

Thrifty Natural Cleaning

Recipes for Cleaning Your Home
the Frugal, Healthy Way!



TheThriftyCouple.com

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A Note on Essential Oils

We are going to share many homemade cleaning recipes. These homemade cleaning recipes are all effective and natural alternatives to store-bought brands. Natural cleaning products are simple and do not require complex ingredients.

But there is something that you can add to your homemade cleaners to boost the effectiveness of those cleaners and that is essential oils.

Essential oils are a great tool to have on hand for many purposes and we have talked about them in many places on our site and in our books. But I want to provide a brief, yet understandable reason to highly consider adding essential oils to your homemade cleaners. You can honestly clean without them, but this gives a huge boost to your cleaners effectiveness.

I have been using essential oils in cleaning for over 10-years. Over the course of 10-years of research and usage, I have determined the best essential oils for cleaning. You cannot go wrong having any and all of these on hand at home.

The best essential oils for cleaning are:

- Oregano
- Cassia (from the cinnamon family, but extracted from a different part of the plant)
- Cinnamon
- Melaleuca (also know as Tea Tree Essential Oil)
- Lemon
- Lavender
- Peppermint

Lavender and lemon are the most popular and if this is all you can get for now, this is a great start. Not only are they effective, but they have a great smell too!

By adding essential oils to your cleaners, you can naturally boost cleaning properties as they are “anti-bacterial (prevents/slows bacterial growth), anti-fungal (fights fungal infections), anti-infectious (prevents germs from spreading), anti-microbial (kills and prevents pathogenic microorganisms), anti-septic (kills and prevents microbes) and anti-viral (slows the growth of a virus).

A couple of things to remember about essential oils:

If you have never used them, don't worry, they are safe when used properly (like in homemade cleaning products) and in fact yield many benefits. Essential oils are the liquids distilled from plants and plant parts (like seeds, bark, leaves, roots, flowers, etc.) That is the shortest answer possible. But in essence, it is a totally natural and healthy substance - just highly concentrated!

Also, they come in small bottles. The most common for cleaning grade is a 15 ml. which is about a 1/2 oz. I know that sounds like it is nothing and will not get you far, but they will probably last you a couple of years in making your own cleaning products for the full two-years. Why? Well, most essential oils have 25-30 drops in 1 ml, that means that a 15 ml bottle contains about 375-450 drops of oil! Most cleaning product recipes I will be sharing require about 10-30 drops per bottle, this means that you can make about 14-15 bottles of cleaner per essential oil bottle!

The next question to answer is where to get them. They are not generally sold in a regular grocery, big box or super store. You can get them online on Amazon or even my favorite place, Vitacost. In fact, we show you how to get all 7 of the essential oils for under \$40 on this post [HERE](#).

Cleaning Shower Heads and Faucets with Ease

Shower heads and faucets are a breeding ground for bacteria. Many times, we don't even often look at the end of the spout to realize how dirty and the amount of buildup that has accumulated.

When it comes to cleaning my faucets and shower heads, this is not a daily task and so only I only make the solution for the immediate time of use and don't make it to store. There really isn't much to it to justify needing to make it before like many of our other homemade cleaner recipes.



You will need:

- Baking Soda
- Vinegar
- Original Blue Dawn (this is the only dish soap I have tried for this and original blue dawn has many non-dish cleaning wonders)
- Toothbrush for scrubbing
- Ziploc – for thriftier ideas, reuse the same ziploc for all the faucets/showerheads that day. We have even recycled bread bags for this purpose too! They are nice and long for long faucets.
- Rubberband

Directions:

1. In the ziploc bag, add 2 TBSP of Baking Soda and add 4-5 drops of blue dawn dish soap.
2. Place the bag around the faucet/showerhead.
3. Then add enough vinegar to the ziploc to cover the surface you wish to soak (about 1/2 cup). It will foam up!
4. Secure the ziploc in place with a rubberband.
5. Let soak for at least 30 minutes, but 1+ hours is great too!
6. Then remove the baggie and rubber band (and then place on the next faucet if it didn't get too dirty or make a new solution and the same bag for the next faucet).
7. Then, using an old toothbrush, scrub away!
8. To rinse, I just pour cups of hot water over it until the soap residue is gone.

It is really, really simple to make the solution. No matter how many crevices, nooks and crannies there are or the type of faucet, this works super well!



Stainless Steel Cleaner

I have bought stainless steel cleaners in the past and there were 2 things I did not like about them:

1. They were expensive
2. They were not natural

Two things that I try to avoid in everyday living. So I started using this recipe developed from my own glass and window cleaner to use for stainless steel. It is a very, very good recipe that is very effective. I have no complaints about it and it is easy to make and keep the smudges at bay.



You will need:

- Any size spray bottle
- Equal parts water to equal parts vinegar (white distilled) to fill your bottle
- 4 drops of lemon essential oil per 4 oz of liquid
- 1 drop of dish soap per 4oz. of liquid
- *Funnel if needed

Directions:

1. Pour the equal parts of water and vinegar in your bottle
2. Then add the dish soap
3. Then add your drops of essential oil
4. Put the lid/sprayer back on and shake until blended
5. Just give it a shake before each use as well!

