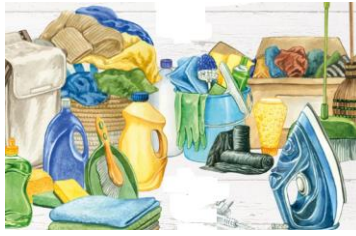


# Recipes: Household Cleaners



No, I don't make all of these..but I do make my own dish washer soap after my pipes got clogged from the pods and a few others but not as often as I think would be good for us.

<a href="#">AIR FRESHNER</a>	<a href="#">FABRIC SOFTNER</a>	<a href="#">KITCHEN COUNTERTOPS</a>	<a href="#">SINK DRAIN</a>
<a href="#">AIR ROOM LINEN SPRAY</a>	<a href="#">FLOORS</a>	<a href="#">LAUNDRY</a>	<a href="#">SOAP SCUM STAIN REMOVER</a>
<a href="#">ALL PURPOSE</a>	<a href="#">FURNITURE</a>	<a href="#">MAGIC ERASER</a>	<a href="#">TOILET BOWL CLEANER</a>
<a href="#">BASIC PRODUCTS</a>	<a href="#">GARBAGE DISPOSAL</a>	<a href="#">MARBLE</a>	<a href="#">TOOTH PASTE</a>
<a href="#">BLEACH</a>	<a href="#">GLASS</a>	<a href="#">MICROWAVE</a>	<a href="#">TUB AND SHOWER CLEANER</a>
<a href="#">BRASS</a>	<a href="#">GOO GONE</a>	<a href="#">MOUSE AND RAT</a>	<a href="#">WALLS</a>
<a href="#">BUG SPRAY FOR PLANTS</a>	<a href="#">GREASE CLEANER</a>	<a href="#">OVEN CLEANER</a>	<a href="#">WATER RINGS</a>
<a href="#">CAST IRON PANS</a>	<a href="#">GROUT</a>	<a href="#">REFRIGERATOR CLEANER</a>	<a href="#">WOOD</a>
<a href="#">CUTTING BOARDS</a>	<a href="#">HANDI WIPES</a>	<a href="#">ROACH KILLER</a>	
<a href="#">DISH SOAP</a>	<a href="#">HAND SOAP</a>	<a href="#">SCENTED ALL PURPOSE CLEANER</a>	
<a href="#">DISINFECTANT</a>	<a href="#">HEAVY DUTY SCRUB</a>	<a href="#">SILVER</a>	

## BREAKDOWN OF BASIC PRODUCTS



So Fresh and So Clean—Meet the Star Players

Before we get to the cleaning, let's check out some of the most common (and most useful) **non-toxic** cleaning products.

### Baking Soda

Baking soda is a pantry staple with proven virus-killing abilities that also effectively cleans, deodorizes, brightens, and cuts through grease and grime .

### Castile Soap

Castile soap is a style of soap that's made from 100 percent plant oils (meaning it uses no animal products or chemical detergents). Popularized by the Dr. Bronner's line of products, castile cuts through grease and cleans.

### Vinegar

Thanks to its acidity, vinegar is nothing short of a cleaning wunderkind—it effectively (and gently!) eliminates grease, soap scum, and grime.

### Lemon Juice

Natural lemon juice annihilates mildew and mold, cuts through grease, and shines hard surfaces (It also smells awesome.).

### Olive Oil

This good-for-you cooking oil also works as a cleaner and polisher.

### Essential Oils

Essential oils have gained popularity thanks to aromatherapy, but these naturally occurring plant compounds also make great scent additions to homemade cleaning products (particularly if you're not into the smell of vinegar). Essential

oils are generally considered safe, but these extracts can trigger allergies—so keep this in mind when choosing scents.

### Borax

Many DIY cleaners tout Borax (a boron mineral and salt) as a non-toxic alternative to mainstream cleaning products; however, the issue is pretty hotly debated. Some research suggests Borax can act as a skin and eye irritant and that it disrupts hormones. For this list, we've chosen to avoid products that use Borax.

### Avoid Dangerous Toxins and Save Money With These DIY Cleaning Recipes

A note on mixing products: Most of these ingredients can be used in combination with each other; however, many sources advise against mixing castile soap with vinegar or lemon juice. Since castile soap is basic (i.e., high on the pH scale) and vinegar and lemons are acidic, the products basically cancel each other out when used in combination (though it's fine to wash with a base—like castille soap—and rinse with an acid—like vinegar!).



### Super-quick DIY Laundry Detergent, Fabric Softener and Stain Remover

It happens to everyone—you're busy, it's laundry day and you suddenly discover you're without a needed laundry cleaning product. Never fear. If you don't have the time to hit the store, we've got recipes for DIY laundry detergent, homemade stain remover and fabric softener you can assemble at a moment's notice

#### #2 DIY Laundry Detergent

When you have piles of laundry to do and no time to go to the store, running out of detergent can feel like an emergency. Luckily, you likely already have all the ingredients on hand to [make your own DIY laundry detergent](#):

- 1 bar of soap
- 1 cup of washing soda
- 1 cup of Borax

Grate soap with a hand grater or food processor, then gently mix it with the washing soda and Borax. Voila—you're ready to wash. Each load will require only 1 to 2 tablespoons.

