

# NATURAL CLEANING SOLUTIONS

## CITRUS DISHWASHING BLEND:

(For hand-washing, not to use in the dishwasher)

16 OZ (2 CUPS) LIQUID CASTILE SOAP  
6 TABLESPOONS WATER  
20 DROPS LIME ESSENTIAL OIL  
10 DROPS WILD ORANGE ESSENTIAL OIL



FILL A CLEAN 16 OZ SQUIRT BOTTLE WITH CASTILE SOAP, ADD WATER AND THE ESSENTIAL OILS. SHAKE THE BOTTLE BEFORE EACH USE.

## DUSTING/CLEANING CLOTH FOR WOOD

1/3 TSP FRACTIONATED COCONUT OIL  
1/4 CUP VINEGAR  
4 DROPS LEMON ESSENTIAL OIL  
SOFT CLOTH  
MIX INGREDIENTS. DAB SOFT CLOTH IN AND REUSE.

## ALL-PURPOSE CITRUS WALL CLEANER

1 CUP WATER  
1/2 CUP VINEGAR  
6 DROPS LEMON, OR ORANGE ESSENTIAL OIL

COMBINE ALL INGREDIENTS INTO A SPRAY BOTTLE. SHAKE BEFORE EACH USE. LIGHTLY SPRAY THE AFFECTED AREA ON THE WALL, AND WIPE CLEAN WITH A DAMP SPONGE OR CLOTH.

## FLOOR CLEANER

1 GALLON OF HOT WATER  
2 TABLESPOONS LIQUID CASTILE SOAP  
15 DROPS WILD ORANGE ESSENTIAL OIL  
8 DROPS LEMON ESSENTIAL OIL

COMBINE INGREDIENTS IN A LARGE BUCKET. USE A MOP TO CLEAN THE FLOOR. RINSING OPTIONAL.

## SIMPLE RUG AND CARPET DEODORIZER

1 CUP BORAX  
1 CUP BAKING SODA  
1/2 CUP CORNMEAL  
10 DROPS CLARY SAGE ESSENTIAL OIL  
5 DROPS CYPRESS ESSENTIAL OIL

COMBINE THE DRY INGREDIENTS IN A PLASTIC BOWL. ADD ESSENTIAL OILS AND MIX WELL, BREAKING UP CLUMPS. SPRINKLE THE MIXTURE ON THE CARPET, AND WAIT A FEW HOURS...IF POSSIBLE OVERNIGHT. THEN VACUUM IT UP!

## WINDOW CLEANER

1/8 CUP VINEGAR  
1 CUP WATER  
10-15 DROPS OF LEMON ESSENTIAL OIL

MIX INGREDIENTS IN A SPRAY BOTTLE. SHAKE AND APPLY. WIPE CLEAN.

## EASY-DOES-IT BOWL CLEANER

1/2 CUP BAKING SODA  
1/4 CUP WHITE VINEGAR  
10 DROPS MELALEUCA ESSENTIAL OIL

COMBINE ALL INGREDIENTS IN A BOWL RIGHT BEFORE TOILET WASH, ADD TO TOILET BOWL, BRUSH, AND YOU'RE DONE!

## ON GUARD PASTE CLEANER

3/4 CUP BAKING SODA  
2 TABLESPOONS ON GUARD CLEANING CONCENTRATE  
1 1/2 TABLESPOONS DISTILLED WATER

MIX INGREDIENTS TOGETHER WITH A SPATULA JUST UNTIL THEY COME TOGETHER. STORE IN AN AIRTIGHT CONTAINER.

A SMALL DOLLOP GOES A LONG WAY IN CLEANING POTS, PANS, BATHTUBS, SHOWERS AND KITCHEN SINKS. IT ALSO WORKS BEAUTIFULLY ON STAINLESS STEEL APPLIANCES.

## LIQUID LAUNDRY DETERGENT

WHAT YOU NEED:

5 GALLON BUCKET FOR MIXING  
WATER

1 FELS NAPHTHA OR CASTILE SOAP BAR

1 CUP BORAX

1 CUP ARM & HAMMER WASHING SODA (NOT BAKING SODA)

STEP 1: GRATE YOUR BAR OF THE FELS NAPHTHA OR CASTILE SOAP BAR

STEP 2: PUT GRATED SOAP IN A POT WITH 4 CUPS OF WATER AND HEAT ON LOW UNTIL THE SOAP MELTS, DON'T LET IT BOIL. ONCE ALL THE SOAP IS COMPLETELY MELTED, ADD THE WASHING SODA AND THE BORAX AND STIR UNTIL DISSOLVED. REMOVE FROM HEAT.