Lemon essential oil is a very necessary ingredient to actually make this solution smudge-proof while shining up the stainless steel. Without it, you will not get a stainless steel shine. We use Lemon in many of our cleaning recipes, so it is a great oil to have on hand! Each 15 ml bottle contains about 300 drops of oil, so it will last a very long time.

This solution is also perfect for glass and windows and appliance interiors – so even whole kitchen cleaning! I also use a dish rag or even a microfiber cloth when I use this for cleaning!

Clean a Stainless Steel Sink and Make it Shine

Are you ready to combat the chrome and get geared up to defeat the grungy stainless steel sink? Well, we want to share with your our 3-step process on how to clean a stainless steel sink and the best part is, there are no expensive cleaners – only simple ingredients found at home already!

I love this method as you walk away with it looking like a brand new sink. Mine is 10+ years old, has plenty of scratches and dings. I can't say that I treat my sink nicely, as I don't. I work it hard, things get thrown in, things get left sitting in... etc. It is a well used kitchen appendage! So it is always a joy to see how she shines and the smile on her face after this great cleaning – it's a day at the spa for her.

So let's get this party started and get our sinks clean with a few minutes of work and a few ingredients. Think of this as like a car wash – the supreme wash with the cleaning, buffing and spot-free rinse, and the waxing! Well, that's what we are going to do.

Step 1 for Stainless Steel Sink Cleaning

Supplies:

- Vinegar
- Baking Soda
- Dish soap
- Scrubbing tools like toothbrush, scrubby pads/sponges and steel wool

1. Plug the sink(s)
2. Then add about a 1/2 inch of water
3. Sprinkle baking soda all around
4. Squirt some dish soap in the sink all around
5. Then pour distilled white vinegar into the sinks and let the solution "bubble up."
6. Then let this sit for a minute or two.
7. Go through and scrub away with your scrubby pads and steel wool. When using steel wool, gently scrub and it will also help buff away some superficial scratches (but do this carefully as you can create other scratches :))
8. This is also the time I use a toothbrush to get the crevices by dipping the toothbrush in the solution and scrubbing the outside parts of the sink.
9. Then when you are satisfied, pull the plug to drain and rinse the residue away.

Here's the results after step #1 of stainless steel sink cleaning. My camera does not do this justice. In person, the difference already is amazing!



Step 2 of Stainless Steel Sink Cleaning

Supplies:

Cream of Tartar

(buffer and scratch reducer)

3% Hydrogen Peroxide

Rubbing Alcohol (optional)

1. Sprinkle the cream of tartar over the sink. This will help to buff and smooth out small scratches.
2. Then spray with the Hydrogen Peroxide – when you turn on the water after buffing, then this will create a “spot-free rinse”
3. Simply take your scrubby pad and “buff” the sink by working in a circular motion.
4. Then turn on the water and rinse away. Feel free to spray a bit more hydrogen peroxide if you need to!
5. For this step, if you have rust or other spots, you may need to go a step further in removing the rust.
6. This is best done with straight rubbing alcohol on a rag or scrubby pad. Just pour a bit of it on and scrub away the rust/tough stains BTW – this is a before all of the steps picture. I often find that the rust will fade after completing step #1 and #2, so you couldn't see it in the camera, so I am showing rust from first picture so you can actually see it. However, even after the first 2 steps, there is still a bit of rust visible in real life – so this is when you might need to pull out that alcohol!

Step 3 of Stainless Steel Sink Cleaning

This is what you might consider your shammy shine/waxing when you wash your car! Well, we want that stainless steel to shine as well! This also gives your sink a bit of nourishment.

Supplies:

Olive oil or baby oil

A rag

To finish up, I will use a towel to dry it up and then give it a nourishing shine with oil!

Olive oil or baby oil is best. Simply pour oil on a rag and wipe down the sink.

One final note: You may have noticed my sink, an extra big sink with a small sink instead of it being divided in half. Let me just say I HATE this sink design. It looks like it would be quite cool and functional – but the truth is.... the small sink is useless! You can't wash dishes and rinse reasonably without water going everywhere, it is too small for holding strainers and cleaning food (which is why I get a lot of buildup on the edges as seen in the toothbrush picture – the water always leaks out over the sides!), water not only spills over the counter tops, but onto the floor and has been a real pain. If you have a choice, I would recommend not going with a sink like this. When I change one day – I will steer clear of this useless design.

Homemade Dusting Spray with Lemon

So, it's time for our simple recipe that we use to create a homemade DIY dusting spray with lemon that is a frugal and healthier replacement to the commercial product Pledge. I make 4 oz. at a time and store it in a glass spray bottle. It realistically will keep for only 2-3 months since it is made with natural ingredients, so the smaller bottle ensures that I don't have to throw any out after a few months.



You will need:

- ❑ 1/4 cup vinegar
- ❑ 1/4 cup water (purified or boiled and cooled)
- ❑ 2 TBSP olive oil
- ❑ 10-15 drops of lemon essential oil

Directions:

1. Just add the water and vinegar first, using a funnel.
2. Then add the olive oil and essential oils.
3. Put the spray lid on and shake vigorously.

You are probably already asking – “since it is oil, vinegar and water.... it won't mix?” Yes, you are right! It is much like Italian Dressing, before you use it, you have to shake it to mix it and pour immediately on your salad. Same concept here.