Missing a key ingredient? Never fear:

- **Borax:** Take a look through your kid's crafting supplies—Borax is a frequent ingredient in making slime.

**Washing soda:** Head to your kitchen and [pull out the baking soda](#). Spread a cup full in a shallow pan and bake it in the oven at 400 degrees Fahrenheit for 30 minutes.

#### #3 Laundry Room Laundry Detergent

It's tough to come by homemade laundry detergents that don't use Borax, but give this one a try. The recipe calls for glycerin soap, washing soda, baking soda, citric acid, and coarse salt. For full instructions, follow the link!

#### #4 Homemade Non-Toxic Liquid Laundry Detergent

½ cup Borax

½ cup washing soda (i.e. Arm & Hammer Super Washing Soda Laundry Booster)

½ cup of Dawn dish soap (every mother of baseball-playing, grass-stain gettin' boys knows this!)

4 cups hot water

Clean, empty gallon plastic jug (i.e. recycled juice/milk jug)

Combine the first three ingredients in the container (you may need a funnel to get it in there) and then pour in the water to dissolve the ingredients. Fill the container to the top with cold water. Shake before each use. For a standard-sized load of laundry, ¼ cup should work. Use a little more for a more heavily-soiled load.

(Note: This has worked in HE washers with great results!)

If you've ever owned any piece of white linen for long periods of time, then you probably know that the material tends to turn yellow after a while. Luckily, you can use a bit of hydrogen peroxide to reverse this effect. Just mix in two cups of peroxide to a full sink or another container, and then let your linen soak for an hour. After the linen soaks, you can hang it up to dry and everything should be as white as the day you bought it.

#### Magic Eraser



(use melamine sponges, available on Amazon \$15 for 50 sponges)

2 Tablespoons Borax

2 Tablespoons Baking Soda

1.5 cups water,

Shake till dissolved and use in spray bottle with a sponge.

#### STAIN REMOVER



#### Speedy Homemade Stain Remover

Whether you're trying to keep your kid's clothing clean or you've just spilled salsa on shirt, giving your clothes a little TLC can be the difference between workwear and the rag bag.

The good news is if you've got spills and stains that you want gone, you can [create homemade stain remover on the spot](#).

One tablespoon Dawn® dishwashing liquid

Two tablespoons hydrogen peroxide

One tablespoon baking soda

Mix the ingredients together and use a toothbrush to scrub the mixture into the stain. Let it sit for one-hour, then launder as usual.

Bonus: This remover frequently works on old stains you may have missed. If you have a garment you think is a lost cause, give this a try before saying goodbye.



#2

### Last-resort clothing stain remover

1 gallon hot water

1 cup powdered dishwasher detergent (\$7, amazon.com)

1 cup regular liquid chlorine bleach (\$9, amazon.com), not ultra or concentrate

Treat badly stained washable or bleach-able garments by mixing the above ingredients into a stainless steel, plastic, or enamel bowl (not aluminum). Soak garment for 15 to 20 minutes. If stain is still there, let it soak a bit longer, then wash the item as usual.

### Homemade Stain Remover

There are a few ways I like to tackle stains in the laundry room. First, let me just say that a 3% Hydrogen Peroxide solution is a super stain remover! I've used it on lots of stains where I spray it on, let it soak, and then launder as normal. (Note to moms of girls just getting their first periods: there is nothing better to deal with the "Aunt Flow" stains in the underwear or on the sheets!)

There's also the mixture of washing soda and white vinegar. You simply sprinkle the washing soda onto the stain, spray with white vinegar that has been diluted in a 1:1 ratio with water. Scrub the paste into the stain and let it stand for about 20 minutes. Launder as normal.

For really tough stains, like grass stains, the magic of Dawn dish soap comes in handy. This one calls for a bit of a recipe:

2/3 cup Dawn dish detergent

2/3 cup ammonia

6 Tbsp baking soda

2 cups warm water

Mix together all ingredients, and then pour into a spray bottle. Spray onto the stain, let it rest a bit, then launder as normal.

Because of the ammonia, you should NOT want this in chlorine bleach!

## FABRIC SOFTNER

AIR FRESHNER

ROOM SPRAY

LINEN SPRAY



### Fast Homemade Fabric Softener

You're just about to run a load when you lift the bottle and realize—you're out of fabric softener. Not a problem.

If you need a solution this second, new tennis balls straight from the can will do the trick. Just drop them in the dryer when you add a load and the balls will do the rest.

If you prefer liquid fabric softener, a few ingredients from your bathroom and kitchen will keep your clothing comfy:

- Three cups of hot water
- One cup of hair conditioner
- Three cups of white vinegar

Mix the ingredients together and store them in a container—perhaps the fabric softener container that just betrayed you by being empty?

