



SPARKLE, INC.®
We Deliver Dazzle!

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*As the leaves turn and fall approaches, we want to take a moment to express our heartfelt gratitude to each of our valued customers! Your trust and support have been the foundation of our success, and we are truly thankful for the opportunity to keep your homes sparkly clean and comfortable. This season, we're excited to continue serving you with the same dedication and care. Wishing you a cozy and joyful fall! Hope you like this newsletter with lots of ideas for making your home even more comfy and enjoyable! * * **



5 Things TO Try This Month

1. Start your morning outside

Drink your coffee on the porch, a stoop, a patch of sidewalk, or even by an open window, or go for a quick walk around your neighborhood. Research shows that exposure to morning light brings a surprising boost in energy and health.

2. Let the weather guide your plans

Hot afternoon? Morning walk. Cool evening? Dinner outside. Don't just endure the forecast; let it shape your day the way it might if you were on vacation.

3. Be a tourist in your hometown

Ask yourself, "If I were arriving in my hometown from somewhere else, what museum, park, restaurant, or historical site would I visit?" Surprisingly often, when we live in a place, we don't bother to go to the places that newcomers find most interesting.

4. Trade a tour

Ask a friend to show you one of their favorite outdoor spots, and then show them one of yours. It can be also fun to do this exercise over a video call with someone who lives far away.

5. Watch a sunset

The sun sets every day, yet many of us barely notice. Take some time to really notice the colors, the changing light, the way the shadows soften. (Or consider applauding.)

From Gretchin Rubin's newsletter

Should You Flush the Toilet With the Lid up or Down?

In our opinion – YES. This is a simple way to help keep your home cleaner and healthier. Dr. Pete He, chief scientist at Dirty Labs, explains how he recommends leaving the toilet lid down before flushing.

Dr. He explains that when you flush the toilet, germs in the form of small, aerosolized liquid droplets are dispersed on surfaces surrounding the toilet bowl.

Even though germs can still escape through the air gaps between the toilet bowl and the lid when you flush, Dr. He says closing the lid will help reduce the distance that those aerosolized droplets travel, as well as their time floating in the air.

To remove grease stains from clothing: Rubbing the greasy area with a piece of chalk. Most chalk is made up of calcium carbonate, which is incredibly absorbent. You can rub the chalk over the stain & watch it soak up the oil. The resulting dust will get brown and cruddy – brush it off and repeat as needed before laundering as usual.

(Real Simple Dept 2025)

Refresh Your Front Entrance

In feng shui, the front door is known as the "mouth of chi." Similar to how we nourish our body through our mouths, the belief is that the front door is where energy enters the home.

Joyful welcome mats, a fresh coat of paint on your door or entryway walls, and keepsakes that make you smile are simple ways to liven up the front of your home. According to House and Garden, an entrance hallway "can be a wonderful place to display a treasured collection of art or antiques."

TIP: A wreath can add a lot of personality and meaning to a front entrance.

Get Hygge

Much more than a decor trend, hygge is a way of life. Denmark's official website writes that hygge is "about taking time away from the daily rush to be together with people you care about — or even by yourself — to relax and enjoy life's quieter pleasures."

Cozy items that can help you embrace all things hygge include soft blankets, warm candles, and comfortable spaces to sit and chat awhile. * * *

Set a Positive Mood With Scents

Essential oils are known to be helpful mood boosters, particularly citrus scents like lemon and orange. Prefer the smell of rose and jasmine? Scientific research suggests that floral scents can also boost feelings of happiness. "The floral odors can make you happy, floral odors promote social interaction, social approach kinds of behaviors," psychology professor Jeannette Haviland-Jones told LiveScience.

To reap the potential benefits, bring new scents into your space with clean scented candles, an aroma diffuser, and room mists. *



Tidy up

Do messy places make you feel stressed out? You're not alone. Research has shown that clutter can contribute to depression and confusion and decrease focus.

"When your home is cluttered, messy, or exceptionally dirty, the chaos that the mess creates can impact your ability to focus. The clutter also limits your brain's ability to process information.

On the other hand, researchers have discovered people "are less irritable, less distracted, more productive, and better able to process information with an uncluttered and organized work area." If the thought of tidying up feels overwhelming, start small by making your bed each morning and finishing the dishes before you turn in for the night. *

Bring In Blooms

As if we needed another reason to love flowers: They're scientifically proven to make you feel better. If you'd rather have flowers that last longer, look into dried bouquets. *



Go "Toyspotting"

Take inventory of what aesthetics you find joyful in your day-to-day life. Whether you're on a walk in your neighborhood, eating dinner at a restaurant, or hanging out at a friend's house, keep an eye out for what speaks to your soul; then, brainstorm ways you can incorporate aspects of them into your home. Ingrid Fetell Lee dubbed this activity "joyspotting." She told Nice News: "The first step is just starting to understand which aesthetics you find yourself gravitating toward over and over again. Is it the wide open spaces of freedom and the natural textures in the plants? Or is it a sense of abundance where you find yourself really drawn to layers and textures and different textiles and polka dots and a sense of sensory abundance?" * * *

(Marika Spitulski/Nice News March 2024)



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home at a time!!**



Thank You! for being part of our Sponge & Sparkle family. We are deeply grateful for you.

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