



TIPS

Smells like home

Scents are the strongest ties to a memory, but when that scent is off an old shoe, undried paint, or rotting vegetables, it is not a memory someone wants to recall. Every house has its own smell both good and bad, from the people residing in the house, to the type of food being cooked, the garbage produced, and maybe even the smells wafting in from outside, either pleasant or not so much. Many of these appear to find a way to seep deep into the house's very walls...

Getting rid of these odours from every inch of the house might seem like a big task, but rest assured that some simple home remedies and even DIY fragrances are good enough to tackle these.

Before trying to eliminate any odour, most important is to find its source. The air inside our homes becomes smelly, and sometimes smellier than open areas outside, for a few particular reasons.

First of all, the kitchen is a large source of bad odors. Rotting vegetable peelings release bad smells over time if left to accumulate, so disposing them correctly in garbage cans and not the sink can reduce a part of the kitchen smells. Common burnt-utensil odors can be relieved temporarily by sprinkling salt on burnt areas to absorb the bad smell. Freezers can sometimes release bad smells if they are not taken care of properly. Dry coffee grounds in a pair of clean socks kept in freezers can absorb the stench and help prevent it from spreading. Microwaves are a common part of the kitchen most people tend to forget to clean. An easy hack is to take half a cup of water with a few pieces of chopped lemon and let it boil inside the microwave until the water evaporates. The steam will loosen up the gunk accumulated inside, while the lemon

gives it a nice fragrance.

Another part of the house that contributes to bad odors is undoubtedly the bathrooms. Baking soda and vinegar prove to be very useful in cases such as these. Two cups of water, one tablespoon of vinegar, one tablespoon of baking soda, and a few drops of essential oils for fragrance- can create a great abrasive for cleaning out the toilet, sink and other bathroom areas while the essential oils make it smell squeaky clean.

A great way to eliminate unwanted odors such as smoke or cigarette fumes is to pour white vinegar on a towel and swing it around the house to absorb the bad odors.

Sometimes simply eliminating odors is



not enough and a little extra is needed, which can be brought by adding fragrances to the ambience. Fragrances provide more than just an olfactory sensation, by acting like an accessory to the ambience of the room, adding depth and character and setting the mood of choice.

Scented candles are all the hype these days, and with autumn approaching, there is a wealth of flowery scents to choose from, at the stores. Simply lighting them up and leaving them in a corner will spread the fragrance all through the house, but candles are more appropriate for events since they need to be looked after and will burn out

soon. Diffusers on the other hand are a great option for long term use, as they can be left and forgotten, while creating a continuous beautiful ambience in any part of the house.

Picking the right fragrance is absolutely critical to the well-being of the people who live and breathe in the house. Subtle floral scents go well with living rooms, while parties and events call for something stronger like vanilla. Floral fragrances should be avoided in the kitchen as they would conflict with the food aromas, which makes fruity scents more suitable. Fruity scents are also a good option for bathrooms as they can mask bathroom odors like no other. Lavender and orange are flavors that are relaxing and hence should be put to use in bedrooms.

A good DIY is to dab essential oils of choice onto cotton balls and leave them in small bowls around the house such as bathrooms, wardrobes and living rooms for the scents to disperse. Other than that, adding essential oils to floor cleaners, kitchen cleaners, bathroom cleaners or other places can lighten the aura of the surroundings while providing a pleasant feel to it.

An aromatic home creates more than just a beautiful ambience, but it adds a sense of well-being to one's mind, body and soul. The added therapeutic effects of favourite fragrances are just an added bonus!

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Photo: Collected