How to use it:

1. To use it, first.... shake it up!
2. Then I spray a rag or microfiber cloth with the spray and then wipe the surface. I don't spray the surface directly.

Natural Homemade Fragrance Diffuser

The number of home fragrance products available today is staggering. There are scented candles, potpourri, scented sprays, oil diffusers, incense and plug-in room deodorizers. But before shelling out for products that contain a host of potentially harmful toxins and chemicals, consider making your own air fresheners. A few drops of highly-concentrated essential oils can add a lovely dose of natural fragrance to your home.

Making your own air fresheners using essential oils is a money-saving way to add pleasant, fresh scents to your home while reducing your exposure to unwanted chemicals. Plus, you can completely tailor the scents to your preferences or your needs. If you haven't used essential oils before, don't be afraid to jump in.

Essential oils are a highly-concentrated and fragrant liquid extracted from plants and can provide a range of therapeutic and health benefits. Look for essential oils at health and natural foods stores or online. Don't let the price tag scare you off — just a few drops of essential oil goes a very long way — and those tiny bottles will most likely end up lasting you years.

Common Essential Oils and Their Benefits:

- ★ Lavender: improves sleep quality and calms the nervous system
- ★ Basil: helps relieve headaches
- ★ Rosemary: stimulates the mind and improves memory
- ★ Clary Sage: calms the nervous system
- ★ Clove: helps relieve nasal congestion and also contains aphrodisiac qualities
- ★ Lemon: acts as a natural antidepressant and calms anxiety
- ★ Orange: refreshes and relaxes

To skip the unwanted ingredients and the expense, try making your own oil diffuser using an essential oil of your choosing. Or, experiment with combining oils for a highly-personalized scent — just be sure to test out the combination by adding a drop or two of each of the oils to a cotton ball to make sure the blend is appealing to you.

To make your own, you will need:

A small, clean jar. A container with a wide base and a small opening works best, as they discourage evaporation.

Reeds. A lot of health stores and candle shops carry reeds.

Mineral oil. Available in grocery and drug stores. Mineral oil is less viscous than vegetable oil and is better at carrying the scent up the reeds.

Vodka. Plain, unflavored, nondiluted vodka. The vodka helps thin out the oil so that it will move more easily up the reeds.

Essential oil(s). A few suggested oil combinations are lavender and lemon, orange and cinnamon, and basil and peppermint.

How to Assemble Your Oil Diffuser:

Pour one-quarter cup mineral oil and two tablespoons vodka into a measuring cup and stir well to combine the liquids.

Add in one and one-half tablespoons of essential oil (the ratio should be about one part essential oil to four parts mineral oil and vodka).

Stir well and pour the oil mixture into your container. Insert as many reeds as will fit into the opening.

Flip the reeds every few days to optimize the scent diffusion.

Incredible Homemade Natural Soft Scrub

I loved Soft Scrub. Seriously. Loved. It. But you know, I am on a thrifty and healthy quest right now and one that I hope is a permanent quest to always try to be a little more thriftier and healthier each step.

So I wanted to make my own Soft Scrub using natural products!

First, I tried about 5 or 6 recipes that I saw online. I wasn't impressed! They just were not doing the job I was hoping! I wanted something to not only clean and scrub, but to whiten and brighten (like tile grout) but be safe for surfaces like my stove and oven. I fussed with this recipe for a while!

I finally created a combination that I absolutely LOVE and that DOES IT'S JOB!

Here's what my goals were and why I chose these ingredients:

- Scrubbing = Baking Soda
- Cleaning = Dish Soap
- Whitening and Brightening = Hydrogen Peroxide
- Purifying = Lemon Essential Oil

So that's the reasons why I chose this combination! Most all of the recipes I found either used water or vinegar... I could not get vinegar to work in this recipe! I also could not get the whitening/brightening result from any recipe I tried. I hope that you have the same incredible results that I have had with this recipe that I created.

Here's what you need:

- 2 TBSP of Baking Soda
- 5 Drops of Dish Soap
- 5 Drops of Lemon Essential Oil
- 1 TBSP of 3% Hydrogen Peroxide

Here's how to make it:

1. In a small bowl, add your 2 TBSP of baking soda
2. Then add 5 drops of Lemon Essential Oil
3. Then add the 5 drops of dish soap
4. Then add 1 TBSP of 3% Hydrogen Peroxide
5. Then mix until a paste forms. You can add a little more baking soda to make a thicker paste, but I like it slightly thinner for some purposes and slightly thicker for others. So adjust this based on your cleaning needs. If I am trying to remove a stain on a counter or tile or grout, I keep it slightly thinner so that I can let it set into the stain for some time and not dry out so quickly.
6. Once you get your desired consistency, then it is ready to use. I don't make and store it, I just make small amounts at a time and use it as needed and use all of it at once.

Here's how to use it:

So you can use it however you would use SoftScrub, but let me share with you how use it to remove stains!

