

*Spring 2023*

# ESSENTIALS

VOL. 1



**@RISENSHINETRIBE**

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*For Your Home*



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01

# Spring Fresh

There are so many ways to let the freshness of spring into your home. After winter our homes get kind of stale. Throw those windows open and give them and your window coverings a good clean. Clean windows let in more light which helps with productivity and focus as well as improving the energy efficiency of our homes by optimizing natural versus artificial lighting. Now is also a good time to replace your furnace filter.



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01

# Spring Clean

Spring is the perfect season to clean all the nooks and crannies that get overlooked in the colder months. Now is the time to clean out window tracks, light fixtures, baseboards and fan blades.

Unfortunately, many cleaners contain ingredients that negatively impact indoor air quality and our health. Try natural cleaning solutions like baking soda, vinegar and non-toxin cleaners when doing your annual spring clean.



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01

# Spring scented toxin-free cleaner

## INGREDIENTS

- 500ml (16oz) glass spray bottle
- 1 capful Thieves Household cleaner
- 10 drops each Ylang Ylang, Lemon myrtle or Lemon verbena, Lemon, Eucalyptus radiata
- 5 drops each Spearmint, Cinnamon bark
- Fill with water and invert bottle to mix gently
- Clean all the things (spot test If needed)



CHAPTER

02

*For Your Body*





# *Spring into Action*

We are basically complicated house plants; we need sunlight, water and nutrients. During the winter we tend to turn inwards and are outdoors less. Spring is the opportunity to commit to simple, daily movements. Find a playlist or podcast that you love and get outside for a brisk 30-60 minute walk every day. Another great thing about spring is fresh local produce becomes more abundant as we come into the season of spring greens. Focus on whole foods to feel your best.





Winter in most climates is drying to our skin. Show your largest organ some love by exfoliating and giving your skin some deep moisture. Stick to DIY recipes or products with natural ingredients; avoid products that contain parabens, phthalates and fragrance which can actually dry and irritate skin despite being labeled "moisturizing". You can also help hydrate from the inside by drinking enough water and taking a high quality omega3 supplement.



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## FLORAL SCRUB

- 1 cup organic sugar
- 1/2 cup coconut or olive oil
- 10 drops Orange essential oil
- 5 drops each Lavender, Ylang Ylang and Grapefruit essential oils
- Mix together sugar and oil, add additional oil until desired consistency and then add essential oils and mix again. Store in a clean glass jar and use on lips, hands, feet or anywhere you desire.



CHAPTER

**03**

*For Your Mind*



# Spring Mindfulness

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Decluttering has been shown to have many mental health benefits including reducing anxiety, improving decision making ability, relieving stress and is great exercise for your brain. Clinical psychologist Dr. Bhavna Barmi says "Decluttering allows mindfulness. Giving your mind a chance to wander and reducing your mental load can help you generate further insights into whatever you are working on". Start with one drawer.





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Breathing is something we do by reflex, but when was the last time you took some deep, intentional breaths? When we breath deeply there are so many physical and mental benefits including reducing stress, improving immunity, lowering blood pressure, assisting with pain relief and digestion. Fresh, outdoor air is best but if you are deep breathing indoors avoid using scented candles and other home fragrance products, instead opt for unadulterated essential oils in a diffuser which can provide multiple benefits.



03

# Spring Diffuser Blends

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## HERB GARDEN

- 3 drops each Lavender and Lemongrass
- 4 drops Eucalyptus radiata

## ZEN SPACE

- 3 drops each Lavender and Orange
- 4 drops Patchouli



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# THANK YOU!

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I hope you have enjoyed this ebook and found some useful information for this beautiful season.

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