

Christine's Cleaning Recipes

Multi-purpose Spray

1/8 cup Castile Soap
10 drops each: OnGuard, Lemon, &
Oregano
1/4 cup white vinegar
Water to fill rest of 8 oz bottle

Glass/Window Cleaner

2-3 drops Lemon essential oil
2 tsp vinegar
Water to fill up rest of 2 oz spray bottle

Mildew Spray

5 drops - Lemon and White Fir
1 tsp white vinegar
Water to fill up rest of 2 oz spray bottle
Shake bottle and spray on area

On Guard Cleansing Wipes

Ingredients:

- 1 roll premium paper towels
- 2 cups warm water
- 2 tablespoons doTERRA Fractionated coconut oil
- 3 drops doTERRA On Guard Protective Blend
- 3 drops Lemon essential oil
- 1-2 tablespoons On Guard Foaming Hand Wash
- An airtight storage container

Instructions:

1. Cut paper towel in half widthwise with serrated or electric knife. Use half roll now and half later.
2. Combine water, Fractionated Coconut Oil, essential oils, and On Guard Foaming Hand Wash in a small bowl.
3. Pour mixture over paper towels and cover with airtight lid. Let mixture absorb for 10 minutes then turn container over and let sit for another 10 minutes.
4. Remove and discard cardboard tube. Pull wipes from center of the roll when ready to use.

Wood Polish

1/4 cup olive oil
1/4 cup vinegar
10 drops citrus essential oils (try Wild
Orange or Lemon - I did 5 drops of each)
8 ounce glass spray bottle
Mix ingredients together, shake, spray on
wood and rub into wood with microfiber
cloth. Repeat every 2-3 months or as
needed.

Citrus Bliss Air Freshener

2 oz glass spray bottle
1/8 cup + 1 TBSP distilled water
18 drops Citrus Bliss
8 drops Lemon

Cleaning Supply Safety Database

<https://www.ewg.org/guides/cleaners#.WpgXM2rwYdU>

EWG Cleaner Hall of Shame Report

http://static.ewg.org/reports/2012/cleaners_hallofshame/cleaners_hallofshame.pdf

Elvira's Natural Household Cleaners Recipes

All purpose powder cleaner:

1 cup baking soda

½ cup borax

8 drops CPTG melaleuca oil

Mix all together and place in a container with a shaker top.

Toilet cleaner:

1 cup vinegar

Sprinkle all-purpose powder cleaner

Mix all in the toilet let it sit for 30 min or overnight then brush bowl.

Floor cleaner:

5QT water

1 cup of vinegar

1 tablespoon castile soap

½ teaspoon of kosher salt

8 drops of a citrus oil (my favorite is grapefruit)

Natural Carpet Powder

½ cup baking soda

½ cup borax

20 drops CPTG lemon oil

Mix ingredients together. Pour into a glass container and sprinkle onto carpet. Leave for 15-20 minutes then vacuum.

Mattress Deodorizer Cleaner

1 cup Baking soda

5 drops CPTG Lavender

Strainer or a sifter from your kitchen

Mix ingredients together. Sift over your mattress and let it sit for 30 min. Vacuum.

Clean Air Diffuser Blend

Put in Diffuser:

2 drops CPTG rosemary oil

2 drops CPTG lavender oil

2 drops CPTG lemon oil