



Get Pressed Dry Cleaning News

September 2017



Lavender :

One of my favorite herbs is lavender because it can do so many things. Lavender has been used since ancient times, strewn on the floor to mask odors and to keep bugs away. Its name comes from "lavere" meaning "to wash". Here are a few ways to use lavender.

- Make lavender sugar by blending sugar and dried fresh lavender from your garden.
- Use as a fragrance for massage oil by adding a few drops of essential oil to almond oil.
- Make sachets of lavender from your garden and place one inside your pillowcase to aid in a quiet, refreshing sleep. Place a sachet in your lingerie drawer to add fragrance to your lingerie as well as repel any lurking bugs.

Caring for Your Lingerie

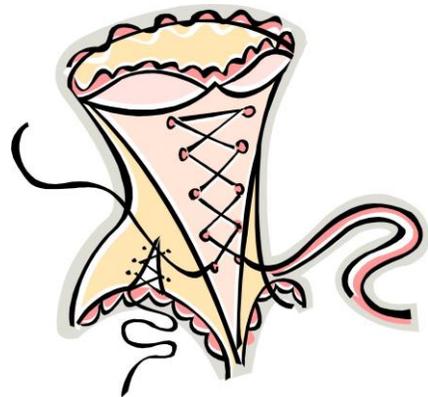
Lingerie is one of the most decadent purchases you will ever make. In order to luxuriate in that decadence a bit longer, let's talk about how to take care of these items.

Dry cleaning is probably the best way to keep your lingerie in top-top condition, especially if the care tag recommends dry cleaning. If it allows hand washing, you have the choice of either dry cleaning them or hand washing them. We do understand if you live in a small town you may be a little shy, so we'll give you a few tips on how to care for your lingerie in-between dry-cleanings.

Hand washing is how you will take care of these garments. Use your hands, be careful and gentle. Never, ever put your lingerie into the washing machine. Even the gentlest cycle can still result in snags and tears. When you hand wash your lingerie, use cold water so that you avoid shrinkage.

Use a mild lingerie soap or silk wash that is designed to be used in cool water. Soak for about 25 minutes, drain and refill the sink with cool water and soak for an additional ten minutes. Using your hands to support the lingerie, lift them from the bottom and fold them over and over so that you remove all the soap from the fabric. One rinse should be enough, but you can repeat the rinse technique one more time to be sure that all the soap has been removed.

Never use bleach for your lingerie items. It will ruin them. As with all wash, combine lights with lights and darks with darks so that you avoid discoloring your lighter colored items. The best way to dry your lingerie is to first roll it in a towel to remove the majority of the water, then place towels on a flat surface, and lay the garments on them flat to dry. If you wish, you can use a warm iron while the garments are still slightly damp.



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Supercharge Your Brain

Sometimes we blame age on our faltering memory. This might be true but there are steps you can take to stay sharp without giving in to age-related memory loss.

Drink green tea about ten minutes before you tackle a difficult mental task and watch your concentration soar. The caffeine and L-theanine help you to pay attention by emitting relaxing alpha brain waves. You're alert, calm, **and** focused.

Reading helps you to reduce your risk of memory loss by up to 40%. Make a weekly visit to the library a "must do"!

Exercise helps prevent brain aging reduces your risk of age-related memory loss by up to 30%. Maybe you should not only go to the library, but walk there! Daily 30 minutes of exercise reduces cardiovascular disease risk which contributes to memory loss.

Folic acid is not just for pregnant women. It reduces your homocysteine levels by 25%. Get this from eating fortified cereal, kidney beans, or spinach.

Daydream. Yup! I'm giving you permission to do this.

How to Lower Cholesterol

That last visit to the doctor give you bad news? This might help make you feel better.

- Did you know that eating a cup of blueberries a day is as effective in lowering your cholesterol as taking medication? It doesn't matter if they're fresh, frozen, or dried, in pies, or in juice.
- Snack on nuts to lower bad LDL and raise good HDL cholesterol levels. Just 2 ounces a day does it.
- Oatmeal has long been touted as a way to clobber cholesterol. They're right. All that fiber literally soaks up cholesterol before it is absorbed.
- Drink your water. You've heard how healthy water is, but you probably didn't know that it stimulates your liver and minimizes cholesterol production.
- Drinking grape juice or orange juice helps cholesterol to keep from sticking to your arterial walls.
- Filter your coffee. Regularly drinking French press coffee can raise your LDL levels. Compounds that raise them are trapped by paper filters.

Back to School

What is it about shopping for school supplies that is so exciting? Long after I finished "going back to school" I still feel that thrill of excitement when notebooks, pens, crayons, paper, and glue go on sale at all the neighborhood stores. I guess I learned in school that there was nothing that was unavailable to me if I just learned to read. My father told me long ago, "If you can read, you can learn anything." As the years have gone by, I've discovered that he was absolutely right. Today there are books about just about every subject. Even better, the internet makes up for any gaps in that available information. Some people hated school. I was one who loved school because it was there that I became a scholar. A scholar is someone who learns just for the sake of learning. I became a student of life and of knowledge. Maybe I'll never grow old.



"The philosophy of the school room in one generation
will be the philosophy of government in the next."

~Abraham Lincoln

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