

By ~~May 2008~~ Gaza, Life & Style Editor

## Freshen Up Your Bedroom

*A few inexpensive tricks to keep your bedroom fresh and clean during the steamy summer months*

Summer is coming, and soon we might see ourselves forced to close our bedroom windows and turn on our fans or the air conditioning to help maintain a breathable atmosphere inside the room. However, I think most of us noticed that while air conditioned rooms are nicely cool and seem fresh when you first step inside, it doesn't take long to realize that there's no actual freshness coming from the machines. They do circulate the air and give off an often unbearable dryness that will leave our skin in bad need of an extra dash of moisturizer, and often leave a slightly musty smell in the room as well. Here are a few tips on how to fight off any pent-up staleness and turn your bedroom into a refreshing, invigorating oasis even during the hot summer days. One thing that is guaranteed to make your room cozier is opening the windows - if during the day or even early in the morning that's a no-no due to heat, street noises and other types of pollution, then do it at night. It's all up to your daily schedule, but I'm guessing a lot of us won't get into bed until around ten o'clock. Turn off all the lights, draw back the curtains and open the windows for at least an hour. During the summer season, it may be a good idea to change the sheets more often, and refrain from adding too much fabric softener in the washing machine. When the temperature outside is climbing slowly from the 80s to the 90s, it's a good idea to ditch the chemicals and turn to a series of inexpensive tricks involving all-natural products: place small bags of cedar or juniper chips in drawers, cupboards or closets. Pine cones, or pipe tobacco are also an option as far as scents and flavors go. Use sachets of dried flower potpourri to freshen the air and absorb any unwanted odors by placing a small dish or cup of baking soda in the bottom of your closet and in the bathroom. A dish of vinegar mixed with lemon juice will have the same effect. One other thing you may do is consider buying an air purifier. They may seem expensive at first, but they're a wise investment in the early days of summer. Some units also ionize the air they suck in and this helps eliminate a lot of unwanted odors. Bring fresh flowers into the room. If an air purifier seems too much, simply keep a nice bowl of water on the window sill at all times and change the water at least once a day. Add a few lemon or orange slices to the water in the bowl for added scent and you'll see how your room suddenly feels and smells much better.