



## All-Natural Cleaning Recipe Book

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### Supplies:

- 3 clean (new) spray bottles
- 1 jug distilled white vinegar
- 1 small jug distilled water
- 1 bottle castile (vegetable) soap
- 1 box baking soda
- 1 bottle of essential oil

Use 100% essential oil (not synthetic fragrance) which can be purchased at a natural foods store or online.

Castile soap can be purchased at natural foods stores, online or Target (located with the natural skin care products in the health & beauty section. We love Dr. Bronners!)

Antiseptic oils such as lavender, sweet orange, rose, clove and tea tree kill bacteria and mold.

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### Windows Hard Water Stains

Fill your clean spray bottle with equal parts **white vinegar** and **warm water**. Shake well before using.

Tip: For windows that **sparkle** spray this solution and wipe with a crumpled piece of newspaper.

Tip: This solution also works great for removing pet odors on furniture and carpet.

The vinegar smell dissipates quickly.

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### Floors

For big jobs like mopping all your hardwood floors mix this 2 gallon version in a bucket:

1/4 cup liquid castile soap  
1/2 cup white vinegar  
10 drops of your favorite essential oil  
About 2 gallons of warm water

For a spray bottle version mix:

1 TBSP castile soap  
2 TBSP white vinegar  
5 drops of your favorite essential oil  
Fill the rest of your spray bottle with warm water. Shake well before using.

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### Gentle Scrub

You'll need your baking soda, castile soap, and essential oil.

In a small bowl, mix about 1/2 cup baking soda with enough castile soap to make a paste (frosting-like consistency). Then add 5 to 10 drops of your oil. (Be sure to add the oil last.)

Scoop the mixture onto a sponge, scrub and rinse with water. Makes about 1/2 cup.

This scrub works wonders on tubs, countertops, sinks, stovetops...basically anything needing a little extra scrubbing!

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### Linen Spray

You'll need a small spray bottle set to its finest mist.

Fill the bottle with 1 cup or so distilled water.

Add about 10 drops of lavender (or your favorite) essential oil.

Cap bottle and shake well. Allow to sit for an hour before first use. Shake well before each use.

Tip: This wonderful spray can be used to freshen mattresses and pillows when changing linens.

Tip: Tea tree is the most effective oil for dust mites and lavender is the second. Plus lavender oil has calming properties.

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