



Spring!

by Jill Vegas
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"Spring is nature's way of saying, let's party!" - Robin Williams.

On the first warm day of spring wouldn't it be fun to have a cocktail with a friend after work, skip into Central Park, find some flowers, stroll around the great lawn, and then come home and take a hot bath? If you decide to try it, the bath can be your first official act of spring-cleaning.

Spring is here and it's time to detox your home, your mind, and your spirit. No matter what it feels like outside, it's time to bring the spring indoors. Spring is the season for rebirth, when hopes are regenerated and musty old baggage is sloughed off. Take this philosophy inside: freshen up your home and you will be thanking yourself when buyers come calling.

Start by popping an upbeat CD into the stereo...Led Zeppelin, The Ramones, and Gnarl Barkley are excellent choices to get you into the housecleaning mood. Open some windows to let in some fresh air. Now let's get started:

1. Closets: Organizing your closets is a great way to freshen up your home. Go through old clothes and get rid of items you haven't worn in more than a year. Take the rest to the dry cleaner. By the end of the week, you should have some room in that closet to hang your new bikini and spring shirts.

2. The Kitchen: Clean out your refrigerator. Throw out bottles of sauce and condiments you haven't used in months. And toss out anything crusty or caked. Then wash off the shelves with hot water and vinegar. You'll love how fresh and clean your refrigerator looks the next time you open it! If you still have energy, clean out your cupboards as well.

3. Living room: Vacuum your chairs and couches---and don't forget under the pillows. Move furniture and vacuum underneath. Throw out those old pillows and buy some new ones! Check out ABC Carpet & Home on Broadway (<http://www.abchome.com>) for luscious selections, or visit www.tinyliving.com for fun ideas to organize your possessions. Dusting out and organizing your living room will make it seem fresh and new.

4. Bath: Buy a new shower curtain and liner and scrub out that tub. Put some spring rain scented candles in the bathroom and take a warm bath with bath salts or eucalyptus-infused bath oil.

5. Spring blooms: Since our office is located in the heart of the flower district, our minds have turned to fragrant blossoms. To bring that sweet spring smell into your newly cleaned-out and organized home, go buy some hyacinth bulbs. Place them in a nice window planter and voilà, you've got a spring garden on your sill. Wheat grass planted in little black square bowls is another way to bring that spring feeling inside. Once your place is "spring-a-cized," it's time to do something special for your mind, body, and spirit.

Detox the Mind and Spirit: Wrap yourself in a soft bathrobe or pajamas, and sit in your newly cleaned living room to enjoy the fruits of your labor. Snuggle up with a copy of Walt Whitman's *Leaves of Grass* or perhaps take a trip down memory lane to 80's New York City with Tom Wolfe's *Bonfire of the Vanities*. Or pop in a movie.

Relax. Rejoice. Spring is here!



Clean out your closet and paint it shocking pink!



The Kitchen Before



The Kitchen After

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