Use the same amount of homemade fabric softener you normally would—and take a look at our [fabric softener alternatives blog](#) for more helpful substitutes.

### #2 Fabric Softener

Skip the liquid fabric softener and make clothes nice and snuggly the non-toxic way. Make a big batch of softener by adding 20-30 drops of the essential oil of your choice to a one-gallon jug of white vinegar. Add 1/3 cup to each laundry load (just be sure to shake the mixture prior to each use).

### #3 Laundry “Scenter”

To add a fresh, clean scent to laundry, make a sachet stuffed with your favorite dried herbs (lavender, peppermint, and lemon verbena are all great options). Toss it in the dryer while it’s in use, and voila: customized, non-toxic scent!

## TOILET BOWL CLEANER



### Bathroom Toilets

For a heavy-duty toilet scrub that deodorizes while it cleans, pour ½ cup of baking soda and about 10 drops of tea tree essential oil into the toilet. Add ¼ cup of vinegar to the bowl and scrub away while the mixture fizzes.

For daily cleaning, fill a small spray bottle with vinegar (about 1 cup should do it) and a few drops of an essential oil of your choosing (lemon and tea tree both work well). Spray on the toilet seats, let it sit for a few minutes, and then wipe the surface clean.

### Toilet Bowl Cleaner

Did you notice I didn’t write “Homemade” in the title of this one? That’s because technically the ingredient I’m about to tell you about isn’t homemade – and it’s going to blow your mind!

Are you ready??

Kool-Aid.

Yep, the nectar of our childhoods is an amazing toilet bowl cleaner. Specifically, the lemonade Kool-Aid. Here’s the poop, er, I mean scoop:

Lemonade has citric acid, which helps clean the toilet bowl. (So does the old Astronaut Orange Beverage TANG, but does anyone actually have that anymore?)

All you have to do is flush your toilet, sprinkle a package of Kool-Aid lemonade around the sides and scrub with a toilet bowl brush. Let this sit for several hours (overnight is best), and then flush in the morning.

## TUB & SHOWER



### Tub and Shower

Tubs and showers can produce some of the toughest grime, but it’s no match for the cleaning power of vinegar. To get rid of mildew, spray pure white vinegar on the offending area, let it sit for at least 30 minutes, and then rinse with warm water (don’t be afraid to use a sponge if rinsing doesn’t clear away the grossness on its own). Alternatively, try mixing together baking soda with a bit of liquid castile soap, then scrub and rinse.

### Soap Scum

For daily cleaning or to get rid of soap scum, mix 1 part water with 1 part vinegar (and a few drops of essential oils if you're not into the smell of vinegar) in a spray bottle. Spray, let it sit for at least several minutes, and then wipe away.

**Daily Shower Spray**

1.5 cups water  
1 cup white vinegar  
1/2 cup rubbing alcohol  
1 teaspoon natural liquid dish soap (not castile soap)  
15 drops lime essential oil  
15 drops melaleuca (tea tree) essential oil  
Combine in a quart-sized spray bottle. Spray daily on shower door and walls after use (this is a preventative spray, designed to help prevent build-up)

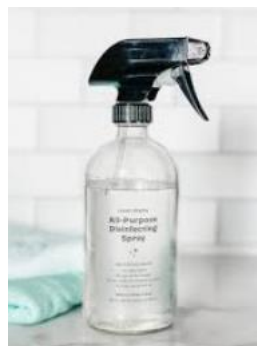
**Tub and Shower Gel**

1 cup white vinegar  
1/2 cup natural dishwashing liquid (not castile soap)  
Squeeze bottle  
Heat the vinegar in a small saucepan on the stove until hot (but not boiling). Carefully stir the dishwashing soap in until combined, then pour into the squeeze bottle. Squirt onto shower and tub, and allow to sit for 1-3 hours. Wipe off with a scrubber or sponge. I've tried many, many DIY shower cleaning recipes, and this is the ONLY one that will easily remove our farm-scum from the tub without requiring a ton of elbow grease on my part. It uses a lot of soap, but it's worth it to me!

**Deep Clean Toilet Scrub**

1/2 cup baking soda  
1/3 cup liquid dishwashing soap  
1/4 cup hydrogen peroxide  
30 drops eucalyptus essential oil  
3/4 cup water  
Mix together in a squeeze-type bottle, then squirt into toilet. Scrub and let stand 20 minutes.

**DISINFECTANT**



**Disinfectant**

Skip the bleach and make a homemade germ-killer instead. Just mix 2 cups of water, 3 tablespoons of liquid soap, and 20-30 drops of tea tree oil. Voila!

**Air Freshner**

**Air Freshener**

Defeat less-visible bathroom "uncleanliness" with this homemade, non-toxic air freshener. All you need is baking soda, your favorite essential oil, and an old jar with a lid you don't mind poking holes in (follow the link for full instructions).

**Fresh Linen Spray**

1/4 cup distilled water  
3 tablespoons witch hazel or vodka  
20 drops lavender essential oil  
15 drops frankincense essential oil





Add all ingredients to a small spritzer, shake well, and spray on sheets, pillowcases, and linens.

