

At Home with ETHAN ALLEN®

ESSENTIAL OILS BLENDING

with



MARILEN MONTENEGRO



At Home with ETHAN ALLEN®



CREATING A NATURAL HOME

MY OWN MISSION AND VISION: TO INSPIRE OTHERS TO CREATE A MORE ORGANIZED AND BEAUTIFUL HOME BECAUSE I BELIEVE THAT A TIDY AND INSPIRED HOME LESSENS STRESS, IMPROVES RELATIONSHIPS AND HELPS CREATE BETTER LIVES.

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ALARMING FACTS:

A 20-year longitudinal study conducted by scientists at the University of Bergen in Norway has found that using cleaning products can be as harmful as smoking 20 cigarettes a day. SOURCE: FORBES.COM

According to EWG or The Environmental Working Group which is a non-profit organization focused on the environment and public health, only 7% of cleaning products disclosed their contents. After 14 months of heavy research, they reported that 53% of cleaning brands currently under review already contained lung-harming ingredients. In addition, carcinogens and ingredients like formaldehyde were found in several cleaners. SOURCE: Huffington Post

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SOME OF THE MOST HARMFUL SUBSTANCES AND SOME WORDS YOU SHOULD KNOW:

1. FORMALDEHYDE
2. BLEACH
3. FORMALIN
4. THIOUREA
5. PERCHLOROETHYLENE
6. PARABENS
7. NONYLPHENOL ETHOXYLATE
8. BUTOXYDIGLYCOL
9. IRRITANT
10. HARMFUL IF SWALLOWED
11. VOCs volatile organic compounds
12. AEROSOL SPRAYS

*** READ THE LABEL!**

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Beware of the following:

Aerosol spray products, including health, beauty and cleaning products;

Air fresheners;

Chlorine bleach

Detergent and dishwashing liquid;

Dry cleaning chemicals;

Rug and upholstery cleaners;

Furniture and floor polish; and

Oven cleaners.



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SOME NATURAL CLEANING SUBSTITUES:

VINEGAR

BAKING SODA

ESSENTIAL OILS

LEMON

HYDROGEN PEROXIDE

OXYGEN BLEACH

Sugar cane alcohol

Vegetable glycerin

vodka

Let's make our own home cleaners!

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All Around Disinfectant

Ingredients:

- 3 cups distilled water
- 1.5 cups of white vinegar
- 15 drops of tea tree essential oil
- 20 drops of eucalyptus essential oil
- 3 round slices of real lemon

Melaluca Essential Oil (Teatree)

- Promotes clear breathing
- It has purifying properties to protect against environmental threats

Eucalyptus Essential Oil

- Promotes healthy breathing
- Cleanses the air from pollution and mold



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Linen Spray

Ingredients:

- 2 cups distilled water
- 2 tablespoons sugar cane alcohol or unflavored vodka
- 10 drops Cedarwood essential oil
- 5 drops Ylang Ylang essential oil

Cedarwood Essential Oil

- Keeps insect at bay
- Relieves headaches and stress
- Eliminates varieties of fungal infections

Ylang Ylang Essential Oil

- Lessens Tension and stress
- Promotes Positive Outlook
- It has a sweet floral scent that beautifies a space



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Body Scrub

Ingredients:

1/2 cup epsom salts

3 Tbsp virgin coconut oil

5 drops **Serenity essential oil**

Serenity Blend essential oil

- Calms the mind, relaxes the body, and soothes the soul.
- It lessens muscle tension and a stressful mind.
- Promotes a restful sleep.



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#EthanAllenxMarilynStyles