# RECIPES FOR
# GREEN CLEANING

Create your own NON-TOXIC cleaning products using essential oils and simple ingredients

CAROLYN CAVANAGH

# Welcome to green cleaning!

I am excited to share with you my favorite green cleaning recipes which have been used in my own home for years. All of the recipes use simple ingredients and essential oils to create effective yet non-toxic cleaning products.  In a world where we are surrounded by a toxic environment, it is empowering to learn how we can minimize toxicity in our homes.

I hope you enjoy making and using these recipes as much as I do!

With love,

Carolyn

Let's get started...

# Multi-Purpose Spray Cleaner

This effective spray cleaner recipe includes simple non-toxic ingredients to safely cleanse a variety of surfaces in your home. Use to wipe down kitchen counters, in the bath, and more... The essential oils not only help to clean and disinfect, they also freshen and cleanse the air.

Supplies:

- 8oz Trigger Spray Bottle

Ingredients:

- 6 ounces distilled water
- 2 Tbsp white vinegar
- 2 Tbsp hydrogen peroxide
- 1 Tbsp castile soap

Essential Oils:

- 15 drops White or Scotch Pine
- 15 drops Lemongrass
- 15 drops Lemon
- 15 drops Eucalyptus

Directions:

Add all ingredients to the bottle. Replace spray nozzle and shake well before each use.

How to use:

Spray and wipe with a clean cloth. For stubborn stains spray an even layer onto the surface. Let stand for a minute, then wipe with a clean cloth.

# Soft Abrasive Scrub

Use this soft scrub as an alternative to harsh chemical cleansers. Great for kitchen and bathroom sinks, bathtub, shower, tile, and other surfaces. The ingredients used in this recipe create a formula that is highly antibacterial and antifungal. Plus the fragrance is amazing!

Supplies:

Wide mouth container with lid.

Ingredients:

- 1 cup baking soda
- 3 Tbsp castile soap
- 1 Tbsp white vinegar
- 15 drops lemon essential oil
- 15 drops tea tree essential oil
- 10 drops peppermint essential oil

Directions:

Add all ingredients to the bottle. Replace spray nozzle. Shake well before each use. Spray an even layer onto the surface. Let stand for a minute or two, then wipe with a clean cloth.

# Hydrosol Floor Cleaner

Using hydrosols is a very effective, yet safe and gentle, method for green cleaning. They do a great job of disinfecting while filling your home with an amazing fragrance. Best of all, they are safe to use in a home with children and/or pets. Here is a great way to use them to clean floors.

Supplies:

- Steam Cleaning Mop or Microfiber Floor Mop
- Hydrosol of choice: (choose one or make your own blend of two or more)
  - Lavender Hydrosol
  - Peppermint Hydrosol
  - Tea Tree Hydrosol
  - Frankincense Hydrosol
  - Rosemary Hydrosol

Directions for steam cleaning mop:
After adding water to the machine as per manufacturer instructions, add a few spays to the mop pad and steam clean as usual. Re-apply as needed.

Note: Do not use hydrosol directly in the water tank unless doing so is recommended by the manufacturer.

Directions for microfiber mop:

Add 3 Tbsp of the hydrosol to a bucket of water and mop as usual or add a few sprays directly to a dampened pad.

# Toilet Bowl Cleaner

Not only is this recipe effective for cleaning the toilet, it also leaves the whole bathroom smelling fresh by cleansing the air too!

Supplies:

Container with lid

Ingredients:

- 2 cups baking soda
- 20 drops lavender essential oil
- 50 drops lemon essential oil

- 1/2 cup white vinegar (per each use)

Directions:
Mix together the essential oils and baking soda, pour into a container with tight fitting lid, and store until ready to use. To clean and freshen your toilet, add 1 Tbsp of mixture to the bottom of toilet and sprinkle another Tbsp around the sides. Scrub a little with your toilet brush, then add in 1/2 cup white vinegar. The solution should begin to fizz. Scrub once again with the toilet brush and then let the cleaner sit in the bowl for 15 minutes. Flush the toilet and your bowl is clean and the room is freshened!

Makes 16 uses

# Fresh Laundry Soap

This economical laundry soap recipe has been used in my home for years because it works beautifully and, of course, because it smells wonderful!

Supplies:

Container with lid

Ingredients:

- 2/3 cup soap flakes (plant based) or a grated bar of castile soap
- 1/3 cup washing soda
- 1 cup baking soda
- 1 cup borax
- 10 drops Lemongrass essential oil
- 10 drops Lemon essential oil
- 5 drops lavender essential oil

Directions:
Mix together the dry ingredients (flakes, sodas, borax) then add in the essential oil drops and mix together thoroughly.