**Sweet Lavender Air Freshener**

- 3/4 cup water (I use tap water, but distilled is fine too)
- 2 tablespoons vodka, rubbing alcohol, or real vanilla extract
- 10 drops lavender essential oil
- 5 drops chamomile essential oil

Combine in a 8 oz spray bottle, shake to combine. Spray throughout the house to eliminate odors or stale smells. (I have a whole bunch of other homemade air freshener combinations in this post, too)

**Homemade Air Freshener**

- 12 – 15 drops of pure essential oil (grapefruit, lemon, orange, lavender are favorites)
- ½ cup white vinegar
- 1/12 cups water

Combine in a spray bottle, shake, and spray to freshen the room! (Shake before each use).

You can experiment with higher ratios of vinegar to water and upping the essential oil if this is not strong enough for your preference.

**Hand Soap**



**Hand Soap**

Once you're done cleaning the bathroom, it's time to make yourself clean (or at least your hands). To make a non-toxic, foaming hand soap, mix together liquid castile soap and water (and an essential oil if you feel like it) in a foaming soap dispenser. Fill about one fifth of the bottle with soap, then top it off with water.

**Kitchen Countertops**



**Kitchen Countertops**

For a simple, all-purpose counter cleaner, mix together equal parts vinegar and water in a spray bottle. If your countertop is made from marble, granite, or stone, skip the vinegar (its acidity is no good for these surfaces) and use rubbing alcohol or the wondrous power of vodka instead.

**Cutting Boards**



**Cutting Boards**

Talk about non-toxic: All that's needed to clean and sanitize cutting boards (wood or plastic) is... a lemon! Cut it in half, run it over the surfaces, let sit for ten minutes, and then rinse away. If you need some serious scrubbing power, sprinkle some coarse or Kosher salt over the board, and then rub with ½ a lemon.

**Oven**

**Oven**

To clean stubborn, caked-on food out of the oven, just heat the over to 125 degrees and grab your spray bottle of vinegar (see "countertops" above). Once



the oven is warm, spray the caked-on stuff until it's lightly damp and then pour salt directly onto the affected areas. Turn off the oven, let it cool, and then use a wet towel to scrub away at the mess. If that doesn't cut it, follow the same instructions but try use baking soda in place of salt (just let it sit for a few minutes before scrubbing).

#### Homemade Oven Cleaner

½ cup baking soda

2 – 3 Tbsp water (or more/less)

White vinegar (1/2 cup or so)

In a small bowl, mix ½ cup of baking soda and stir in 2 – 3 tablespoons of water, adjusting as needed to get a spreadable paste.

Spread this all over the walls of your ovens, rubbing it in for a scrubbing effect.

Let that mixture rest overnight.

In the morning, you will put some vinegar in a spray bottle and spritz everywhere you see baking soda, which will create a foaming action. Wipe clean with a damp cloth, rinsing until clean.

#### Garbage Disposal



#### Garbage Disposal

This one is so cool. Pour 1 cup of vinegar into an ice cube tray and top off the slots with water. Once they're frozen, toss a few down the disposal and let it run—doing so should remove any food that was stuck to the blades.

#### Microwave



#### Microwave

It's easy to overlook the microwave while cleaning, but man can it get gross in there. To combat the gunk, pour some vinegar into a small cup and mix in a little lemon juice (exact amounts don't really matter). Put the cup in the microwave, let the microwave run for 2 minutes, and leave the door closed for several more minutes. Finally, open the door and simply wipe down all the sides with a warm cloth or sponge—no scrubbing required! For added disinfection wet your cloth with vinegar.

#### Sink Drain

#### Sink Drain

To unclog a stuffed-up drain, start by boiling about 2 cups of water. Pour ½ cup of baking soda into the drain, and then add the water while it's still nice and hot. If that doesn't do the trick, follow the baking soda with ½ cup of vinegar, cover it up tightly (a pot lid should work nicely), wait until the fizzing slows down (when baking soda and vinegar come in contact, they'll react by fizzing) and then add one gallon of boiling water.

#### Homemade Drain Cleaner

¼ – ½ cup baking soda

¼ cup white vinegar





Sprinkle baking soda down the clogged or smelly drain, and follow that with the vinegar. Let the bubbling mixture sit for an hour or so, then pour boiling hot water down the drain to rinse.

Depending on how smelly or clogged the drain is, you may need to repeat the process again. Once you do it regularly, you'll find that one time usually takes care of it!

Moving out of the kitchen, let's talk bathroom cleaning.

Making homemade all-natural cleaning projects was a logical first step to eliminate toxins and chemicals from my home. Plus I love to follow recipes, which is all that is really involved in making your own cleansers!

A lot of the same principles that apply to cleaning the kitchen carry over into the bathroom.