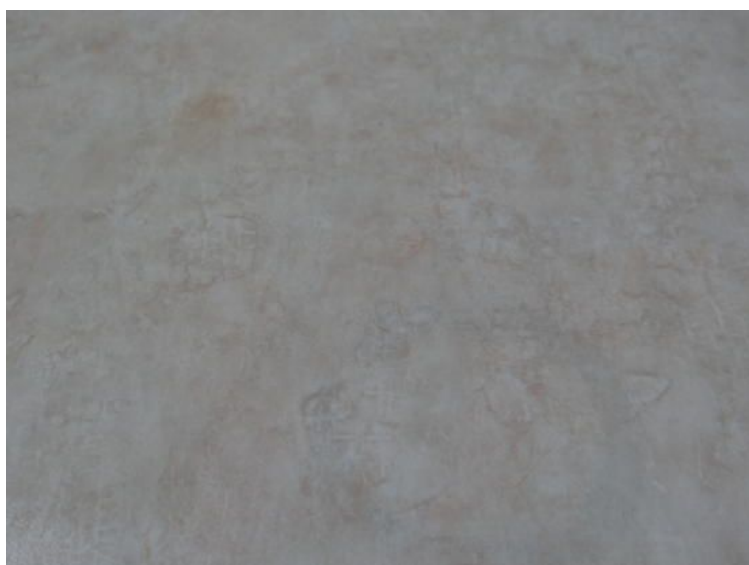
First, I have this very annoying counter top that is very light, but also multicolored. I think it has all of these colors to help stains blend in! Why does it need to do that? Well... this counter top stains so easily and it is so incredibly annoying! I will scrub at it forever and still not get stains out.. until I made this!!

I just scooped the soft scrub onto the stains

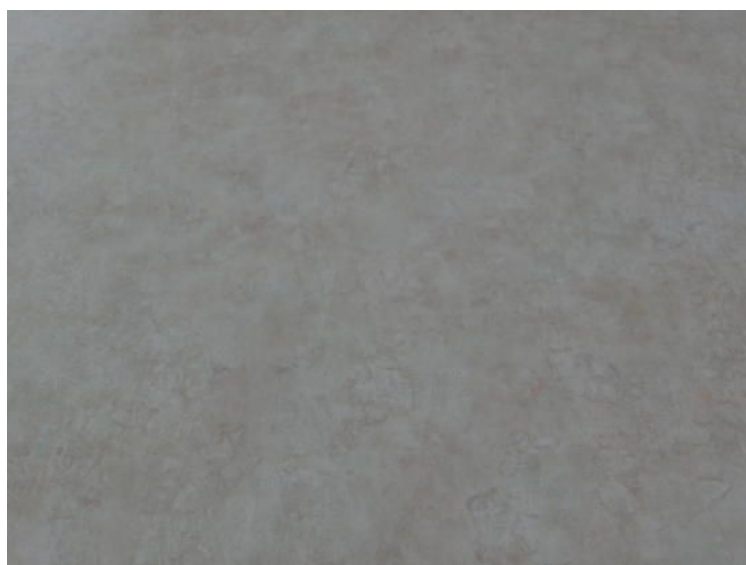
Then I used an old toothbrush and did some "gentle" scrubbing.

I then let it set for 15-20 minutes, came back and scrubbed for a minute with the toothbrush and then wiped clean.

Before:



After:



Tada.... It is clean and bright again with no stain evidence!! I seriously love this stuff. I have personally found it to be safe on pretty much any surface – except I wouldn't use it on glass or some wood (my wood kitchen table is fine, but my glass cherry wood cabinet would not be fine as examples – you be the judge on where you can use it in your house!).

It is very, very cheap – like pennies per batch. And it is safe and natural too – all things that are extra pluses to this effective formula!

Homemade Natural Antibacterial Spray Cleaner



This is a wonderful and great alternative to expensive and chemical antibacterial spray cleaners!

Ingredients

- 2 cups water
- 5 drops of lavender essential oil
- 5 drops of lemon essential oil
- 2-3 drops of melaleuca/tea tree essential oil
- 2-3 drops of oregano essential oil
- Spray bottle

Instructions

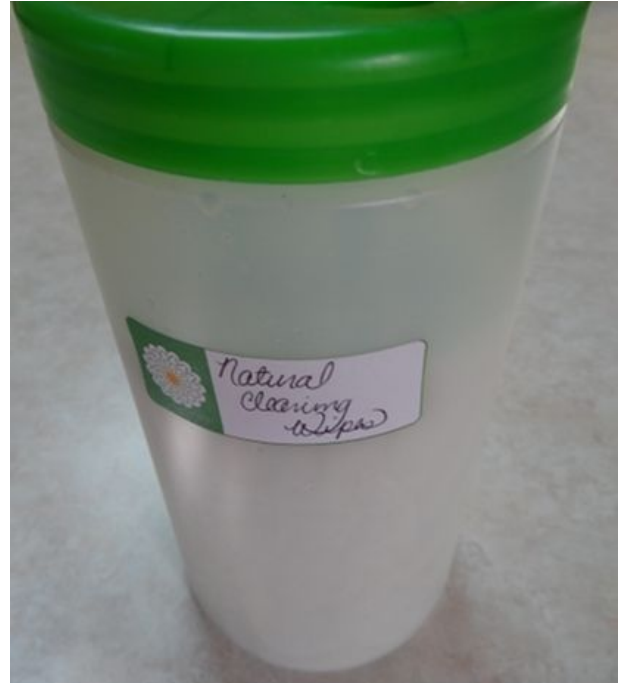
1. Pour the water into the spray bottle using a funnel
2. Then add all of your essential oils
3. Then close the spray bottle and shake!
4. It is ready to use!