STEP 3: FILL 5 GALLON BUCKET HALF WAY WITH HOT TAP WATER. ADD SOAP MIXTURE & STIR IT UP. THEN FILL THE BUCKET WITH MORE HOT TAP WATER UNTIL IT'S FULL (LEAVE A LITTLE ROOM AT THE TOP) STIR COVER AND LET SIT OVERNIGHT.

STEP 4: STIR AND FILL A USED, CLEAN, LAUNDRY SOAP DISPENSER HALF FULL WITH SOAP AND THEN FILL REST OF WAY WITH WATER. SHAKE BEFORE EACH USE. (WILL GEL)

OPTIONAL: YOU CAN ADD ESSENTIAL OIL FOR FRAGRANCE IF YOU WANT AFTER DETERGENT HAS COOLED.

YIELD: LIQUID SOAP RECIPE MAKES 10 GALLONS.

TOP LOAD MACHINE- 5/8 CUP PER LOAD

FRONT LOAD MACHINES- 1/4 CUP PER LOAD

## DRY LAUNDRY DETERGENT

3 BARS FELS-NAPHTHA LAUNDRY BAR SOAP (FOUND IN THE DETERGENT AISLE) GRATED

4 LBS. BORAX (FOUND IN THE DETERGENT AISLE)

4 LBS. ARM & HAMMER SUPER WASHING SODA (FOUND IN THE DETERGENT AISLE)

4 LBS. ARM & HAMMER BAKING SODA

YOU ONLY HAVE TO USE 1-2 TBSP PER LOAD.

## STAIN REMOVER

DUMP BAKING SODA IN A BOWL AND ADD ENOUGH HYDROGEN PEROXIDE TO MAKE A PASTE. SPREAD IT OVER THE STAIN AND THEN LET IT SIT FOR SEVERAL HOURS AND THEN SCRUB THE STAIN AND REMOVE.

## BATHROOM ALL PURPOSE SPRAY

1/4 CUP WHITE VINEGAR  
2 CUPS WATER  
30 DROPS ESSENTIAL OIL  
1 TEASPOON BORAX

ESSENTIAL OILS SUGGESTIONS TO TRY: 15 DROPS OF LAVENDER AND LEMON / 10 DROPS OF EACH EUCALYPTUS, PEPPERMINT, AND WILD ORANGE / 30 DROPS OF ON GUARD BLEND.

ADD INGREDIENTS TO A GLASS SPRAY BOTTLE, THEN SHAKE THOROUGHLY.

## ALL PURPOSE SPRAY

2 CUPS WATER  
15 DROPS ON GUARD  
15 DROPS LEMON

ADD INGREDIENTS TO A GLASS SPRAY BOTTLE, THEN SHAKE THOROUGHLY.

## NOTES:

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# ALTERNATIVE CLEANING PRODUCTS

**BAKING SODA:** SCRUBS, WHITENS, DEODORIZES, AND CUTS GREASE.

**LIQUID CASTILE SOAP:** VEGETABLE-BASED SOAP COMMONLY FOUND IN HEALTH FOOD STORES. DR. BRONNER'S IS A POPULAR ONE. LOOK FOR UNSCENTED.

**VINEGAR:** KILLS GERMS, CUTS, GREASE, DEODORIZES, AND DISSOLVES MINERAL DEPOSITS.

**BORAX:** DISINFECTANT. KILLS GERMS, BACTERIA, FUNGI, AND DEODORIZES.

**WASHING SODA:** ADDS EXTRA CLEANING AND FRESHENING POWER FOR TOUGH HOUSEHOLD JOBS. WORKS AS A LAUNDRY DETERGENT BOOSTER AND AS A HOUSEHOLD CLEANER.

## ESSENTIAL OILS TO ADD TO HOMEMADE CLEANERS:

ESSENTIAL OILS KILL BACTERIA, GERMS, FUNGI, AND MOLD!

**ANTIBACTERIAL:** CYPRESS, EUCALYPTUS, LAVENDER, LEMON, LIME, MARJORAM, MELALEUCA, PEPPERMINT, ROMAN CHAMOMILE, ROSEMARY, SAGE, SANDALWOOD, WILD ORANGE, WINTERGREEN.

**ANTIVIRAL:** CINNAMON, CLOVE, EUCALYPTUS, LAVENDER, LEMON, MELALEUCA, OREGANO, SANDALWOOD, THYME.

**ANTIFUNGAL:** EUCALYPTUS, LAVENDER, LEMON, MELALEUCA, PATCHOULI, SAGE, SANDALWOOD, THYME.

**ANTIBIOTIC:** BERGAMOT, CLOVE, EUCALYPTUS, LAVENDER, LEMON, LIME, MELALEUCA, OREGANO, PATCHOULI, ROMAN CHAMOMILE.



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