For example, vinegar and baking soda still play a large role, and the disinfectant power of certain essential oils is key. Here are some of my favorite ways to tackle one of the most-used rooms in the house:

### Cast Iron Pans



### Cast-Iron Pans

Kitchen professionals are pretty against using soap, steel wool, or dishwashers to clean cast-iron pans. Luckily, there's an alternative way to tackle cast-iron grossness: combine olive oil and a teaspoon of coarse salt in the pan. Scrub with a stiff brush, rinse with hot water, and you're done!

#### Pan De-Greaser

To cut through the grime on frying pans, simply apply some salt (no water necessary) and scrub vigorously.

### Refrigerator Cleaner



If washing dishes by hand, simply combine 1 cup of liquid castile soap and 3 tablespoons water (a few drops of essential oil optional) in a bottle of your choice. Shake well and use like you would any other dish soap.

To clean what is perhaps the toughest of all kitchen "gross spots," reach for the baking soda. Add about ½ cup of the white stuff to a bucket of hot water. Dip a clean rag in the mixture and use it to wipe down the fridge's insides

### BLEACH



### Bleach

For serious disinfectant power, mix ½ cup baking soda, 1 teaspoon castile soap, and ½ teaspoon hydrogen peroxide. Use a cloth to apply the mixture to a wet surface, scrub, and then rinse thoroughly.

### Bleach

For a nontoxic laundry bleach alternative, add some lemon juice to the rinse cycle.

### FLOORS

### Floors

For a simple, effective tile floor cleaner, simply combine one part white vinegar with two parts warm water in a bucket. Use a mop or rag to scrub down the floors with the solution. No need to rinse off! (Note: this one's not recommended for wood floors).



### Lemon Carpet Refresher

1 cup baking soda

30 drops lemon essential oil

Combine in a small container, and cover tightly with a lid. Shake well and allow to sit for 6-8 hours. Sprinkle on stale or smelly carpet and allow to sit on it overnight. Vacuum up the next morning.

### Homemade Carpet Freshener (With Added Benefits)

In addition to freshening the smell in a room, this combination of ingredients can disinfect, kill fleas and their eggs, and act as a rodent deterrent.

2 cups Borax

1 cup baking soda

10 drops essential oil

Combine all ingredients in a mixing bowl and mix well. Store in an air-tight container. When you're ready to use, just sprinkle around the carpet and let sit for about half an hour. Vacuum up, and you're good to go!

### Homemade Carpet Stain Remover

Sprinkle the stain with baking soda and let it sit for about 10 minutes, then vacuum it up.

Next, mix 1 Tbsp Dawn dish soap, 1 Tbsp white vinegar, and 2 cups of warm water.

Sponge this onto the stain and blot with dry cloth, repeating until stain disappears.

## WALLS



### Walls

To scrub down walls, mix ¼ cup white vinegar with 1 quart warm water, then use a rag to scrub those walls down. To remove black marks, simply scrub at the spot with a little bit of baking soda.

## WINDOWS & MIRRORS



### Windows and Mirrors

For an all-purpose window cleaner, combine 1 part white vinegar with 4 parts water (feel free to add some lemon juice if you're feeling citrusy), then use a sponge or rag to scrub away.

### Glass Cleaner

2 cups water

1/2 cup white or cider vinegar

1/4 cup rubbing alcohol 70% concentration (\$6, amazon.com)

1 to 2 drops of orange essential oil (\$9, amazon.com) for smell (optional)

The next time you need to wash your windows and mirrors, combine these ingredients and pour them in a spray bottle. Spray the solution on a paper towel or soft cloth first, then on the glass. Hint: Don't clean windows on a hot, sunny day, because the solution will dry too quickly and leave lots of streaks.

### Mint fresh DIY window cleaner

2. Fresh Mint Window & Mirror Cleaner  
 3 cups distilled water  
 1/4 cup rubbing alcohol or vodka  
 1/4 cup vinegar  
 20 drops peppermint or spearmint essential oil  
 Combine all ingredients in a quart-sized spray bottle. Shake to combine, then spray on mirrors, windows, or stainless steel. Wipe off with paper towels or old newspaper for streak-free shine.

**Homemade Mirror and Glass Cleaner**

1/4 cup white vinegar  
 1/4 cup isopropyl (rubbing) alcohol  
 1 Tbsp cornstarch  
 2 cups water  
 8 – 10 drops essential oil of choice, optional  
 Combine everything in a spray bottle. Shake to mix well. Spray onto glass surface and wipe clean.

Be sure you shake well to fully integrate the cornstarch, which is the ingredient that reduces streaking. You'll want to shake before each use.

**FURNITURE**



**Furniture Polish**

For an all-purpose furniture polish, combine 1/4 cup vinegar with 3/4 cup olive oil and use a soft cloth to distribute the mixture over furniture. For wood furniture (or as an alternative to the first recipe), combine 1/4 cup lemon juice with 1/2 cup olive oil, then follow the same procedure.

