

Spring Spring Spring!

I think Mr. Groundhog was actually right this time – early spring. We really haven't had much of a winter but an early spring is always great. We New Englanders love our snow but when our thoughts turn to spring, all bets are off!

I've seen quite a few folks out running again. The cyclists are out and everyone seems to have a skip in their step. What is really interesting, the peepers are out already! We've been hearing them when we drive by the pond on our way home at night. Last night was especially fun – I had to dodge around the little jumpers as they went from one side of the road to the other. I guess the pond is better over 'there'!

Another great aspect of Spring, is spring bulbs! With the warm weather, I'm seeing some of the bulbs starting to peek above ground. I'm seeing some early spring flowers slowly peeking up. I keep telling them to be careful because it is only March – we can still get a snowstorm or two. How are your gardens coming along? Anyone see any bulbs or flowers starting to peek up?

This month also starts a purge, of sorts. We open the windows and doors on days that are warm; we may buy daffodils or other cut flowers to bring some light and color into our homes. We change up the Essential Oils we use in our diffusers – try some Citrus Oil like Grapefruit, Orange or Lime. We clean and I mean deep clean to get the cobwebs out and the dust bunnies that hide in places we didn't know they could go. We may run the woodstove less – this is my favorite! I love my stove for heat, but I also love when I don't need to run it. I'll have more on deep cleaning later.

Workshops and Events:

March 22nd – Beginner Soap Making using Melt and Pour [Charlton Arts and Activities Center](#) - currently this workshop is still on and I will have plenty of hand sanitizer around for folks to use. There will also be Thieves spray to wipe down any surface that we all use.

April 4th – Spring/Easter Craft Fair at the Lowell Elks in Lowell, MA – this is currently still on, I will post if the event is cancelled. If it is still held, please stop by – we can all use a little bright and different during this time of crisis.

With the world in a little bit of chaos with virus, I will share what I am doing to help keep my family healthy and safe. The information I share here can be helpful to some people. At the end of the day we all get to decide how that information applies to our own life and health.

Washing hands is critical - there are lots of meme's going around about signing different songs or intros to TV series, Star Trek for us geeks. It is super important to wash hands, as is keeping your hands out of eyes, mouth or nose goes along with washing hands. They are entry ways for germs and germs love that warm, moist dark world of our eyes, mouth and nose. Next up is Thieves - I have a spray, a rollerball and the actual oil that we use daily. There is plenty of data on the web that shows Thieves is as effective at killing germs than most products that are out there. Plus it does not hurt your pets or your children. I spray our sheets every morning, along with the dog beds, I run our diffusers with Thieves, a 'mint' oil and a citrus oil for uplifting feelings - such as spearmint/peppermint, Lemon/Lime/Bergamot/Orange to lift up positive feelings. Keeping your 'happy' full is one of the best ways to combat life. I also try to spend quite a bit of time outside in the sun - Mother Nature's cleansing pill.. That sun feels great this time of year!



Cuticle Oil pens or nail bottle. Apply to you cuticle to keep them soft and allow your nails to grow and be strong. Made with Rosehip Oil along with Carrot, Myrrh, Frankincense and Lemon Essential Oils.



Cute and fun soap for Easter. Bunnies and Eggs, made with Goats milk and Glycerin base along with Essentials Oils that give the feeling of fresh air and sunshine such as: Peppermint, Lemon, Cardamom.



Spring Rain soap - a nice refreshing smell - just like after a spring rain -grounding, earthy and uplifting. Made with Goat's Milk, Shea butter base and Glycerin Base, along with Rose, Ylang Ylang, Lemon and Vetiver Essential Oils. Welcome Spring!



Gardeners Hand Soap - Use with the Gardeners hand scrub for removing dirt and grease from your hands while leaving them soft and crack free. Good for year round use! Made with Goats Milk base, bentonite clay for removing toxins and Essential Oils of Lemon and Rosemary for extra degreasing and disinfecting.

Some Essential Oil recipes for you to create on your own.

- Alcohol and Aloe Vera along with 2 drops of Oregano and Thyme make a great simple hand sanitizer
- Add a couple of drops of Lemon Essential Oil to your laundry for a fresh smell and minor whitening
- Baking soda is a great hack for toothpaste in a pinch – add Orange Essential Oil for whitening
- Have a sore earing hole? Add a drop of Oregano 3 times a day for a week and it'll heal up nicely
- Use Lavender after pulling out a splinter – it'll stop hurting in seconds and healing in under a day – Lavender rocks!
- Create foaming soap using 1 Tbsp. of Castile soap, 5 drops of Thieves/Lemon or Oregano for a great smelling bathroom or kitchen soap.
- Playdough! A couple of links to use to make playdough with your children while we stay safely home:
<https://www.thepinningmama.com/essential-oil-no-cook-play-dough-recipe/>
<https://www.theprairiehomestead.com/2014/06/diy-aromatherapy-playdough.html>

Let me know what recipes you use in your home.

Final Thoughts:

Workshops are a fun way to learn about Essential Oils. If you are interested in learning more about them, reach out to me for more information

Thank you for taking the time to read this Newsletter. Let me know if you have any questions. If you have something you are interested in learning, I will research and put it in my next newsletter. The more we all know, the better we will all be. I welcome all comments and suggestions. Till next month.

If you are in need of a refill of an Essential Oil or rollerball/cream or interested in learning more about the Essential Oils, email me directly. If you need a refill head to my Etsy page or my website or contact me via email for any orders.

Happy Spring and here's hoping to a virus free summer!

You can reach me at:

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Theviolethummingbird@gmail.com

<https://www.etsy.com/shop/TheVioletHummingbird>



** disclaimer – Always know where your oils are sourced from. I use Young Living Essential oils because they own all their farms and I know how they maintain their farms. Know your source and always be extra vigilant.

Disclaimer: I am not a doctor, nor do I try to be one. I cannot diagnose, cure or prevent any disease. I share my knowledge freely but it is not a substitute if you have a medical condition that persists. Please contact your physician if you do.