



makeover your CLEANING CABINET



EVERYONE WANTS A CLEAN HOME. Create a healthy and pristine environment for your family with essential oils and natural ingredients.

Essential oils are a safe, natural alternative to common commercial cleaning products.

ESSENTIAL OILS

Use essential oils to cleanse, deodorize, and protect your home. Suggestions:

- Eucalyptus
- Grapefruit
- Green Mandarin
- Lemon
- Lime
- Melaleuca
- On Guard®
- Peppermint
- Pink Pepper
- Siberian Fir
- Tangerine
- Wild Orange

WASHING SODA (Sodium Carbonate or Soda Ash)

Natural cleaner, powerful water softener, and cleaning booster.

To convert baking soda to washing soda, heat oven to 400 degrees. Sprinkle baking soda on baking sheet and bake for 30-60 minutes, stirring occasionally until consistency changes.

BAKING SODA

Scrubs, whitens, deodorizes, and cuts grease.



CASTILE SOAP Liquid Castile Soap* & Castile Bar Soap Flakes

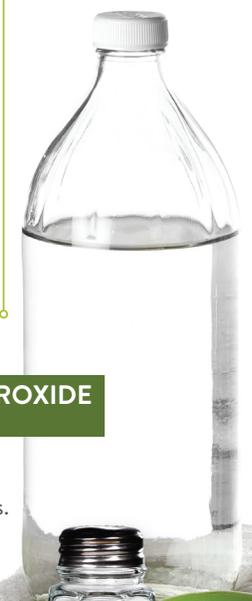
Look for unscented, vegetable-based options, commonly found in health food stores as versatile, all-natural, olive or coconut oil-based, concentrated, vegan, and biodegradable.

*Dr. Bronner's is a popular option.



WHITE VINEGAR

Cuts grease, deodorizes, and dissolves mineral deposits.



HYDROGEN PEROXIDE 3% Solution

Natural bleach substitute, removes stains, and disinfects.



BORAX

Scrubs, disinfects, whitens, cuts grease, and deodorizes. Although it is natural, borax is toxic when ingested, and can cause skin irritation. Keep away from children, pets, and food preparation areas.



SALT - KOSHER

Mild abrasive.



LEMON JUICE

Natural bleach substitute, cuts grease, and removes stains, gum, and ink.



ALL PURPOSE DISINFECTANT

Ingredients

30 drops **essential oils** of choice
¼ cup white vinegar
1 ¾ cups water
1 teaspoon borax

Instructions

1. Combine all ingredients in 16 ounce glass spray bottle and shake to combine.
2. Spray mixture then scrub and wipe using damp cloth.

SCUM BUSTER BAR

Ingredients

¼ cup baking soda
¼ cup washing soda
10 drops **Lemon** essential oil
10 drops **Lime** essential oil
¼ cup liquid castile soap
Small plastic container or mold

Instructions

1. In glass bowl, combine baking soda and washing soda.
2. Add essential oils to dry ingredients and mix well.
3. Add castile soap and mix right away (soap will harden as it mixes with washing soda, and only remains workable a short time).
4. As mixture hardens, knead with your hands to encourage it to form a ball.
5. Press into mold right away (flexible plastic molds are much easier to pop the bar out of when done).
6. Allow bar to harden, and remove from mold.

To Use:

Spray down bathtub with water, and use bar to scrub away soap scum and hard water. It doesn't scratch, and removes build-up with hardly any elbow grease. If edges of bar start to crumble, use a rag to scrub with crumbs.

To Store:

Allow bar to dry out between uses.

WINDOW & MIRROR CLEANER

Ingredients

8 drops **citrus** essential oil of choice
1 ½ cup white vinegar
½ cup distilled water

Instructions

1. Combine all ingredients in 16 ounce glass spray bottle and shake to combine.
2. Spray on mirrors, windows, or stainless steel. Wipe off with paper towels for streak-free shine.

DUSTING SPRAY

Ingredients

15 drops **Lemon** essential oil
1 cup olive oil
¾ cup white vinegar

Instructions

1. Combine all ingredients in 16 ounce glass spray bottle and shake to combine.
2. Spray on cloth before dusting.

WOOD FLOOR POLISH

Ingredients

½ cup olive oil
¼ cup white vinegar
10 drops **Lemon** or **Wild Orange** essential oil

Instructions

1. Combine all ingredients in 8 ounce glass spray bottle and shake to combine.
2. Spray mixture on floor and wipe clean.

DRAIN CLEANER

Ingredients

½ cup baking soda
½ cup coarse salt
½ cup white vinegar
2-3 drops **Lemon** essential oil
Hot water

Instructions

1. Pour baking soda and salt down the drain, followed by vinegar and essential oil.
2. Leave to bubble up for 15 minutes.
3. Pour full kettle of hot water down drain.
4. Repeat until drain clears.

REFRIGERATOR & MICROWAVE CLEANER

Ingredients

15 drops **Tangerine** essential oil
1 cup white vinegar
2 cups hot water*

Instructions

1. Combine all ingredients in 24-32 ounce glass spray bottle and shake to combine.
2. Spray mixture inside fridge or microwave, then scrub and wipe using damp cloth.

*Caution so not to burn skin or rupture container.

FLOOR CLEANER

Ingredients

15 drops **Wild Orange** essential oil
8 drops **Lemon** essential oil
1 gallon hot water
2 tablespoon liquid castile soap

Instructions

1. Combine all ingredients in large bucket.
2. Use mop to clean floor. Rinsing optional.

GARBAGE DISPOSAL CLEANER

Ingredients

2-3 drops **Lemon** essential oil
1 cup ice
Orange rind or used lemons
¼ cup coarse salt

Instructions

1. Grind all ingredients until pulverized.
2. Rinse thoroughly.

DISHWASHER SOAP

Ingredients

2-3 drops **Lemon** essential oil
1 cup white vinegar
1 cup borax
1 cup washing soda
2 tablespoons lemon juice concentrate

Instructions

1. In large glass bowl combine all ingredients.
2. Store in glass jar and shake to mix before each use.
3. Use 1-2 tablespoons per load, depending on size and how dirty dishes are.



TILE & GROUT CLEANER

Ingredients

8 drops **citrus** essential oil of choice
½ cup 3% hydrogen peroxide
1 cup water

Instructions

1. Combine all ingredients in 16 ounce glass spray bottle and shake to combine.
2. Spray mixture on dirty grout and let dry for a few hours.
3. Scrub, rinse, and dry off.

MAGIC ERASER SPRAY

Ingredients

3 drops **Purify** essential oil
1 tablespoon baking soda
1 teaspoon borax
½ cup hot water
1 melamine sponge

Instructions

1. Add all ingredients in glass container and mix until dissolved.
2. Place sponge in mixture and press firmly to absorb liquid.
3. To use, remove sponge, gently wring out excess liquid, and start cleaning.

