



We Deliver Dazzle!

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I wanted to speak at length about
The happiness of my body and the
Delight of my mind for it was
April, a night, a full moon and-
But something in myself for maybe
From somewhere other said: not too
Many words, please, in the muddy
shallows the Frogs are singing.

Mary Oliver, from *Swan: Poems and Prose Poems*, Beacon Press.

Happy Spring!!!



Atlanta is so beautiful this time of year with all the trees and plants just bursting out in their beauty. As this season arrives and brings with it such an invigorating freshness, we can let it breathe new life into our homes! Embracing this seasonal shift can elevate your mood and enliven your living space.



Fresh air without artificial air "fresheners"

This is an easy way to neutralize odors and improve air quality – Just fill a glass halfway with water, then add 2 Tablespoons of vinegar and one Tablespoon of salt. Stir until the salt completely dissolves. Once it is mixed, place the glass in any room where you want fresher air!

Did you know ...

that eating an orange a day may reduce your risk of depression by 20%? A study by researchers at Harvard Medical School says eating an orange a day may lower a person's risk of depression by 20%. The study found that citrus stimulates the growth of a bacteria found in the gut that influences the production of two brain chemicals known to elevate mood, serotonin and dopamine. Researchers looked at data from more than 100,000 women who provided detailed information about their diet and health. The study only found the link to a lower depression risk with citrus, not other fruits such as apples and bananas.

(from CBS news)

Ways to invite Spring inside:

- Open your windows on sunny days and let lots of fresh air flow through your rooms. It is a very simple way to improve the indoor air quality and boost your mood.
- Bring in some beautiful fresh-cut flowers or potted plants to adorn your space.
- Swap put anything that feels heavy or dark for something light and airy. No more winter throws and dark pillows. Lighter fabrics and brighter colors reflect the season better.
- Use essential oil diffusers with citrus, lemon, or lavender.
- Think about doing some decluttering, not just as a cleaning task, but as a way to create a serene and organized space – because a tidier space leads to a tidier mind! 😊

To make perfume last longer,

start with a swipe of Vaseline on your pulse points, and then spray on your perfume. The moisturizer forms a barrier, slowing down the evaporation and keeping the skin from absorbing the fragrance too quickly.

(Real Simple Feb 2025)



Art Vision's Shrimp

This is a great picnic food! Just add some french bread, grapes, etc.

Ingredients:

- 3 lbs. cooked medium shrimp peeled and deveined
- 2 medium sweet onions sliced into rings
- 2 medium tomatoes chopped or
- 1 pint halved grape or cherry tomatoes
- 2 lemons sliced thin
- ½ cup olive oil
- 1/8 cup white vinegar
- 1 small garlic clove minced
- ½ teas. Worcestershire sauce
- 1 teaspoon salt dash pepper
- 1 ½ jars of capers (4 oz jars) undrained



Instructions

In a glass baking dish layer the shrimp, onions, tomatoes and lemons. In a separate bowl combine all the other ingredients, mix well and pour over the shrimp. Cover and refrigerate for about 8 hours, stirring occasionally to make sure the shrimp is well marinated in the liquid. Before serving pour off some of the liquid.

Behind every good marriage is a great house cleaning service.



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Refer a friend to us
and
enjoy a complimentary
fridge and oven
cleaning this Spring!!

As always, we are deeply grateful to have you as part of our Sparkle family. We hope we make your life a little easier and more joyful. Please let us know if there is anything we can do for you to make our service better! The easiest way to do that is by responding to our surveys, which we value immensely.

Thank You, Thank You, Thank You, for Supporting Our Small Business !!!!!



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