

Class Act Personal Services™

House and Office Cleaning • Organizing • House-Sitting

Bonded, Insured, Licensed

949-350-6916

Monthly Newsletter

May 2016



*Ask
Virginia...*

Many of you in the CAPS Community ask excellent questions. I answered a client's question below...

Question:

Does the CAPS team use essential oils and/or fragrances when they clean? Can you tell me more about this?

Virginia's Answer:

In May, CAPS has begun using essential oils. We will use them on occasion, to delight those clients who appreciate a soft scent after we have cleaned their house or office. Currently, we are using lavender and peppermint essential oils. We will be including a few more in the near future.

Essential Oils: Essential oils are extracted from plants, but all plants do not contain essential oils. Essential oils are often used in the aromatherapy practice, as a healing for the mind and body.

Fragrance Oils: Fragrance oils are synthetic. They have a pleasant aroma, but they do not have the healing properties that the essential oils have.

Happy Mother's Day!

Class Act Personal Services would like to wish all mothers a Happy Mother's Day!

In the US, the Mother's Day holiday was first celebrated in 1908, when Ms. Anna Jarvis held a memorial for her mother at St Andrew's Methodist Church in Grafton, West Virginia. That church is now home to the International Mother's Day Shrine.

In 1914, President Woodrow Wilson signed a proclamation designating Mother's Day, to be held on the second Sunday of every May, as a national holiday to honor mothers.



Wouldn't you like to surprise your mother with a gift certificate for a visit from the Class Act Personal Services house-cleaning team? What a beautiful way it would be to thank her for all of the times she not only cleaned up after everyone, but did so without even saying a word about it.

Send me an email at Virginia@ClassActPersonalServices.com, or give me a call at 949-350-6916, so that we can plan your special Mother's Day surprise.

Call Virginia today at 949-350-6916.

"Success is not the key to happiness, happiness is the key to success."

~ Albert Schweitzer ~

From Virginia's Kitchen...

Recipe: Mother's Day Fruit-Granola-Yogurt Parfait

No matter what you might be preparing for your Mom's "surprise" Mother's Day brunch, a healthy and tasty Fruit-Granola-Yogurt Parfait might be a good starter. My own fruit favorites are included in the recipe below, but you can customize this recipe to include your own Mom's favorites.

Enjoy and have a fun Mother's Day!

Ingredients:

16 ounces yogurt, plain or vanilla
1 cup strawberries, fresh
1/2 cup blueberries, fresh
1/2 cup "soft" granola
1/2 cup raspberries, fresh (set aside for the topping)

Fresh cream or whipped cream (optional)

Preparation:

- 1) Wash strawberries, blueberries and raspberries. Slice strawberries. (Set raspberries aside.)
- 2) Gently mix the strawberries and blueberries in a medium size bowl.
- 3) Alternate the addition of fruit, yogurt and granola layers to each tall serving glass.
- 4) Top with fresh raspberries and then add the fresh cream or whipped cream last.

Servings: Two to three.

Suggestions: Instead of plain or vanilla yogurt, you can use a fruit-flavored yogurt to add an extra taste dimension to your Mother's Day Fruit-Granola-Yogurt Parfait creation.

Find other recipes "From Virginia's Kitchen" at ClassActPersonalServices.com/community.htm.

CAPS Services...

Class Act Personal Services provides House and Office Cleaning, Organizing and House-Sitting services.

House and Office Cleaning – The CAPS Team is polite, punctual and focused on your particular house and office cleaning needs. We use soft micro-fiber cloths and high-quality vacuums with filter bags that trap fine dust. A variety of high-quality cleaning products is used. And we use both environmentally-friendly and traditional products.

Important: Everyone on the CAPS Team speaks **English**, which greatly enhances the services that we provide to all of our house and office cleaning clients.

For details regarding our **House-Sitting** and **Organizing** services... ClassActPersonalServices.com/services.htm.

Call Virginia today at 949-350-6916 for a free estimate.

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