Homemade Natural Antibacterial Cleaning Wipes

This is a wonderful and great alternative to chemical wipes and expensive store-bought cleaning wipes.

Ingredients

- 2 cups warmish water
- 1 paper towel roll
- 5 drops of lavender essential oil
- 5 drops of lemon essential oil
- 2-3 drops of melaleuca/tea tree essential oil
- 2-3 drops of oregano essential oil
- An empty and clean (rinsed/washed) baby wipes tub or wipes tube from a previous green cleaner (I don't think using a previous container that held chemical cleaning wipes is wise.)
- *Please note, the higher quality paper towels you use, the higher quality wipe you will get!



Instructions

1. Cut the paper towel roll in half with a serrated knife
2. Place ½ paper towel roll in a wipes tube or baby wipes tub.
3. Put your oil drops in your water
4. Then pour the water over the wipes
5. Let it soak through for a few minutes so all of the towels are soaked
6. Then pull out the middle cardboard tube
7. Pour off excess water
8. Pull wipe from middle for tubes and the end for baby wipes tubs and thread through lid.
9. Use and enjoy!

Natural Homemade Mold and Mildew Remover

A great, cheap and natural alternative to the harsh chemical cleaners that can do those tough mold and mildew removing jobs.

Ingredients

- ❑ 1 TBSP Baking Soda
- ❑ 1 TBSP White Distilled Vinegar
- ❑ 5-6 drops of Tea Tree (Melaleuca) Essential Oil

Instructions

1. Put the 1 TBSP of baking soda in a small bowl. Then pour the 1 TBSP of vinegar into the baking soda. A small reaction will happen, just stir it up until mixed.
2. Then add your 5-6 drops of Tea Tree Essential Oil and mix again.
3. You will then have a thinner/medium thick paste. I apply this directly to the mold/mildew by either scooping with the spoon or apply with an old cleaning toothbrush. Let this sit for a few hours on top of the mold/mildew. Then come back and use the toothbrush to scrub away. You may need to repeat the above steps a couple of times, but it will most likely eventually be cleaned up!



Homemade Natural vacuum Deodorizer

How to make your own vacuum deodorizer:

1. First, drip several drops of lavender or cinnamon essential oil onto a cotton ball, cotton square or even bit of tissue! Whatever you have on hand already! About 10-15 drops is probably what you are looking to get onto your cotton ball.
2. Then you will see that you have a very fine smelling piece of cotton!
3. Then just stick this piece of cotton into your vacuum bag. I do this for each vacuum bag change! You will notice a nice and pleasant scent, while at the same time deodorizing while smelling good!



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Simple Homemade Laundry Stain Remover

A great, cheap and natural alternative to the harsh chemical cleaners that can do those tough stain removing jobs.

Ingredients

- 3% Hydrogen Peroxide
- Lemon Essential Oil

Instructions

1. To make, just simply add 5 drops of Lemon Essential Oil to every ½ cup of 3% Hydrogen Peroxide.
2. Spray on your garment and let it set/soak and wash as normal.
3. I haven't had any garments that have faded or ended up with a spot where this was used, however, you should always test an inconspicuous spot to be sure of color fastness.



Kitchen Disinfectant and Deodorizer

A great, cheap and natural alternative to the harsh chemical food surface disinfectants!

Ingredients

- Funnel if needed
- Any size spray bottle, so adjust recipe accordingly as this is based on a 20 oz. bottle
- $\frac{3}{4}$ cup of water
- $1\frac{1}{4}$ cup of 3% hydrogen peroxide
- 8 - 10 drops of Lemon essential oil
- 8-10 total drops of Cinnamon and Cassia oils (or the cinnamon cassia blend)
- AND...if you have Oregano Essential Oil.... add drops of this too! BUT...be aware that the smell of adding Oregano is not very good, but effective with the others as well.

Instructions

1. Pour the water and hydrogen peroxide in your bottle
2. Then add your drops of essential oil
3. Put the lid/sprayer back on and shake until blended
4. Then, store this under the kitchen sink and use it as a final disinfecting/deodorizing touch to your kitchen cleaning routine!

5 Steps to a Naturally Clean Toilet

This is a wonderful and great alternative to expensive and chemical toilet cleaners!

