

# The Basics

It might seem like a large investment at first but these products will last you for months and months and will be on hand any time you run out of a particular cleaner!

## **Always have these staples on hand:**

- Baking soda
- Distilled water
- Vinegar
- Organic Liquid Castille Soap (Dr. Bronner's is best!)
- Hydrogen Peroxide
- Borax
- Washing Soda (this is very different from baking soda!)
- Isopropyl Alcohol (or vodka)

## **Purchase these as needed:**

- natural bar soap
- Citric Acid (available at home brewery shops or online)
- Essential oils (see next page)
- Labels (label everything!!)
- Spray bottles (if you re-use spray bottles from previous cleaners wash them VERY well with hot soapy water to remove any trace chemicals that might potentially cause a bad chemical reaction)

# Essential Oils

These are the most commonly used essential oils in homemade cleaning products.

They are all-natural and all carry special qualities good for cleaning and your health.

Remember to have fun with your oils and experiment with different scent combinations!

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**Cinnamon** – antiseptic

**Clove** – antiseptic; also repels ants

**Geranium** – antiseptic, disinfectant, and cleaner. Natural insect repellent.

**Lavender** – antiseptic, antifungal, and air freshener. Repels moths.

**Lemon/Lime** – antibacterial, antiseptic, antifungal, and deodorizer.

**Orange/Sweet Orange** – antiseptic, insect repellent

**Oregano** – antibacterial, antiviral, antifungal, antiseptic, anti-infectious and antiparasitic

**Pine** – cleaner, deodorizer, antibacterial, disinfectant and antiseptic

**Rosemary** – antiseptic

**Tea Tree** – disinfectant, antiseptic, cleaner, deodorizer and air freshener

**Thyme** – antiseptic, antibacterial, antimicrobial, disinfectant and cleaner

**Lemon Verbena** – antimicrobial, disinfectant, cleaner

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- Essential oils are plant derived
- These are highly potent and should never be used directly on surfaces or skin; they should *always* be diluted
- Most cleaning products only require 3-5 drops of essential oil
- Always store your oils in dark colored containers in cool, dark places. If stored properly, essential oil can last a year or longer.

# Living Room

## Carpet Deodorizer

- 2 cups baking soda
- 15-20 drops essential oil

Blend ingredients in a bowl by hand. Break up any clumps of essential oil.

Sprinkle mixture onto your carpet. Brush mixture into carpet with either vacuum attachment or clean corn broom and let sit at least one hour.

Vacuum area thoroughly!

## Spot Remover

- Baking soda
- 1 tbsp liquid castille soap
- Cornstarch
- 1 tbsp White vinegar

Scrape up any excess liquid. Sprinkle baking soda and cornstarch on to stain and let sit about 10 minutes, then vacuum.

Mix one tablespoon clear dishwashing liquid and one tablespoon white vinegar with two cups of warm water. Using a white cloth, sponge the stain with the detergent/vinegar solution and blot until all the liquid is absorbed. Sponge off with cold water and blot dry.

## Room Spray

- Lemons
- Limes
- Oranges
- Vodka
- Water
- Empty perfume or spray bottle (one that will do a fine mist)

Slice rinds of lemon, lime and orange. Put rinds in a jar and fill with vodka. Cover and let sit for a few days.

Remove a few pieces of rind and cut into very thin strips.

Put thin strips in the spray bottle (will help continue to infuse the citrus smell into the mixture)

Fill half of the spray bottle with the vodka mix and the rest with water. Spray in room as needed.

**Optional** - Add a few drops of your favorite essential oil to the mix. Ginger, lavender or mint are good choices. Mixing in small batches gives you plenty of chances to try new scents

# Bathroom

## Tub Scrub

- 1 tsp liquid soap
- 10 drops of antibacterial essential oil (tea tree, eucalyptus, rosemary, or peppermint)
- 1 cup baking soda
- water

Add one teaspoon of liquid soap and several drops of an antibacterial essential oil (such as tea tree, eucalyptus, rosemary, or peppermint) to one cup of baking soda. Add just enough water to form a paste, and use it with a sponge or brush to scour bathtub surfaces.

## General Bath/Sink/Tile Cleaner

- 2/3 c. baking soda
- ½ c. castile soap
- 2 tbsp vinegar
- ½ cup distilled water

Mix together and put in squirt bottle (it's more of a paste than a liquid)

# Bedroom

## Mattress Cleaner

- 1 cup Baking Soda
- ½ cup cornstarch
- 4 drops essential oil

Put into an airtight container and shake well.

