

# 30 Hacks in 30 Minutes Spring Edition

## IN THE GARDEN

- **SLUGS A PROBLEM?** ADD 10 DROPS OF SIBERIAN FIR TO A WATER SPRITZER BOTTLE AND SPRAY YOUR PLANTS AND SURROUNDING AREAS
- **REPELLING GARDEN PESTS:** 5 DROPS EACH OF ROSEMARY, PEPPERMINT, THYME, AND CLOVE IN A SPRAY BOTTLE OF WATER.
- **FOR ATTRACTING POLLINATORS:** 5 DROPS OF WILD ORANGE TO ATTRACT BEES AND 5 DROPS OF LAVENDER TO ATTRACT BUTTERFLIES IN A SPRAY BOTTLE OF WATER.
- **SUPPRESSING PLANT FUNGUS:** 5 DROPS OF TEA TREE IN A SPRAY BOTTLE OF WATER. SHAKE WELL BEFORE USING.
- **BASIL IN THE WATER BEFORE YOU WATER YOUR PLANTS,** THIS WILL BE ABSORBED THROUGH THE ROOT SYSTEM FOR GREAT VIGOUR FOR GROWTH AND PLANT RESISTANCE.
- **GARDENER'S HANDS?** MAKE SOME EXFOLIATING HAND SCRUB FIZZIES. ADD BICARB SODA, GROUND EPSOM SALTS, ESSENTIAL OILS & WATER, MIX WELL AND POP INTO SILICON MOULDS WITH A WEIGHT ON TOP TO PREVENT THEM RISING. LEAVE FOR 24 HOURS TO SET AND STORE IN AIR TIGHT CONTAINER. TAKE ONE FIZZIE IN YOUR PALMS WITH SOME WATER AND SCRUB UNTIL THE FIZZIE DISOLVES, RINSE, DRY AND MOISTURISE. OUR FAVOURITE OILS FOR THESE FIZZIES ARE LAVENDER AND LEMON.
- **AVOID GNATS** IN YOUR PLANTS, MIX CINNAMON ESSENTIAL OIL THROUGH SOME SAND. PLACE THE SAND ON TOP OF THE SOIL OF YOUR POT PLANTS.

## SPRING BLOOMS

- **A NEW SEASON** BRINGS A NEW CHANCE TO START AGAIN. TAKE THIS OPPORTUNITY TO PUT A SPRING IN YOUR STEP AND TAKE CONTROL OF YOUR LIFE WITH OUR SPRING BLOSSOMS DIFFUSER BLEND. ADD THREE DROPS WILD ORANGE, TWO DROPS GINGER, AND TWO DROPS OF YLANG YLANG INTO YOUR DIFFUSER, AND YOU'RE ON YOUR WAY TO MAKING THE MOST OF EVERY SPRING DAY.
- **THE BUGS ARE BACK:** LAVENDER AND ROMAN CHAMOMILE FOR BEE STINGS AND OTHER BUG BITES AS WELL AS SKIN RASHES.
- **SINUS / HAYFEVER / ALLERGIES?** LEMON, PEPPERMINT, LAVENDER IN FCO IN A ROLLER ACROSS THE NOSE AND FOREHEAD. POP THE BLEND INTO THE DIFFUSER AS WELL.



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- **FLOWERS, FLOWERS & FLOWERS:** A COUPLE OF DROPS OF TEA TREE OIL INTO YOUR VASE OF FLOWERS WILL KEEP THEM ALIVE LONGER AND ALSO KEEP THE WATER CLEAN AND STENCH FREE.

## AROUND THE HOME

- ADD FOUR DROPS OF CITRUS OIL TO THE **WATER TANK OF YOUR TOILET** TO MAINTAIN CLEANLINESS AND IMPROVE SMELL.
- **REMOVE LIMESCALE FROM YOUR KETTLE,** 1 CUP WHITE VINEGAR AND 1 CUP WATER, BRING TO THE BOIL, LET IT REST FOR 5-10MINUTES MAYBE LONGER PENDING THE AMOUNT OF BUILD UP, YOU WILL SEE IT DISSOLVE. RISE AND WIPE OUT. WIPE THE OUTSIDE OF YOUR KETTLE DOWN WITH YOUR FAVOURITE CITRUS OIL TO REMOVE GREASE AND GRIME, LOOK CLOSELY AT THE HANDLE.
- **ANTS?** ADD SOME PEPPERMINT OIL TO A WATER SPRAY BOTTLE AND SPRAY THE PERIMETRE OF YOUR HOME AND THE AREAS WHERE THE PESKY ANTS LIKE TO BE.
- **DEEP CLEAN YOUR CARPETS & RUGS:** ADD SOME LAVENDER AND TEA TREE OILS TO BICARB AND SPRINKLE ON YOUR CARPETS AND RUGS. LEAVE FOR 30 MINUTES AND THEN VACUUM.
- **REPLACE THE AIRWICK!** LEMON, LIME AND GRAPEFRUIT OILS MIXED WITH WATER AND A TOUCH OF WITCHHAZEL IN A SPRAY BOTTLE IS THE PERFECT ENERGISING SPRING ROOM SPRAY.
- **LAUNDRY SCENT BOOSTER:** 2 CUPS EPSOM SALT 15 DROPS WILD ORANGE, 15 DROPS LAVENDER AND 15 DROPS OF GERANIUM OILS. MIX TOGETHER AND STORE IN AN AIRTIGHT CONTAINER. ADD 1/4 CUP INTO THE TUB OF YOUR WASHING MACHINE BEFORE EACH LOAD.
- **CREATE A VACUUM DIFFUSER,** POP A FEW DROPS OF OIL ON THE FILTER OF YOUR VACUUM.
- EUCALYPTUS ON A COTTON BALL DROPS AND LEAVING THEM IN CABINETS AND OTHER PLACES **WHERE PESTS MIGHT CROP UP.**