Ingredients

- Pumice Stone
- Gloves
- Toilet Brush (I love the black ones from IKEA as black hides everything and they are cheap and so I don't feel bad by replacing them every time I go to IKEA - I really don't like these things hanging around for long :))
- Vinegar
- Baking Soda
- Any of the 7 Best Essential Oils for Cleaning (but my personal favs for the toilet are the Tea Tree and Lemon)

Instructions

1. Using your pumice stone, remove any rings and stains in the bowl, on the underside of the lids and around/under the rim. Then flush the toilet to flush the remaining granules from the stone down the drain. This has always by far been way more effective than any action a chemical cleaner has done. BUT... we are just getting rid of the stain, not the bacteria is leaves behind! That's why we do the next steps!
2. Once it has flushed, just pour some vinegar down the toilet and swish a little. I probably pour about 2 cups worth - I want enough to cover when the "ring" or water line tends to be.
3. Then I add about 4 drops of any of the 7 Best Essential Oils for Cleaning. I personally usually add a couple of drops of lemon and a couple of drops of Tea Tree. But any of them will work. Then let this vinegar/oil mixture set for 30 minutes.
4. Pour some baking soda into the toilet and it will react with the vinegar and "bubble up" which you then swish and scrub at the same time and scrub until you are satisfied with the clean!
5. Continue the freshening by adding 10 or so total drops of the 7 Best Essential Oils for Cleaning in the top tank of the toilet so that every time you flush, it gets a bit of oil freshening which will keep the bacteria at bay, help to smell nice and keep it looking clean in between deep cleanings. Let me be honest, I love clean looking, naturally clean smelling and continually working to be clean toilets. With that, I actually add about 2 drops of all 7 oils for 14 total drops. It is probably over-kill, but I know that each oil has similar properties, but they each are best at attacking a different type of bacteria, micro-organism or whatever - so all 7 get to work together to kill it all :)
6. Again, for the outside, use any of the homemade wipes or cleaners that we have posted on our 26 Homemade Natural Cleaning Products using a short list of common natural ingredients that are very cheap!



Homemade Carpet Deodorizer Powder Cleaner

This is a FANTASTIC versatile mix that not only freshens/deodorizes carpets, but cleans them, deters pests like ants and carpet bugs/mites, removes stains from carpets and can even be used on urine stains and mattresses. It is all natural and safe!

Ingredients

- ½ cup of Borax
- ½ cup of Baking Soda
- 7-10 Cinnamon Essential Oil and 7-10 drops of Cassia Essential Oil or just use 7-10 drops of Cinnamon/Cassia Blend
- 7-10 Lavender Essential Oil
- 7-10 Peppermint Essential Oil

Instructions

1. Mix the ½ cup Borax with the ½ cup of Baking Soda until well blended
2. Then add your drops of essential oils - use 7-10 of each oil. It will make for a nice fragrant blend. The more drops you use, the stronger smell!
3. Then put into a container to use as needed. If you don't have a "pouring" or "sprinkling" type container, just a reusable plastic bowl with lid or other storage container would work. I only had this option for a while until I found this cheap pouring container.
4. Then sprinkle the blend on your carpets and if you don't have a pouring or sprinkling container, just use a spoon!
5. Let it sit for 15 or so minutes
6. Vacuum up the powder and enjoy the results!

Notes

Other Uses: For carpet stain remover - carpet stain removing tip is to attack it AS SOON AS POSSIBLE. Your chances of getting it removed decrease greatly if the stain sets for any amount of time. If you get a stain, immediately blot up what you can and then cover the stain in this mix and let it set for several minutes for the borax and baking soda to soak up the rest. Then vacuum away the stain! For tougher or dry stains, mix 2 TBSP of this mix with 1 oz of water and then apply to your stain. Wait until it dries and then either shampoo/scrub it up or vacuum it up depending on how bad the stain is. For mattresses, you can use this just like you would on your carpets - sprinkle on, let it set for a few minutes and vacuum it up! Also, if you sprinkle this in the bottom of your garbage or diaper pails either in the garbage directly or even in the bottom of the bag each time you change it, it will help to deter odors this way too! Finally, similar to stains, if you have urine or vomit issues from pets or toddlers on carpets or mattresses, after blotting up what you can, then cover the wet spot with this solution, let it set and vacuum it up - it is safe, natural and actually kills bacteria with the oils listed above and very, very effective for this purpose too!



Laundry Detergent Powder

Save "loads" of money by making your very own detergent that is very easy (I can make mine in less than 10 minutes) and have it be very effective in gently cleaning your clothing! This is also perfect for babies and those with sensitive skin (like for our son with Eczema!)

Ingredients

- ❑ 1 bar of Ivory Soap
- ❑ 2 cups of Super Washing Soda
- ❑ 2 cups of Borax

Instructions

Step #1:

1. Microwave your Ivory Soap for 60-90 seconds - YES, microwave :) I hate grating - whether it is cheese or soap, I don't like grating stuff. Plus it takes a long time to grate. The other benefit is that not only is it fast and easy - it is also a super fun experiment and project - your kids will love it!!
2. Although it looks soft and edible, it is actually an unexpected consistency - dry and brittle - and it will process very well in a blender or food processor without taxing your equipment (I also want my food processor to last a long time!).
3. Plus if any spills over off the plate, it is a way to get your microwave a bit cleaner - and the after smell makes your home smell like a clean linen smell. Very pleasant!

Step #2:

1. Put the 2 cups of Washing Soda and the soap (broken up) in your blender or food processor and mix until blended well
2. Then add the 2 cups of Borax and blend again until well blended

Your final product will be a nice fluffy white powder detergent that smells great and works well! We store it in a #10 can in our laundry room! This is a 40 - 80 loads worth of detergent!



Natural Dishwasher Detergent

Yes, you CAN make your own dishwasher detergent.

Here's how!

