



OLITION

WELLNESS SOLUTIONS
Integral Approach to Mastery

GREEN CLEANING

Make and Take: Multi-Purpose Cleaner

Olive oil? Baking soda? Vinegar? Essential oils? That about sums up most of what you need for cutting through grease, disinfecting, scrubbing, & more! With Green Cleaning, surfaces are germ- & toxin-free, while the soothing scents of cypress or lavender left lingering. Green Cleaning products are safe & simple to use. So safe, your children can help clean too! Most of the cleaners are multi-purpose; think of the space & money you will save, all while helping the environment!

Date: Wednesday, April 26th

Time: 7:00 pm to 9:00 pm

Facilitator: Susan Niedt B.S., M.Ed., CA

Fee: Attendance is free. For \$3.50, you may choose to create a Multi-Purpose Cleaner.

Registration: Call (609) 688-8300

Class size is limited.

Registration is required.

Learn How to Make Your Own:

- Multi-Purpose Cleaner
- Sink Scrub / Tub Scrub
- Toilet Bowl Cleaner
- Carpet Freshener
- Dishwasher Detergent
- Fabric Softener
- All Purpose Wipes
- Window Cleaner
- Furniture Polish / Wood Cleaner



Susan is a Certified Aromatherapist and Energy worker. She studied Aromatherapy at Aromahead Institute and Aromatic Wisdom Institute and is an active member of NAHA. Susan, both a Reiki practitioner and a Positive EFT facilitator, is currently pursuing her post certification studies in the Energetic Qualities of Essential Oils.