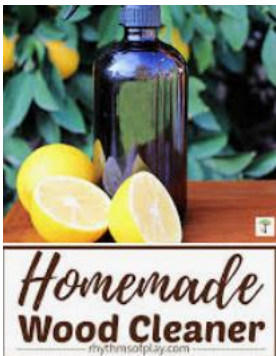
**SILVER**



**Silver Cleaner**

Put silver utensils and jewelry back to good use the non-toxic way. Line a sink or bucket with aluminum foil, lay out the silver on top of the aluminum, and pour in boiling water, 1 cup of baking soda, and a pinch of salt. Let it sit for several minutes and watch as—like magic—the tarnish disappears! Note: If you're concerned about immersing a particular item, simply rub it with toothpaste and a soft cloth, rinse it with warm water, and allow it air to dry.

**WOOD**



**Wood Cleaner**

Clean varnished wood by combining 2 tablespoons of olive oil, 1 tablespoon of white vinegar, and a quart of warm water in a spray bottle. Spray onto wood and then dry with a soft cloth. (Note: Since olive oil can leave behind some (slippery) residue, this one might not be the best option for wood floors.)

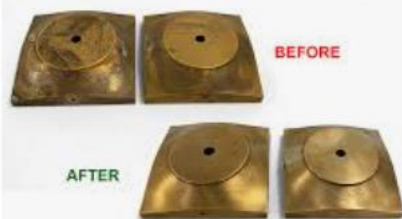
**Homemade Wood Polishing Spray**

3/4 cup olive oil  
 1/4 cup white vinegar  
 30 drops essential oil, optional (I like lemon, orange, or lavender best)  
 Combine ingredients in a spray bottle and shake vigorously. Spray directly on wood furniture and buff with a clean, dry cloth. Shake before each use.

**BRASS**

**Brass cleaner**

### Cleaning Brass with Salt & Vinegar



White vinegar or lemon juice

Table salt

To clean non-lacquered cabinet pulls, bathroom appointments, and more, dampen a sponge with vinegar or lemon juice, then sprinkle on salt. Lightly rub over surface. Rinse thoroughly with water, then immediately dry with a clean soft cloth.

### ALL PURPOSE



### All-purpose cleaner and deodorizer

4 tablespoons baking soda

1 quart warm water

To clean kitchen counters, appliances, and the inside of your refrigerator, all you need is baking soda. "It makes a great deodorizer and can be used to shine stainless steel sinks and appliances," says Carolyn Forte, director of the Good Housekeeping Institute Cleaning Lab. Just pour the above solution on a clean sponge and wipe.

### HEAVY DUTY SCRUB



### Heavy-duty scrub

Half a lemon

1/2 cup borax (\$8, amazon.com), a laundry booster; find it in the detergent aisle

Rust stains on porcelain or enamel sinks and tubs are no match for this cleaner.

Dip the lemon into the borax and scrub the surface, then rinse. (This is not safe for marble or granite.)

5 Lemon Cleaning Hacks You Never Knew Existed

### Simple Citrus Soft Scrub

1 cup baking soda

1/4 cup liquid castile soap

10 drops lemon essential oil

10 drops lime essential oil

10 drops wild orange essential oil

Mix ingredients together to form a paste (add more castile soap if needed). Apply with rag or sponge, then rinse with clean water. I especially like to use this on my stovetop and on grimy sinks.

### Homemade "Soft-Scrub" Cleaner

1 1/2 cups baking soda

1/2 cup environmentally safe liquid laundry soap (ECOS, for example)

10 drops tea tree, lavender, or lemon essential oil

Mix baking soda and laundry soap in a mixing bowl, stirring vigorously to combine into a paste. Add essential oil and mix well. Store in an airtight food container.

If the mixture begins to dry out, add a small amount of water and mix well.

### GREASE CLEANER

### Grease cleaner

1/2 cup sudsy ammonia (\$12, amazon.com) mixed with enough water to fill a one-gallon container.

Sudsy ammonia, which has detergent in it, helps remove tough grime. Clean your oven hoods and grills by dipping a sponge or mop into the solution and wiping over the surface, then rinse with clear water.





**WATER RINGS**



**Water ring remover**

One part white non-gel toothpaste (\$7 for 2, amazon.com)  
 One part baking soda  
 Places you've accidentally left a water ring (but not on unfinished wood, lacquer, or antiques), dampen a cloth with water, add the toothpaste mixture, and rub with the grain to buff over the spot. Then take a dry cloth and wipe off. Use another soft cloth for a final shine. Polish as you normally would.

**MARBLE**



**Marble cleaner**

A drop or two of mild dishwashing liquid (\$6, amazon.com), non-citrus-scented  
 2 cups warm water  
 Mix the detergent and water the next time you want to clean natural stone countertops. Sponge over marble and rinse completely to remove any soap residue. Buff with a soft cloth; do not let the marble air-dry. Caution: Never use vinegar, lemon, or any other acidic cleaner on marble or granite surfaces; it will eat into the stone.

