



Makeover Your Cleaning Cabinet Recipes

Household Cleaners

Air Freshener Spray

This spray is great as a daily home freshener. Your home says something special and unique about you. Create a special scent that your family and friends can enjoy. Get creative and mix and match essential oils. Another combination that I love includes: grapefruit, rosemary and ylang ylang.

Yield: 8-ounce spray bottle

Ingredients:

3/4 cup water
6 drops lavender essential oil
6 drops lemon essential oil
3 drops rosemary essential oil

Directions:

Combine the water and essential oils in an 8-ounce glass spray bottle and spray 3 to 4 times in each room of the house.

Carpet Freshener

Yield: 8 to 10 applications

Ingredients:

2 cups baking soda
10 drops lavender essential oil
5 drops wild orange essential oil

Directions:

Combine the baking soda and essential oils in a mason jar. Cap and shake well to combine. Remove cap and replace inner lid with construction paper. Secure rim and cut off excess construction paper. Poke holes in the construction paper. Apply carpet freshener liberally to carpets. Wait 1 to 2 hours. Vacuum over carpet thoroughly.

Carpet Stain Remover

Yield: 1 application

Ingredients:

3 cups water, divided
1 tablespoon Castile liquid soap
10 drops lemon essential oil

Directions:

Mix half of the water, the Castile soap, and the essential oil into a bowl. Soak a soft cloth in the mixture, wring it out, and gently blot the stain. Use a clean dry soft cloth and soak it in the remaining half of clean water to remove the residue. Continue to alternate between the soap solution and the clean water until the stain is not visible.

Note: Remember to blot, not rub the carpet or upholstery stain so you do not damage the fabric or fibers.

Basic Hardwood and Ceramic Tile Floor Cleaner

Ingredients:

1/4 cup Castile liquid soap

¼ cup distilled white vinegar
1 gallon hot water
10 drops melaleuca essential oil

Directions:

Mix water, Castile soap, vinegar, and essential oil in a large bucket. Mop with a dry mop or with a microfiber cloth by hand. Change cleaning solution as needed.

Green Kitchen Makeover Recipes

Liquid Dish Soap

Yield: dish soap squirt bottle or pump dispenser
Yields 20oz soap container

Ingredients:

2 cups unscented liquid Castile soap
½ cup warm water
5 drops lime essential oil
5 drops orange essential oil

Directions:

Fill the dish soap container with Castile soap, warm water, and essential oils. Shake container and use on dishes.

Trash Can Deodorizing Tablets

You can also use these tablets in the refrigerator, under the sink, in a shoe closet, or any place in the house you want to deodorize.

Yield: 6 to 8 tablets

Ingredients:

2 cups baking soda
1 to 2 cups distilled water

5 drops peppermint

5 drops grapefruit

Directions:

Add the baking soda to a bowl. In a separate small bowl, combine the water and essential oils together and add them to the baking soda by slowly stirring to achieve the desired paste. Transfer mixture into silicone molds or a muffin pan and allow to dry overnight, or until the tablets have hardened. Place 1 to 2 tablets into trash cans throughout the house. The tablets are good for 30 days. Store unused tablets in an airtight container.

Tip: When you are ready to replace it, take the OLD tablet and crumble it into a load of laundry to help deodorize there as well.

Fruit and Vegetable Wash

Yield: 1 wash

It's important to wash pesticides and environmental threats from your produce. This wash will remove all of the residues from your fruits and vegetables.

Ingredients:

4 cups filtered water

1 cup apple cider vinegar

10 drops lemon essential oil

Directions:

In a large bowl mix filtered water, vinegar, and essential oil. To use, submerge produce in the bowl. Stir the produce around with your hand to make sure all of the produce comes in contact with the lemon essential oil. Let the produce sit for 30 to 60 seconds. Rinse with filtered water in a strainer.

Note: for leafy greens, omit the vinegar and add two tablespoons of salt to the four cups of water. Let soak for 10-15 minute and allow the greens to dry before placing them back in the fridge.

Green Bathroom Makeover Recipes

Multiple-Purpose Cleaning Spray

Yield: 24-ounce spray bottle

Ingredients:

1 cup distilled white vinegar
2 cups distilled water
5 drops melaleuca essential oil
5 drops lemon essential oil

Directions:

Add all ingredients to a 12-ounce spray bottle and shake well. Use as you would any other all-purpose cleaner for countertops, porcelain surfaces, mirrors, tile, and other household surfaces. Wipe with a microfiber cloth or clean sponge. If unsure of a surface area, test the cleaner on a small area first.

Note: For tougher areas of the house, leave the spray solution on that surface for 30 minutes before rinsing.

Mold and Scum Prevention Spray

Yield: 24-ounce spray bottle

Ingredients:

3 cups water
1 tablespoon rubbing alcohol
25 drops melaleuca essential oil
10 drops eucalyptus essential oil

Directions:

Add all ingredients to the spray bottle and shake well. Spray directly on mold or scum buildup in the shower, tub, or anywhere else in the bathroom. Do not rinse. Repeat daily or weekly as needed.

Creamy Toilet and Tub Soft Scrub Cleaner

Yield: 2 applications

Ingredients:

1 cup baking soda
10 drops melaleuca essential oil
1 teaspoon vegetable glycerin
½ cup unscented liquid Castile soap

Directions:

Add baking soda, essential oil, and vegetable glycerin to a bowl and slowly add the Castile soap until a paste is formed.
Apply the soft scrub paste to soap scum in bathtubs, toilet bowls, and sinks. Let sit for 10 to 15 minutes. Scrub with a brush or sponge and rinse off.

Green Cleaning Laundry Recipes

Laundry Stain Remover

Great cleaning solution for greasy and stubborn stains such as blood and grass stains.

Yield: 16-ounce glass spray bottle

Ingredients:

2 cups distilled white vinegar
25 drops lemon essential oil

Directions:

Combined ingredients in the spray bottle and shake well. Spray solution on the stain, let sit for 5 to 10 minutes, and wash.

Liquid Fabric Softener

Yield: 18 loads

Ingredients:

½ gallon distilled white vinegar

1 cup baking soda

30 drops lavender essential oil

Directions:

Combine ingredients into 1 large storage container and add ½ cup to each load of laundry in the washer. The laundry will soften and smell great too.

Laundry Soap Recipe

Yield: 24 to 48 loads, depending on the size of load

Ingredients:

1 finely grated baby mild unscented bar Castile soap

1 cup washing soda

1 cup borax

10 drops lemon essential oil

10 drops grapefruit or wild orange essential oil

Directions:

Mix grated Castile soap, washing soda, and borax together in a bowl with a spoon. Add essential oils and stir completely. Store in sealed, airtight glass jar. Use 1 to 2 tablespoons per load depending on size of the load.

Note: This recipe is safe for high-efficiency washers. For extra-dirty loads of laundry, consider adding an oxygen booster to the washer along with this recipe.