How to use:

Add 2-4 Tbsp of the laundry powder to each wash load which uses warm or hot water. Do not use with cold water wash loads. Because this recipe is a soap and not a detergent, consider periodically cleaning your washing machine with OxiClean.

Note: Prior to use of this recipe, please consult with the manufacturer of front load and HE washing machines.

Energie Sparen
Outdoor
Flecken
Wolle
Handwäsche
Schleudern
Spülen+Schleudern

# Dryer Cloth

Store purchased dryer sheets are often extremely toxic, costly, and wasteful. The perfect solution is to make your own dryer sheets by using a reusable cloth and a few sprays of hydrosol.

Supplies:

- 1 -12x12 cotton cloth (or a wash cloth)

Ingredients:

- 10 spays (or as desired) of hydrosol. Choose one or a combination of your favorite hydrosol scents.

  Lavender Hydrosol
  Rose Hydrosol
  Frankincense Hydrosol

Directions:
Dampen the cotton cloth with a little water then spray hydrosol on-to the cloth. Place in the dryer along with wet clothes and dry as usual. For an extra static free load, toss in a wool dryer ball too.

# Cutting Board Cleaner

This is a wonderful recipe to help clean and freshen wood and plastic cutting boards. It also  discourages microbial growth.

Ingredients:

- 1/2 lemon peel (leftover from a squeezed lemon)
- 1 Tbsp coarse salt
- 1 Tbsp baking soda
- 1 Tbsp castile soap

Directions:

Pour the castile soap onto the cutting board (both sides) and work into a lather using hot water. Before rinsing, sprinkle salt and baking soda onto the board and scrub both sides using the squeezed lemon half. Rinse and air dry.

# Clean Kitchen Sponge

Did you know that the average kitchen sponge harbors about 10 million bacteria per square inch? Try this fresh idea to minimize bacteria and prolong the life of your sponge.

Supplies:

- 1 kitchen sponge

Ingredients:

- 3 drops of Lemon essential oil

Directions:
First wash your sponge using hot water and castile soap. Squeeze out the water and add 3 drops of lemon essential oil onto both sides of the sponge. Let it sit overnight. In the morning your sponge is disinfected and the whole kitchen smells great!

# Wood Furniture Polish

Treat your wood furniture to this hydrating polish made with natural ingredients. Your furniture will glow and your home will have the amazing aroma of orange and vanilla. Pure heaven!

Supplies:

Small bottle with cap

Ingredients:

- 3 Tbsp fresh squeezed orange juice (about 1/2 an orange)
- 1 Tbsp olive oil
- 1/8 tsp vanilla extract (alcohol free made with oleoresin)

Directions:
Add all ingredients to the bottle, replace cap and shake well.

How to use:

Pour a small amount of the polish onto a clean lint free cloth. Apply to wood surfaces and polish in a circular motion until the oil is absorbed and the wood has a soft glow.

Note: This blend will not keep so make a fresh batch each time you polish furniture.

double or triple this recipe as needed

# Home Deodorizing Cups

These cute little cups are fun to make and work well to freshen and cleanse the air in your home. Place one in the refrigerator, bathroom, closets, basement, kitchen, pantry, cabinets, bedroom, laundry room… wherever a freshening boost is needed.

Supplies:

- Silicone cups

Ingredients:

- 2 1/2 cups baking soda
- ½ – 1 cup water
- 30 drops essential oil

Below are four recipes of my favorite essential oil combinations.

- 8 Lemon
- 8 Scotch Pine
- 8 Lemongrass
- 6 Eucalyptus

- 10 Geranium
- 20 Grapefruit

———————————

- 8 Ylang Ylang
- 15 Lavender
- 7 Orange

- 9 Orange
- 9 Grapefruit
- 9 Lemon
- 9 Peppermint

Directions:

Combine ingredients to form a thick paste. Press mixture into cups and let dry for 2-3 days. When dry, pop out and place on a small plate wherever you need freshening.

Tip: Peppermint is great for keeping ants and moths away!

Carolyn Cavanagh is an author, interior designer, blogger, wellness coach and natural living advisor. For more eBooks and other ideas for graceful living and wellness, visit her websites:

Carolyn Cavanagh at home with Grace

Carolyn Cavanagh Wellness

Follow on:

Instagram | ccathomewithgrace

Instagram | carolyn.cavanagh

Facebook | Carolyn Cavanagh at home with Grace

Facebook | Carolyn Cavanagh Wellness

By using the recipes and suggestions included in this eBook, you agree and understand that all included content is to be used with the gracious spirit intended and at the users own risk.

©2021 all rights reserved