

Use Bedtime as Clean

Time: While the kids are washing up at night, wipe down the tub, toilet and mirrors, and toss out clutter. When they're finished, quickly wipe down the sink and floor. Bathroom done.



Italian Cream Soda!

*3 tbsp flavor syrup
1 tbsp heavy cream
Ice
Sparkling mineral water*

Mix these together and you've got yourself the perfect Spring Mocktail!

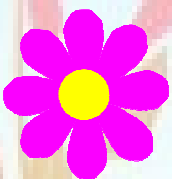


Exercise more

Regular exercise can improve your hay fever. The survey found that people with hay fever who exercise most have the mildest symptoms. Exercise will help reduce your stress levels



Here's a few tips for all your spring problems from Spring Cleaning to hay fever!



Make doormats welcoming.

Shake 'em, wash 'em, swat 'em with a broom. Give them the toughest cleaning they can take. They're your front line against tracked-in dirt—so keep them clean enough to function at peak efficiency.



Pansys & Lilac

There are no two greater plants to have during spring than the Pansy & the Lilac! Not only do they have a beautiful aroma but their colour with brighten up your garden to really welcome spring!