**SCENTED ALL PURPOSE CLEANER**



**Scented all-purpose cleaner**

One part white vinegar  
 One part water  
 Lemon rind  
 Rosemary sprigs  
 Combine the above ingredients together, pour into a spray bottle, shake, and then let infuse for a week before using. Once done, you can use the solution to freshen laundry, banishes spots on carpeting, and much more. Plus, the fruit's acid adds extra cleaning properties — perfect for stubborn stains.

**All-Purpose Cleaner with Lemon**

2 cups white vinegar  
 2 cups water  
 1 teaspoon natural dish soap (NOT castile soap)  
 30 drops lemon essential oil  
 20 drops melaleuca essential oil  
 Mix all ingredients in a quart-sized spray bottle. Shake to combine. Spray and wipe on counters, cabinets, sinks, toilets, and anywhere else.



### Homemade All-Purpose Cleaner

1/2 c white vinegar

2 Tbsp baking soda

10 drops tea tree, lavender, or lemon essential oil (for their disinfectant properties)

Mix the vinegar, essential oils and a little water before adding baking soda in a clean spray bottle (glass is best). Then fill to top with water. I use about a 12 oz bottle. Gently shake to mix ingredients, and then spray, wipe with a cloth, and allow it to dry.

### GOOGONE



### Goo & Crayon Remover

Lemon essential oil

1-2 tablespoons fractionated coconut oil or almond oil (optional)

Mix together, then apply directly to sticker residue, random goo, gum, crayon marks, etc. (Test in an inconspicuous place first, if needed) Rub in with your fingers, then wipe away with a clean rag. Repeat as needed.

### HANDI-WIPES DISINFECTANT WIPES WET ONES



### Homemade Disinfectant Handi-Wipes

1 cup water

¼ cup with vinegar

8 drops tea tree oil

8 drops eucalyptus essential oil

8 drops lemon essential oil

Empty “wipe” container (baby wipe, for example)

15 – 20 squares of cloth (old t-shirts work well, as do old dish towels or similar material)

Fold and place the cloth squares into the empty wipe container and set aside.

Combine in a mixing bowl the water, vinegar, and 3 essential oils, stirring until well mixed.

Pour this mixture over the cloths in the container where they will soak in and be ready for you to pull out and use!

Launder and repeat as often as the cloths hold up!

**Tip:** Use t-shirt scrap rags cut to 6x6 for handi wipes and fabric softener sheets to use again and again.

### FABRIC SOFTNER DRYER SHEETS

### Homemade Dryer Sheets

This is super easy to do! Find a bunch of hubby’s old t-shirts (not his beloved old t-shirts, but the others!) and cut them into washcloth sized squares.

Next, you will take some of the homemade fabric softener from the recipe above, and fill about ½ of an airtight, lidded storage container with this. Place the t-shirts in the container, and press them down to soak up the fabric softener.

Squeeze out excess before tossing a square into the dryer with your clothes. These are obviously recyclable, and don’t have to be laundered between uses!



And finally, to the living areas of the house.  
Making homemade all-natural cleaning projects was a logical first step to eliminate toxins and chemicals from my home. Plus I love to follow recipes, which is all that is really involved in making your own cleansers!

#### Homemade Dusting Spray

- 1 Tbsp castile soap
- 15 drops lemon essential oil
- 2 cups water

Combine ingredients in a spray bottle and shake gently to combine. Use as you would any typical dusting spray, either spraying onto a clean cloth and wiping, or spraying on the surface and wiping. (I'd start with the first option, or test a small area of the furniture first).

#### #2 Homemade Fabric Softener

- 5 ½ cups water
  - 15 oz bottle of your favorite hair conditioner
  - 2.5 cups white vinegar
  - 20 drops of essential oil for fragrance (optional, especially if your conditioner has a nice scent)
- Combine all ingredients in a bowl and mix well. Pour into empty storage container (such as empty fabric soft container).

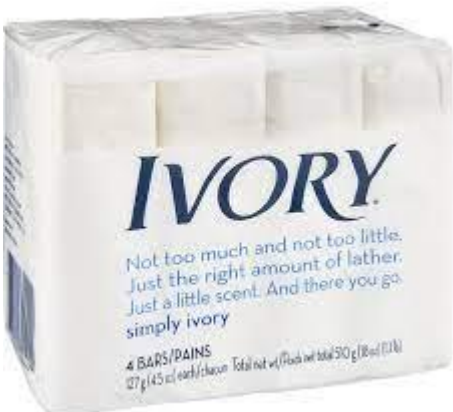
Use approximately ¼ cup per normal washload prior to the rinse cycle.



#### Roach Killer

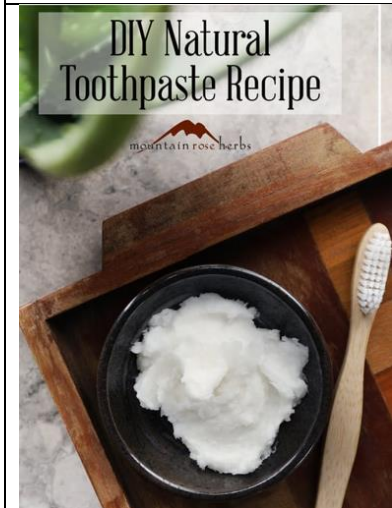
Mix equal parts baking soda and salt, then spread around where roaches party and have fun...they cant tell the difference between the salt and baking soda and they take it back to the nest and all the roaches die from the baking soda because they cant burp or expel gas.

