

Enter to win the \$100,000 **Ultimate Wedding** contest

[enter here](#)

presented by: **Crate&Barrel**



www.CrateandBarrel.com

Ads by Google

eNewsletter

Receive home spa tips, great spa deals, and more

email

zip

[sign up](#)

[Spa Specials](#) [Products](#) [The Magazine](#) [Articles](#) [Spa Basics](#) [Contests](#) [Recipes](#) [Subscribe](#) **NEW! Spa Gift Certificates**

Find a Spa
Day Spa

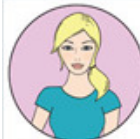
[view all articles:](#) [email to friend](#) : [print](#)

Enter Spa Name

or

Please Select a Destination

[Go](#)



Have a spa question?
I have the answer!

[Click here](#) to send me your question and check out other Q&As

SUBSCRIBE



Customer Service

Featured Retailers



Make Your Own Aromatherapy Household Cleaner

By: Mindy Terry

Short of moving to Hawaii, how can you bring the freshness of spring indoors when temperatures are still chilly? Try this cost-effective (less than \$1), all-natural household cleaner featuring antibacterial lavender and spruce oils, which de-stress and energize the senses. It will bring spring-cleaning freshness to every corner of your home or office.



Think Spring Aromatherapy Household Cleaner

1. Fill a spray bottle halfway with white distilled vinegar and 1 tsp. fresh lemon juice.
2. Add 30 drops each of lavender and spruce essential oils. (Mountain Rose Herbs is a great place to purchase organic, high-quality, essential oils.)
3. Add tap water to fill the bottle. The hotter the water is, the better the cleaner will work.

This cleaner is great for toilets, bathtubs, sinks, nonporous countertops, and ceramic tile. However, because it is acidic, don't use it on marble, granite, or wood. Also, the cleaner does not contain alcohol, so it does not dry as quickly as a commercial cleaner. (You may find that the vinegar has a slightly strong odor initially. Don't worry—the scent will dissipate quickly, and it deodorizes in the process.)

If you don't have time to make your own aromatherapy cleaning supplies, you can always purchase some. Two of my favorite companies for aromatherapy-based cleaners are Caldrea and Mrs. Meyer's Clean Day.

Image: [iStockphoto.com](#)



With 17 years in the spa industry, Mindy Terry is the Founder and President of Creative Spa Concepts. Terry is also a licensed cosmetologist, aesthetician, yoga instructor, and certified infant massage instructor.

More DIY recipes from Mindy Terry:

- **DIY Peppermint Hot Cocoa Body Scrub**
- **DIY Vanilla-Ginger Milk Bath**
- **DIY Sugar Honey Scrub**