Ingredients

- 1 cup of Borax
- 1 cup of washing soda
- 1 packet of unsweetened Kool-Aid (generic is a lot cheaper)
- ¼ cup of coarse salt
- 10 drops of lemon essential oil (or other citrus essential oil. I have been making mine orange scented, but lemon is nice too!)



Instructions

1. Add all of the dry ingredients and mix until well blended. The borax has a tendency to be lumpy from the box, I use a fork to mix as it breaks up the lumps nicely!
2. Add your 10 drops of lemon or other citrus oil and the mix thoroughly.
3. Pour into your container. I have a supply of very affordable BPA-free plastic containers from IKEA.
4. Label and provide instructions on use. Your dishwasher could be different, but I add 1 TBSP to the closed compartment and ½ TBSP to the open compartment. You may need to adjust these measurements accordingly. This is about a three-weeks worth of detergent for us, exactly 23 loads!

All Purpose Cleaner

A great, cheap and natural alternative to the harsh chemical cleaners that can do just about anything!

Ingredients

- 1 Tablespoon of Borax
- 1 cup of hot tap water
- ½ cup of 3% Hydrogen Peroxide
- 4 -6 drops of dish soap
- 10 drops Tea Tree (a.k.a. Melaleuca) essential oil
- 7 drops of Oregano essential Oil
- 10 drops of Lavender essential oil that the smell of adding Oregano is not very good, but effective with the others as well.
- Funnel if needed
- Any size spray bottle, so adjust recipe accordingly as this is based on a 20 oz. bottle
- Where the vinegar comes in - you will want to use this with a spray bottle of 3% acidic vinegar. The combination of this recipe with the vinegar has 10 times natural bacteria fighting power!

Instructions

1. First, place the 1 TBSP of Borax in a shallow bowl. Then pour the hot water on top and mix with a fork, spoon or whisk until dissolved.
2. Using a funnel for ease, pour this mixture into a bottle.
3. Then add the ½ cup of Hydrogen Peroxide
4. Then add the 4-6 drops of dish soap
5. Then add all of your oils
6. Put the lid/spray nozzle on your bottle and shake to blend well.
7. Then go out there and get the cleaning bug out of you along with the spray of vinegar to really zap the cleaning power in full gear!



Natural Jet Dry

Here's the perfect partner to our homemade natural dishwasher detergent - a natural and effective rinse agent!

Ingredients

- ❑ 1 cup of 3% Hydrogen Peroxide
- ❑ 10-15 drops of lemon or lavender essential oil (or one of the other 5 from our hot cleaning essential oils list)

Instructions

1. Measure 1 cup of 3% Hydrogen Peroxide
2. Add your 10-15 drops of Essential Oil
3. Pour into your rinse agent compartment in your dishwasher (about every 30 days)

Notes

If you have any left over, I usually use it to clean my sinks and other spots in the kitchen. Fill-up your sink with some hot soapy water (not very much as you don't want it diluted a whole lot), maybe about 1" deep. Then pour your remaining Jet Dry mixture into the sink. Let it soak for a few minutes and then use a rag and shine up your sink, oven, microwave, counter tops, etc.!



Natural Heavy Duty Household Cleaner

A great, cheap and natural alternative to the harsh chemical cleaners that can do those tough jobs.

Ingredients

- ❑ 1 Tablespoon of Borax
- ❑ 3 Tablespoons of hot tap water
- ❑ 1 Tablespoon of Baking Soda
- ❑ 2 cups of 3% Hydrogen Peroxide
- ❑ 20-30 drops of dish soap
- ❑ 20 oz + bottle (if you have different sizes, adjust recipe accordingly)
- ❑ And then about 30-40 drops total of essential oils.... and this is where I use a little bit of each of the 7 Best Essential Oils for Cleaning: Cinnamon, Cassia, Lavender, Lemon, Tea Tree (Melaleuca), Oregano, and Peppermint. Each one of them is stronger in killing certain types of bacteria and microorganisms. I use about the same number of drops for each oil at around 5-6 drops from each one.

Instructions

1. First, place the 1 TBSP of Borax in a shallow bowl. Then pour 2 TBSP of hot water on top and mix with a fork, spoon or whisk. It will not dissolve completely and you need to work quickly at keeping it mixed!
2. Then add 1 TBSP of Baking Soda and another TBSP of hot tap water and mix again until well blended
3. Using a funnel for ease, pour this mixture into a bottle. **Please note, you need to do these three above steps quickly as the borax will harden and become crusty if it sits for too long.*
4. Then add the 2 cups of 3% Hydrogen Peroxide
5. Then add the 20-30 drops of dish soap
6. Then add all of your oils!
7. Put the lid/spray nozzle on your bottle and shake to blend well.
8. Then use your heavy duty cleaner where a heavy duty job is needed!

**Please note, you will need to shake the bottle again for each round of cleaning!*

MR. CLEAN Magic ERASER and Gentle wall wash

This is a super cheap, safe easy and effective way to wash walls or marks off your walls!

Ingredients

- ❑ ½ tsp. of Borax
- ❑ 1 tsp of Baking Soda
- ❑ ½ cup of hot water
- ❑ (Please note, this is to make a shallow bowls worth to clean one small room, you can increase the amount if you wish to have this in a spray bottle for anytime use as well!)

