

# Easy Cleaning Recipes



## All Purpose Cleaner

### Ingredients

- 120ml white vinegar
- 15-20 drops of essential oil\*
- Splash of washing up liquid (about 2.5ml)

\*Select one or a combination of oils

### Instructions

Mix in a spray bottle, then top up the bottle with about 300ml warm water.

Give it a shake & you're ready to go! For use all around the house.



## Wood Furniture Polish

### Ingredients

- 50ml sunflower oil
- 30ml white vinegar
- 25 drops of lavender oil

### Instructions

Mix in bottle (you can use one with a pump).

Give the polish a good shake before each use.

Either dab or pump the polish onto a cloth or furniture.



## Warnings - using vinegar

Not recommended for use on unfinished, unsealed or waxed wood.

Do not use on marble, granite, limestone, travertine, quartz or concrete work surfaces.

On other surfaces, perform a spot test & always wipe thoroughly.

# Grease Removing Cream Cleaner

## Ingredients

- 100g of Bicarbonate of Soda (about 4 heaped tablespoons)
- 15-20 drops of essential oil\*
- Splash of eco washing up liquid (about 2.5ml)
- Optional addition of vegetable glycerin (enough to form a smooth paste)



\*Select 1 or a combination but choose non-acidic oils to avoid separation.

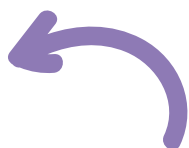
## Instructions

For grimy baths, sinks, tiles etc.

Add all ingredients to the container, stir or shake & you are ready to go.

- 1.Ensure area to clean is wet.
- 2.Using a cloth or scourer, scoop up some of the paste & apply to the area.
- 3.Rub in to remove grease and grime & then rinse.

Vegetable glycerin keeps the cream cleaner moist and a lovely consistency. You can choose to omit this ingredient and keep the cleaner dry until you want to use it. Then use a moist sponge or cloth to dip into the dry mix.



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# Fabric/Room Freshener

## Ingredients

- 250ml cheap vodka/odourless surgical spirit (or infuse your own using citrus peel and vinegar - see instructions)
- 20 drops of essential oil (lavender, rosemary & peppermint all repel moths)
- 1 drop of honey



## Instructions

1. Pour the measured vodka/surgical spirit/citrus vinegar into a jar, add the essential oil and then the honey (to emulsify the spirit & oil).
2. Secure the lid & give the jar a really good shake.
3. Funnel into a spray bottle, top up with water & it's ready.

## Using Essential Oils

Do your research when selecting essential oils to check they are safe for use in cleaning products. We selected 3 British grown oils for the cleaning demonstration evening.

**Peppermint** - can be toxic to pets & can stain wood.

Antimicrobial, making it an effective, natural disinfectant.

Fresh & clean scent.



**Lavender** - gentle oil (appears to be safe for all uses).

Antimicrobial. Natural preservative. Calming, soothing scent.

**Rosemary** - possible risk for people with high blood pressure & in pregnancy. Antimicrobial. Natural degreaser. Non-toxic & skin friendly.

## Other Effective Oils

Lemon/Eucalyptus/Tea Tree/Orange.

Note - Research oils before use. All oils should be well diluted.



# Uses for Lemons & Other Hacks

## Descaling the kettle

1. Cut a lemon in half & place both pieces in the kettle (this works very well with an old lemon).
2. Fill the kettle with a mixture of water & vinegar.
3. Turn on & then leave for a few hours or overnight.  
Empty & rinse.



## Freshening Chopping Boards

(to remove food odours)

1. Sprinkle some bicarb on the board.
2. Squeeze & rub half a lemon on the board, mixing in the bicarb to create a fizz.
3. Leave for 30 minutes & rinse thoroughly.



## Microwave Steam Clean

1. Place lemon slices in a bowl of water.
2. Microwave for 2-3 minutes.
3. Let the steam loosen the grime.
4. Wipe clean.

## Wood Scratch Remover

1. Use half a walnut & rub across the scratch (rather than in same direction).
2. You will see the scratch fill & disappear.
3. Wipe with a clean cloth.

