

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.

Easy Cleaning Recipes

Grease Removing Cream Cleaner

Ingredients

- 100g of Bicarbonate of Soda
(about 4 heaped tablespoons)
- 15-20 drops of essential oil*
- Splash of washing up liquid (about 2.5ml)

*Select 1 or a combination

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 & then rinse.

Fabric/Room Freshener

Ingredients

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

Instructions

1. Pour the measured vodka/surgical spirit or infused citrus peel into a jar, add the essential oil followed by the honey (which emulsifies the spirit & oil).
2. Secure the lid & give the jar a really good shake.
3. Use a funnel to transfer to a spray bottle & it's ready to use.



Removing Limescale



Methods

Choose from lemons, natural vinegar (undiluted) or citric acid.

Instructions

1. Apply or spray on the area, leave for 20-30 minutes & wipe clean.
2. Wrap a cloth soaked in vinegar around taps, leave for 20-30 minutes & wipe.
3. Bicarb & lemon juice/vinegar if it's a stubborn stain that needs a bit of elbow grease.
4. Pour vinegar/citric acid down the toilet & leave overnight.

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.