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## Spring Edition

ON YOUR BODY

- **SANDAL-READY TOES.** OUR TOES NEED A LITTLE TLC BEFORE THEY MAKE THEIR SPRING FLIP-FLOP DEBUT! SCRUB THEM DOWN WITH AN INVIGORATING PEPPERMINT SUGAR SCRUB TO GET THEM LOOKING THEIR BEST. CREATE A SCRUB BY COMBINING 3/4 CUP OF SUGAR AND 1/2 CUP OF LIQUID COCONUT OIL. ADD 10 DROPS OF YOUR FAVOURITE ESSENTIAL OIL - PEPPERMINT AND LEMON ARE OUR FAVOURITES FOR THIS SCRUB.
- **SOOTHING SORE MUSCLES:** IF YOUR BODY IS SCREAMING AT YOU AFTER A LONG RUN OR A DAY OF GARDENING, ESSENTIAL OILS TO THE RESCUE! ADD A DROP OF YOUR FAVOURITE OIL TO A GLOB OF COCONUT OIL AND MASSAGE INTO YOUR MUSCLES FOR A SOOTHING EFFECT.
- **RECOMMENDED OILS:** SIBERIAN FIR, WINTERGREEN, COPAIBA OR APPLY A DOB OF ICE BLUE CREAM.
- **SPRING PUREFUME SPRAYS:** 1 TABLESPOON VEGETABLE GLYCERIN  
1 TABLESPOON WITCH HAZEL, 6 OUNCES DISTILLED WATER,  
28-35 DROPS ESSENTIAL OIL – YLANG YLANG, BERGAMOT, FRANKINCENSE
- **MOZZIE REPELLENT BALM, SPRAY OR DIFFUSER BLEND:** NOURISH YOUR SKIN AND REPEL THE CRITTERS! LAVENDER, CITRONELLA, LEMON EUCALYPTUS, ARBORVITAE!
- **EASE THE ITCH BATH SOAK:** MOISTURIZING SPRING BATH SOAK 9 DROPS LAVENDER ESSENTIAL OIL 6 DROPS GERANIUM ESSENTIAL OIL 6 DROPS CHAMOMILE ESSENTIAL OIL 4 DROPS FRANKINCENSE 4 CUPS FINELY GROUND ORGANIC OATS 1 CUP POWDERED MILK (OPTIONAL).
- **DETOX YOUR BODY GINGER SOAK:** MIX 1/4 CUP OF EPSOM SALT, 1/4 CUP SEA SALT, 3 DROPS OF GINGER OIL WITH 1 CUP OF APPLE CIDER VINEGAR. FILL YOUR TUB AND POUR THIS IN AND SOAK! RINSE OF UNDER THE SHOWER WHEN DONE. THIS CLEANSE IS PERFECT FOR DRAWING OUT THE TOXINS AND RESETTING YOUR GUT.
- **ROSEMARY RICE WATER HAIR CONDITIONER SPRAY:** 1 CUP OF RICE, 2 CUPS OF WATER AND 5 DROPS OF ROSEMARY AND 5 DROPS OF LAVENDER. SOAK THE RICE IN THE WATER, DRAIN THE WATER INTO A SPRAY BOTTLE AND ADD YOUR OILS TO IT. SHAKE WELL AND SPRAY TO ROOTS TO HELP NOURISH AND PROTECT HAIR AND PROMOTE NEW GROWTH.
- **SPRING GLOW NATURAL BRONZER:** FOR THE BASE:  
1 CUP OF ARROWROOT POWDER, 2-4 DROPS TEA TREE ESSENTIAL OIL ADD ONE OR A COMBINATION OF: COCOA POWDER, GROUND CINNAMON, NUTMEG, BRONZE MICA POWDER TO GET THE TONER YOU ARE AFER.
- RUB LAVENDER OIL ON YOUR **HAIR TIE TO AVOID SNAGGING** YOUR HAIR WHEN YOU TAKE IT OUT.



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## IN THE KITCHEN

- **PRESERVE PRODUCE:** IT'S STRAWBERRY SEASON . A QUICK OIL SOAK KILLS OFF THE SPORES THAT CAUSE PREMATURE ROTTING. PLACE BERRIES IN A GLASS BOWL AND COVER WITH COOL WATER. ADD A SPLASH OF WHITE VINEGAR AND A DROP OF LEMON ESSENTIAL OIL. SOAK, RINSE LIGHTLY AND DRY.
- **ELEVATE YOUR VEGGIES:** STEAMED CARROTS, PEAS, OR ASPARAGUS PAIR WELL WITH A SINGLE DROP OF BASIL
- **UPCYCLE YOUR EMPTY SUPPLEMENT BOTTLES:** SPRAY PAINT THE CLEAN BOTTLE, WRAP LOOPS OF TWINE AROUND THE TOP SECTION WHERE THE LID SCREWS ON. THE LLV BOTTLES ARE THE CUTEST LITTLE FLOWER HOLDERS.
- **CITRUS BLOOM - THE SPRINGTIME BLEND:** THIS IS THE PERFECT OIL BLEND FOR SPRING - ENERGISING, HAPPY, UPLIFTING. A TRUE CITRUS / FLORAL BOMB! POP A DROP OR TWO IN YOUR PORTABLE DIFFUSER WHEN OUT AND ABOUT IN YOUR CAR!

**FOR MORE HACKS WATCH OUT FOR OUR NEXT 30 IN 30 EVENT AND FOLLOW ALONG ON FACEBOOK AND INSTAGRAM VIA THE HANDLES BELOW.**

