodorizing properties are great for ridding your home of stale winter odors while natural lemon (or orange) oils beat artificial fragrances-hands down.

Finish your cleaning by adding natural air purifiers: plants. Consider garden mums, spider plants, dracaena, ficus, peace lilies or ferns. These plants will not only keep your air clean but will add color and harmony to your spaces. To learn more about how plants and natural elements are integral to the principles of feng shui and how they can bring good health and prosperity to your life, **contact me** today!

**Because you deserve time for yourself**, do not miss the September Maine Retreat **early bird special**. **Email me to discuss details!**

*Kirsti*

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