



*And so with the, sunshine and the great
burst of leaves, growing on the trees,
just as things grow in, fast movies, I had that,
familiar conviction, that life was
beginning over again, with the summer.*



(F. Scott Fitzgerald)

5 Natural Mosquito Repellents that Really Work

1. **Vetiver Essential Oil** – In a study published in “Journal of Vector Ecology” researchers compared several plant derived essential oils to DEET-based or picardin-based chemical mosquito repellants. They found that vetiver was more effective than any of the chemical repellants or insecticides at repelling mosquitoes! It repelled more than 95% of a particular species of mosquito which was significantly more than any of the other products tested.
2. **Catnip Essential Oil** – Apparently mosquitoes hate catnip as much as cats love it. A study in “Science Daily” found catnip ten times more effective at repelling mosquitoes than DEET.
3. **Hairy Basil Essential Oil** – This specific type of basil oil this was found to repel mosquitoes as quickly as DEET.
4. **Lemongrass Essential Oil** – found to also be highly effective.
5. **Neem Essential Oil** – A study found that 2% of Neem mixed into coconut oil as a carrier is effective against mosquitoes for 12 hours before it needs to be reapplied. Compare that to new research which shows that within 3 hours to exposure to DEET repellants, mosquitoes become desensitized. In other words, even reapplications of DEET after 3 hours are unlikely to be effective if the same mosquitoes are still around.

HOW TO USE: To use the essential oils add 10 drops to 4 ounces of the carrier oil of your choice (grapeseed, almond, coconut oil etc). Apply the mixture to any exposed areas prior to going outside and reapply as necessary. If you have sensitive skin you may want to do a patch test 24 hours before to see if you are allergic, although most people are not.

♥ (from Care2 Healthy Living 6/22/2015)

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Hope everyone is having a relaxed and happy summer! We sincerely appreciate all of you who participated in our review contest from our Spring Newsletter. The winner of the \$100 Café Intermezzo gift card was our wonderful long time client Aruna Rao McCann!

We are doing another contest for this newsletter! With TWO winners! Give us a review on any site (Google, Kudzu, Yelp) and your name will be entered in the drawing (once for each review you post) for a \$50 gift card to either Brooklyn Café or Café Intermezzo! Contest will end September 15th and drawing will be held September 16th.

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Make Your Own [Safe] Fireworks!!

Get a two liter bottle of soda and a packet of Mentos. Drop the candies into the soda bottle and watch the soda geyser erupt!

Get a splinter in your thumb? 🍷

Spread Elmer's Glue on the splinter, let it dry and it will peel right off!



On July 25th the Sparklers will again be preparing and serving brunch for the families staying at the Ronald McDonald House near Emory!

Summer Pie

This recipe is super easy and really delicious!

1 cup boiling water
1 - 4 oz size strawberry Jello
1 cup evaporated milk
graham cracker pie crust

Stir boiling water into Jello in large bowl for at least 2 minutes. Add evaporated milk to Jello, stirring well with wire whisk. Refrigerate 30-45 minutes or until mixture is thick and will mound. Spoon into crust and refrigerate for 4 hours. Serve with whipped cream, and strawberries, if desired. *Enjoy!*



Keys to a Peaceful Family Vacation

1. **Eat In** – Restaurants can be stressful. Everyone has to agree, and then you have to wait. Plus, if you have kids, they will get cranky and then the meal isn't that pleasant anyway, and then put into the mix, picky eaters. Getting a place with a kitchen is well worth it.
2. **Know Your Limits** – You have to go at the speed of the lowest common denominator. If that is your toddler, or your mom, that is how fast you are going to go. You should head into the vacation knowing that. Be realistic. Say "This is what we are going to be able to accomplish", and, then give yourself ample time to do each activity and enjoy it.
3. **Escape Each Other** – On family vacations, people who do not normally spend 24 hours together are suddenly doing just that. So plan breaks every 3 or 4 hours. Find time to read a book or walk on the beach alone. Doing some thing physical will help reset your focus. This is especially true for parents of teenagers – give them some freedom. When they HAVE to be with you, they want to rebel. Once it's not required, they WANT to stick around!
4. **Plan For Late Afternoon Crankiness** – Plan activities for that odd time between lunch and dinner, even if it is just a card game. Or maybe a scavenger hunt.

♥ (Real Simple June 2015)



Remember when you Refer a Friend or Neighbor to us, You get \$50 off your next Cleaning!!!!



Thank You so much for being part of our Sponge & Sparkle Family!!! We Really Appreciate You!!!

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