

# AIR FRESHENER

1/4 cup baking soda

5-6 drops essential oil (e.g., Lavender, Lemon, Cassia)

- Add to a mason jar
- Cover with cheesecloth or canning lid with holes.
- Place the jar around your home.
- You can use the same recipe as a carpet freshener. Vacuum after 10 minutes.

## **WOOD POLISH**

1/4 cup white vinegar

1/4 cup olive oil

10 drops essential oil (e.g., Arborvitae, Lemon, Orange)

- Add ingredients to an 8oz glass spray bottle.
- Spray to protect wood furniture and wood floors.

### **GLASS CLEANER**

1 1/2 cups white vinegar

1/2 cup filtered water

8 drops citrus essential oil (Lemon, Grapefruit, Orange, Lime, or combination)

• Add ingredients to a 16oz dark colored, glass spray bottle.

# **DISH SOAP**

2 cups castile soap, unscented

24 drops of citrus essential oil (Lemon, Grapefruit, Orange, Lime, or combination)

- Add ingredients to a mason jar.
- Secure a pump top by using a canning lid.
- Use 1-2 tbs to each load of dishes.

# **FRUIT AND VEGGIE WASH**

1 cup filtered water

3/4 cup apple cider vinegar

10 drops Lemon essential oil

- Add Lemon essential oil to a 16oz glass spray bottle.
- Add water VERY SLOWLY.
- Spray on produce and let sit for a few minutes.
- Rinse well with cold water. Let dry.

### **ORANGE KITCHEN CLEANER**

Orange peels

White vinegar

8 drops Melaleuca (Tea Tree) essential oil

8 drops On Guard essential oil

- Soak orange peels in vinegar in a quart Mason Jar with a lid.
- Add 5 drops of Melaleuca
- Let sit for 2 weeks. Drain peel oil into a 16oz. glass spray bottle.
- Add remaining essential oil

## **FABRIC SOFTENER**

30-60 drops essential oil (Lavender, Serenity, Citrus Bliss, Wild Orange)

- 1 gallon of white vinegar
- Combine ingredients.
- Add 1/2 cup to your fabric softener dispenser.

# **DRYER BALLS**

1 skein of 100% Wool Yarn

panty hose

essential oil (Lavender, Serenity, Wild Orange)

- Wrap yarn into four tight balls. Tie the ends.
- Put the balls into pantyhose.
- In between each ball, tie with embroidery floss.

- Drop into wash. Wash in hot water. Dry in dryer.
- Repeat a couple of times to complete felt process.
- Remove from pantyhose.
- Add your favorite essential oil every 5 loads. Throw into dryer with laundry.

# **BATHTUB SCRUB**

3/4 rounded cup baking soda

1/4 cup liquid castile soap, unscented

- 1 tablespoon water
- 1 tablespoon white vinegar

5-10 drops Lemon essential oil

- · Combine soap and soda. Add water.
- Add essential oil and vinegar.
- Make in small batches. Store in glass jar with lid.
- Apply and let sit 10-15 minutes. Scrub.

### **TOILET BOMBS**

1 1/3 cup baking soda

1/2 cup citric acid (found in canning aisle)

2 tbs witch hazel

90 drops of essential oil (Lemon, On Guard, Peppermint, Lime, Wild Orange, Tea Tree, Purify)

- Add oils and witch hazel to a spray bottle.
- Spray oils onto the powder mix slowly until wet.
- Place into silicone molds for 6 hours.
- Put one bomb in the toilet before bed.
- Swish clean in the morning.

# HAND SOAP

- 2 tbs castile soap, unscented
- 1 tbs carrier oil (e.g., fractionated coconut oil)
- 1 tsp Vitamin E oil (optional)
- 10 drops essential oil (Wild Orange, Lemon, On Guard, Lemongrass, Lavender)
- Pour soap and carrier oil into a foaming hand soap container.
- Add essential oil. Find your favorite!
- Add filtered water, leaving enough room for the pump.
- Use a quality plastic container, or use a mason jar as we did for the dish soap recipe.

# HAND CLEANSING SPRAY

- 8 drops On Guard essential oil
- 3 tbsp Aloe Vera gel
- 2 tbsp water
- 1/4 tsp Vitamin E oil
- Mix into a 2oz glass spray bottle or other container.
- Apply to hands at public restrooms, at the store, and other places to keep hands clean.