

BRITAIN'S NO.1 ALTERNATIVE HEALTH

# Here's Health

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FREE!  
NATURAL BEAUTY  
PRODUCTS FOR EVERY READER

holistic living

## Post-party clear up

Freshen up your home after the party season  
with these chemical-free treatments

Everyone loves a good party and this year, as we celebrate the arrival of a new century, they'll be bigger than ever before – and so will the morning-after clean-up.

Luckily there are plenty of chemical-free cures for getting rid of wine stains, candle wax and the smell of stale smoke:

### ■ TEA & COFFEE STAINS

Spray the stain with soda water and then sponge on borax solution. Borax is a harmless and deodorising mineral available from most chemists. You can also use a combination of 5ml glycerine and 2 drops tea tree oil. This mixture can also be used for wine stains.

■ **BEER STAINS** Quickly soak the stain with bicarbonate of soda, dry, then brush off.

■ **LIPSTICK** Rub in glycerine and leave for an hour, then sponge area with eucalyptus oil and wash in warm, soapy water.

■ **CANDLE WAX** Place kitchen paper over the wax then iron on medium heat to absorb it.

■ **RED WINE** Cover the stain with salt or mineral water as soon as possible. If it's on the carpet, leave the salt for five minutes and blot the area with a clean towel. If the stain is on a garment, cover the item with salt and then rinse with cold water.

■ **CIGARETTE BURNS** Rub fabric burn stains with the edge of a silver coin; to remove them from a table, mix borax and glycerine into a paste, cover stain, leave for ten minutes, then sponge off; or rub them with glycerine, from Boots.

■ **GREASY MARKS** Remove greasy marks from wallpaper by rubbing them with a piece of bread. If the grease is on a garment, then take a note from Alan Hayes, author of *It's So Natural* (Gill & Macmillan, £7.99) and use eucalyptus oil, blended with 450g of grated pure soap, 50g of borax and three tbsp of methylated spirits. Blend the soap and the borax together and mix over heat. Leave mixture to harden and then grate. Add the methylated spirits to the flakes and leave overnight. After this period, add 1 tbsp of eucalyptus oil. You should use 1 tbsp of the mixture with 9 litres water.

■ **HEAT DAMAGE** Polished surfaces can be spoiled by white rings left by hot cups and plates. These can be removed by dipping a duster into a mix of ten drops each of linseed



and tea tree oils, and applying a little elbow grease.

### NATURAL PRODUCTS

■ Eco Co Products offer the Ecozyme cleaning method which is suitable for floors, walls and ceilings and has even been used to clean London Underground's Northern Line! When added to water it biodegrades dirt without the use of caustic chemicals. It uses natural micro organisms and enzymes that are harmless to the environment. Call 0208 7773121. **Stockists include:** Healthy House, 01453 752216. The Green Shop, 01452770629. Herbs Hands Healing, 01379 608 082.

### GET FRESH

■ Placing a bowl of water in the room before the party helps to absorb smoke.  
■ Deodorise carpets by sprinkling bicarbonate of soda over them, leaving for an hour

### CLEANER CARPETS

- 1 Dissolve ½ cup pure soap flakes, or grated soap, in boiling water
  - 2 Wait until they are cool and then whip until stiff
  - 3 Apply to the carpet in small areas, allow to dry, then remove the residue and wipe with a damp cloth
  - 4 Finally, brush the pile when the carpet is almost dry.
- From *It's So Natural* by Alan Hayes (Gill & Macmillan, £7.99). Available from HH Bookshop incl p&p, see page 87.

or two and then hoovering. Sprinkle a few drops of essential oil, such as lemon, on carpets to leave them smelling fresh.

■ Bring as many of your house plants as possible into the offending room as they help to absorb cigarette smoke and freshen the air.

■ If you don't want to make your own, try one of Twenty First Century's natural air fresheners, choose from lime, vanilla, lavender and orange (£3.35/1oz, £5.65/7oz). Call 0181 420 6474.

**FURTHER READING:** *It's So Natural* by Alan Hayes (Gill & Macmillan, £7.99). *Natural Superwoman* by Rosamund Richardson (Kyle Cathie, £18.99). Books available from HH Bookshop incl p&p. See page 87.