Using a kitchen strainer, sprinkle the baking soda mixture all over the mattress and let it sit at least one hour.

After an hour, thoroughly vacuum the mattress using the hose or upholstery attachment.

## Air Freshener

- Baking soda
- Essential oil
- A small jar or container with a lid
- Foil (if you don't want to poke holes in the lid of your container)

Fill your container about 1/3 full of baking soda. Add 4-6 drops of essential oil. Put lid or foil on container with holes and leave in the room to absorb odors from the air. Every few days, shake the container to refresh the scent.

# Kitchen

## All-Purpose Sage Cleaner

- 1 part warm water
- 1 part white vinegar
- 1 part isopropyl alcohol (or vodka)
- A drop of liquid soap
- Sage (or any essential oil or herb)

Put your sage leaves in an empty spray bottle. Twist or crush them a bit to activate the leaves for fragrance and to release oils. Add the water, vinegar and alcohol into the bottle. Add a drop of liquid soap and shake it up!

The sage will permeate the mixture with its scent if you leave it to sit overnight. Sage also has antibacterial properties. This mixture will last you only about one week if you use fresh sage so be sure to date the bottle!

## Grease Cutter

- 2 cups water
- 10 drops lavender oil
- ¼ c castile soap

Add ingredients into an empty spray bottle and shake it up. This works great on stovetops or anywhere else that accumulates a lot of grease.

## Antibacterial Spray

- 1 c water
- 20 drops lavender essential oil (or any essential oil with antibacterial properties)

Add to empty spray bottle and mix well.

## Dishwasher Detergent

- 2 cups Borax
- 4 tbsp citric acid
- 2 cups of Baking Soda
- White vinegar

Mix everything together by either dumping into a big bowl and stirring really well or into a large container with a lid and shaking it up. Store in a lidded container or old detergent box.

Use 2 tablespoons per load (1 tbsp in the open cup and 1 in the closed, locked cup) Pour some vinegar into your rinse aid receptacle for some extra sparkle and shine to your dishes!

If you're in a pinch, use 4 tablespoons of sugar-free Lemonade Kool-Aid instead of citric acid!

# Laundry Room

## Laundry Detergent

- 1 cup washing soda
- 1 cup Borax
- 1 bar natural bar soap (Dr. Bronners, Ivory, etc)

Using a fine cheese grater, grate the bar soap until it is a fine powder.

Mix the grated bar soap with 1 cup of washing soda and 1 cup of Borax until evenly mixed.

Store in a 1 quart mason jar (or any other airtight container) and use 1-4 tablespoons per load, depending on how soiled your clothes are. 1-2 is fine for most typical loads.

## Liquid Laundry Detergent

- 1 cup washing soda
- 1 cup Borax
- 1 bar natural soap
- A 5 gallon plastic bucket with a lid
- Gallon jugs for storage

In a medium saucepan, heat 2 quarts of water over medium high heat.

While it is heating, grate the bar soap using a cheese grater. Add soap to boiling water and stir until dissolved completely.

In the 5 gallon bucket, put 4 gallons of hot water and add the 1 cup of washing soda and 1 cup of borax and stir until dissolved. Pour the dissolved soap mixture into the bucket and stir well until soap is mixed in.

Put the lid on the bucket and leave overnight. This will allow the soap to cool and gel. After 24 hours, remove the lid, stir well and pour into clean, gallon sized jugs for use.

Use ½ cup per load!

## Oxyclean Stain Treatment

- 2 parts water
- 1 part Hydrogen Peroxide
- 1 part baking soda

Pre-mix the ingredients and store in a dark colored opaque spray bottle for pre-treating stains.

## Websites to Check Out

[www.wellnessmama.com](http://www.wellnessmama.com)

[www.farmersalmanac.com](http://www.farmersalmanac.com)

[www.diynatural.com](http://www.diynatural.com)

[www.pinterest.com](http://www.pinterest.com)

[www.naturalhomeandgarden.com](http://www.naturalhomeandgarden.com)

[www.motherearthnews.com](http://www.motherearthnews.com)

[www.thehealthybeehive.com](http://www.thehealthybeehive.com)

There are so many websites out there that have good information. These are just the ones I've found to be the most reliable. As with all websites, don't take anything at face value. Try the recipes first. Generally, the comments section of a post can give you a good idea of whether or not people are enjoying the recipe.

Happy and healthy living!

# Books

