



Natural Cleaning & Home Detox

Ingredients

Bicarb Soda: Removes stains, deodorises, absorbs moisture and is mildly abrasive.

Borax: Removes stains, deodorizes, scours, disinfects and bleaches.

Essential Oils: Provides fragrance and other varies properties.

Eucalyptus Oil: Disinfects, deodorant, insect repellent and stain remover.

Fresh Lemon Juice: Cuts grease, deodorizes and is a mild bleach.

Methylated Spirits: Solvent and disinfectant.

Olive Oil (or beeswax): Polisher, moisturiser and sealant.

Pure Soap (ground or block): Cleans and cuts grease, can be in liquid or solid form.

Salt: Scours, disinfects and deodorizes.

Soda Water: Removes stains.

Washing Soda (Sodium Carbonate): Softener, cuts grease and removes stains.

White Vinegar: Cuts grease, solvent, disinfects, bleaches and deodorizes.

Recipes

Hard Surface Cleaner

Ingredients: White vinegar, bicarb soda, spray bottle, metal shaker.

Method: Spray surface with vinegar, sprinkle with bicarb and allow to foam. Spread over surface with a cloth and allow to stand for 10 minutes. Wipe away with a damp cloth.

Oven Cleaner

Ingredients: ½ cup salt, ¼ cup borax, ½ cup bicarb soda, hot water.

Method: Scrape off excess grime, mix dry ingredients and add enough water to form a paste. Apply liberally with a cloth and leave for 30 mins. Wipe away with a wet cloth.

Laundry Detergent

Ingredients: ½ cup borax, ½ cup pure soap, 2 litres boiling water.

Method: Dissolve the dry ingredients in the boiling water, mix and cool.

Fabric Softner

Ingredients: 3 tbsp washing soda, 2 drops of your favourite essential oil, 1 litre of boiled water.

Method: Dissolve washing soda crystals in hot water, let cool, add essential oil.

Abrasive Hard Surface Cleaner

Ingredients: 1 cup borax, 1 cup bicarb soda, 5 drops eucalyptus oil, water.



Method: Mix all ingredients and add enough water to make a thick past. Apply with a brush.

Air Freshener

Ingredients: 30 drops eucalyptus oil (or your favourite essential oil), 10mls vodka, 2 cups water.

Method: Add ingredients in to a spray bottle, shake and spray.

Glass and Mirror Cleaner

Ingredients: 1 cup white vinegar, 5 drops eucalyptus oil, newspaper.

Method: Combine vinegar and oil in a spray bottle. Spray surface and wipe away with newspaper (will prevent fogging of mirrors).

Fridge and Freezer Cleaner

Ingredients: ¼ cup bicarb, 1 cup hot water, 6 drops vanilla essence, vinegar.

Method: Mix ingredients and apply to inside of fridge with a cloth. Wipe clean with a cloth soaked in vinegar.

Furniture Polish

Ingredients: 1 tbsp lemon oil, 2 cup olive oil, 2 drops sandalwood oil.

Method: Mix ingredients and apply with a soft cloth.

Drain Opener

Ingredients: ½ cup baking soda, ½ cup vinegar, ½ litre boiling water, plunger,

Method: Use plunger on drain, mix ingredients and pour down drain.

Carpet Cleaner

Ingredients: Bicarb, ½ cup soap, 5 cups boiling water, 3 tbsp washing soda, cloudy ammonia.

Method: Sprinkle carpet with bicarb and leave over night. Vacuum carpet. Mix remaining ingredients together, use this to shampoo the carpet.

If you are looking for a natural cleaner, there are many available on the internet. Search for 'make your own XXX' for example to find a variety of recipes. Experiment to find your favourite.

References & Further Resources

The Watershed Sustainability Resource Centre, 218 King Street Newtown, 9519 6366

Safer Solutions, for an online guide to detoxing the home www.saferolutions.org.au

Cleanout, for safe disposal of chemicals from the home www.cleanout.com

Lanfax Labs, for laundry product research www.lanfaxlabs.com.au

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