You can substitute the salt for sugar..but sugar can get messy and is harder to clean if it gets wet at all...so salt is better.



#### BUG SPRAY FOR VEGTABLES AND FLOWERS

Ivory Soap and WATER! That's it, use a potato peeler and shave off ¼ bar of Ivory Soap to 8 oz water in a spray bottle. Wait 10 minutes and spray on your bug infested plants.



### RAT KILLER

Equal Parts Peanut Butter and Baking Soda, Mix well, leave in bait container or just wherever rats like to hang out. They do not have the digestive system for baking soda and will die from gas buildup.

### Basic DIY Toothpaste Recipe

Ingredients

2/3 cup [baking soda](#)

1 tsp. [fine sea salt](#)

Filtered water

1-2 tsp. [organic arrowroot powder](#) (optional thickener)

Directions

Combine baking soda and salt.

Add water little by little, stirring well after each addition, until paste reaches desired consistency.

If additional thickness is desired, add 1 to 2 teaspoons of arrowroot powder and stir to combine. Start with a small amount, add more until desired thickness is reached.

Store in a cool, dark place for 1 to 2 weeks.

### Homemade Toothpaste with Coconut Oil

Ingredients

2-3 tsp. [baking soda](#)

1 tsp. [fine sea salt](#)

1/4 cup [organic coconut oil](#) (or [MCT oil](#))

1-2 tsp. [organic arrowroot powder](#) (optional)

Directions

Combine baking soda and salt.

Add softened or MCT coconut oil to dry ingredients. Stir with fork to combine.

Add 1 to 2 teaspoons of arrowroot powder to this recipe after all other ingredients are mixed to help thicken the paste. Start with a small amount, add more until desired thickness is reached.

Store in a cool, dark place for up to 3 weeks.

Pro Tips

During warmer months, toothpaste made with solid coconut oil may become runny.

When making the oil-based recipe, solid or liquid (MCT) coconut oil can be used interchangeably, but quantities may need to be adjusted depending on desired consistency.

You can dip a toothbrush directly into the paste, but doing so has the potential to introduce bacteria into the mix that can make your paste spoil more quickly. To maximize shelf life, use a small scoop to remove toothpaste from jar as needed.

Our [Oral Care Extract](#) is another wonderful addition to your mouth care repertoire! This alcohol-based extract contains herbs that have traditionally been used to promote a clean and healthy mouth. You can add 5 to 10 drops of extract to a couple ounces of water to use as a mouthwash. Note that the [goldenseal root](#) in our Oral Care Extract has a very bright yellow hue, and can sometimes leave a temporary yellow to orange color on teeth. For this reason, many people prefer to use this extract at night (don't worry, it will disappear by morning!).

**GROUT**



Grout has a tendency to get dirty and stay dirty. It might be because it's so hard for most cleaners to effectively reach. But that's not as much of a problem for hydrogen peroxide, which tends to bubble up. Just spray your grout down with some peroxide, and then get to scrubbing with a toothbrush. Luckily, it usually doesn't take too long for the peroxide to do its thing.

**DISH SOAP**



**Homemade Dishwasher Detergent**

1 cup salt  
 2 cups baking soda  
 2 cups Borax  
 1 cup of Lemi-Shine (non-toxic, found in the detergent aisle)

Mix all ingredients together. Transfer to an air-tight storage container. It will last a long time: each load uses only 2 tablespoons of detergent! (I recommend keeping white vinegar in the rinse agent compartment, too.)

**#2 Dishwasher Detergent**

If you're lucky enough to have a dishwasher, simply mix together 1 cup of liquid castile soap and 1 cup of water (2 teaspoons of lemon juice optional) in a quart-size glass jar. Add some of this mixture to one detergent compartment of the dishwasher, and fill the other compartment with white vinegar.

**#3 Homemade Liquid Dish Soap**

½ cup warm distilled water  
 2 tsp kosher salt  
 ½ cup white vinegar  
 ½ cup Dr. Bronner's Sal Suds  
 1 tsp lemon juice  
 Lemon essential oil (optional)

Combine distilled water with salt, stirring until the salt is dissolved.

In a separate bowl, combine the vinegar, Sal Suds, and lemon juice. Stir this mixture into the salt water mixture, and stir until thickened.

You may wish to add 10 – 15 drops of lemon essential oil both for scent and for disinfectant properties.

Pour mixture into a recycled dish soap container for storage.

## #2 DISH SOAP PODS

1 Cup Baking Soda

¼ Cup Citric Acid

1 Tablespoon Dawn Dish Soap

Mix well and put into a silicone ice tray and freeze.

After frozen you'll have your own organic dish washer pods.



[Check out my Etsy store.](#)