

# Carmen

# S H E N K

Non Toxic Cleaning

RECIPES

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### Thieves Household Cleaner (All Purpose Cleaner)

1 teaspoon (1 cap full) Thieves Household Cleaner

2 cups of water

Combine in a spray bottle, no additional essential oils required. No rinsing required.

### All Purpose Cleaner

1 cup distilled water

2 tablespoon - 1/4 cup Dr Bronner's (depending on how soapy you like it.)

15 drops of the essential of your choice - see list below

Combine in spray bottle.

Spray and wipe with damp cloth.

### Fake Bleach

1 cup hydrogen peroxide

1 cup water

20 drops lemon essential oil

Combine in a spray bottle and use to pretreat clothing before washing.

### Vinegar Cleaner

1/2 cup distilled water

1/2 cup white distilled vinegar

1/2 juice of lemon

15 drops of essential oil - see list below

Combine in a spray bottle, keep in refrigerator because of the lemon juice.

Vinegar and citrus oils are not for use on stone counter tops.

### Choose essential oils from this list:\*

Make small batches of cleaner and rotate which oils you use to avoid contact sensitization.

Citronella - insect repellent

Eucalyptus - anti-infective, deodorant

Grapefruit - air freshener, antiseptic

Lavender - antifungal, antiseptic, anti-infective

Lemon - antifungal, antiseptic, anti-infective, antiviral

Lime - air freshener

Orange - air freshener

Peppermint - antibacterial, antifungal, antiseptic, antiviral

Rosemary - antibacterial, antifungal, anti-infective, antimicrobial, antiseptic

Tea tree - antibacterial, antifungal, antimicrobial, antiseptic, antiviral (not safe for pets)

*\*list taken from page 34 of The Organically Clean Home: 150 Everyday Organic Cleaning Products You Can Make Yourself - the Natural, Chemical-Free Way. by Becky Rapinchuk*