

LIFESTYLE

# *The secret to loving household chores - and shock horror! - even finding them 'therapeutic'*

The good news is that it's not only feasible to get a good vibe from and about household chores; it's actually reasonably easy.

Jessica Bragdon

BODY+soul



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It is possible to enjoy doing your chores. Source:BodyAndSoul

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**Washing grime and dust from floors. De-smearing windows. Getting rid of persistent annoyances like the soap scum, grease, and dirt that inevitably seem to collect in those hard-to-get-at places. Seemingly endless rounds of dishes and laundry. And then, when they're done, it's time to tackle them all over again. Is it any surprise we might not find household chores the most enticing way to spend our time?**

Yet there *is* something irresistibly satisfying about a clean, hygienic and well-swept home, freshly made beds and shelves full of fragrant laundry. So how can we overcome that groundhog day 'here we go again' reflex when it comes to cleaning the house? How can we actively transform our reluctance into a much more welcome sense of recuperation?

The good news is that it's not only feasible to get a good vibe from and about household chores; it's actually reasonably easy. There are a couple of key elements to this. One lies in our senses: how we respond, physically, emotionally, and psychologically to, for example, scents and textures.

The other is to do with our relationship with nature. Where these two elements intersect is critical to transforming tasks like doing the dishes or the laundry from something arduous to something that's positively therapeutic.

So, what if we harnessed the therapeutic benefits of essential oils to perform these essential household tasks? What could be more beneficial for our mood and wellbeing than infusing our homes with these beautifully soothing and uplifting aromas?

Here are some of my favourites:

Take **Eucalyptus Radiata Australiana {Eucalyptus radiata}** for example. Eucalyptus has stellar antibacterial, antifungal, antiseptic, and insect-repellent properties. But the smell of this natural decongestant—minty and camphorous—is like strolling through the rainforest after a light drizzle. Breathe in and clear the airways.

With similar antibacterial, antioxidant, and insect-repellent properties, **Peppermint {Mentha piperita}** is the ultimate all-rounder, powerful when combined with other essential oils, but also super effective when solo. Refreshing and revitalising, the crisp scent of peppermint stimulates memory and concentration while alleviating headaches.



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**Mandarin** (*Citrus reticulata*) is nature's perfect pick-me-up, its scent promoting happiness, contentment, and calm. But it also has fabulous antibacterial, antimicrobial, antifungal, and antiviral properties, which again, when combined with other essential oils, make it a truly powerful cleaner.

There are many more delightful and effective combinations too, and trying them out is a good way to refresh and reset the household cleaning routine. We know the cycle of chores will continue to revolve with monotonous regularity. But if you can wash the dishes with a velvety concentrate of lemon myrtle and mandarin essential oils, or hang out laundry infused with lemon scented eucalyptus and rosemary; if you leave bench tops smelling of a rain-drenched forest, or floors redolent with mandarin and peppermint, then this regularity can become a lot less monotonous and much more enjoyable.

Followers of the nineteenth-century Transcendentalists, like Ralph Waldo Emerson and Henry David Thoreau, believed immersion in the sights, sounds and smells of nature to be a deeply spiritual and enriching experience. Connection to nature makes all of us feel better: more at peace with the world, and yet also more alert and alive. More connected to an appreciative of the places we live, the people we love.



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So while the plant based ingredients and essential oils are getting to work on eliminating grease, dirt and dust mite allergens in everyone's homes, the aromas they release are offering the opportunity to breathe in all the goodness, purity, and healing power of nature. Arguably the best therapy of all.

*Jessica Bragdon is the co-founder of eco-friendly and plant-based homecare brand, [Koala Eco](#).*

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