INSTRUCTIONS

1. First, place the ½ tsp. of Borax in a shallow bowl. Then pour the hot water on top and mix with a fork, spoon or whisk until dissolved.
2. Then add the 1 tsp. of baking soda and mix until all powder is dissolved and the water is nearly clear in color
3. Then using a sponge, start cleaning away!



Here's a few tips for cleaning:

In my experience with my homemade wall wash, here's what it will do very well:

- General wall cleaning
- Lead pencil marks
- Food
- Other easy marks
- Here's what you will probably need to put a little elbow grease into to get it out all of the way:
- Crayon
- Colored Pencil
- Pens
- Markers
- Tougher Marks
- If you have really tough stains, pull out the Magic Eraser for that spot or apply undiluted baking soda to a wet sponge and scrub directly on the spot for that spot only as this seems to work well! Don't scrub too hard that you scrub the paint off!

Please note, this has tested to be gentle on my light and dark colored walls at my house without removing any paint.

BUT we suggest you test a small hidden area first to be sure that it will be the same on your walls too!

Homemade Cleaning Ingredients Shopping List

This shopping list will provide you with the necessary ingredients to make these Homemade Natural Cleaning Products with 9 ingredients and about \$12.

Kirks Castile Soap

- Kirks Castile bar soap 3-pk (found in the hand soap section) WM=\$3.28 (\$1.09 Each)
- Kirks Castile liquid soap 8oz. (found in the hand soap section) WM = \$2.83

Bar soaps for Homemade Laundry Detergents (Pick Your Type)

- Pure Ivory Bar Soap (found in the bar soaps section of Walmart)(for baby and sensitive skin detergent) 10-pk for \$3.97 or 3 bars for \$1.24 making it as low as .38 each bar
- Zote Large 14.1 oz (top shelf next to laundry detergents) WM=.97, Kroger = .99
- Zote Soap Flakes 17.6oz. WM=\$2.64
- Fels Naptha 5.5oz. (found on laundry aisle, but near specialty laundry products) WM=.97, Kroger=\$1.69

Borax (found in the laundry section near specialty products)

- 76 oz. WM= \$3.97

Washing Soda Arm and Hammer (located in laundry section near specialty laundry products)

- 55 oz. WM= \$3.97

Coarse Salt (these will make many, many batches)

- Morton Ice Cream Salt and then blended to make it a little finer 4 lbs. in grocery section/spices aisle WM=\$1.88
- Morton Coarse Kosher Salt 48 oz. (3 lbs.) WM=\$1.88, Kroger =\$1.89
- Kroger Brand Coarse Kosher Salt 48oz. (3 lbs.) Kroger= \$2.49

Kool-Aid packets in citrus flavor like orange or lemon (unsweetened) (found down aisle with drink mixes near water and soda. One packet makes one batch, so grab a few.)

- Great Value (Walmart brand) .15 each
- Kool-Aid brand WM=.25, Kroger =.25

Vinegar found down aisle with ketchup/mustard

- ❑ Great Value (Walmart brand) 1-gallon= \$2.48, 64oz. = \$1.92, 32oz.= \$1.22, 16 oz.=.82
- ❑ Heinz Gallon WM=\$3.28
- ❑ Heinz Cleaning Grade (6% acidity vs. 5% acidity) Kroger= \$3.79
- ❑ Kroger Brand 1-gallon=\$2.49, 64oz. = \$1.49
- ❑ Kroger Brand Cleaning Grade (6% acidity vs. 5% acidity) 64 oz. = \$2.49
- ❑ Sam's Club or Costco Brands \$3.98 for 2 1-gallons (2 gallons total) = \$3.98 (\$1.99 each)

Hydrogen Peroxide (found in the first-aid/medical section)

- ❑ 16oz. WM=.52, Kroger=.57
- ❑ 32oz. WM=.88, Kroger = \$1.00

Baking Soda (don't buy this in the laundry/cleaning section, but in the grocery section. They jack the price up for the exact same stuff!)

- ❑ Great Value (Walmart brand) 1lb. box =.54
- ❑ Kroger Brand 1lb. box = .99
- ❑ Arm and Hammer ½lb. box WM=.58, 1lb. box WM= .82, Kroger=.83, 2 lb. box WM= \$1.46, Kroger = \$1.89, 4lb. box WM=\$2.24, Kroger = \$3.59, 12lb. bag (192 oz) WM= \$7.57, 13.5 lb bag Sam's Club = \$6.59
- ❑ Hospitality Brand sold at Walmart 4 lbs. box (64oz.) = \$1.98

Cheap Essential Oils

- ❑ [Don't forget the Essential Oils - this is the heart of the cleaners.](#)

Other recommended items:

- ❑ Pumice Stone \$1.88 (cleaning section at Walmart)
- ❑ Paper Towels (Walmart brand BIG roll with 140 sheets =.98 - this is not for cleaning, we recommend re-useable rags, but to make cleaning wipes)
- ❑ Microfibre rags or old t-shirts (the dollar store is a good place for this)
- ❑ Spray Bottles (you can recycle some from your home as long as they did not contain chemical products or harsh ingredients, otherwise, get new ones from Walmart for .98)
- ❑ Old Toothbrushes - instead of throwing them away, keep a pile for cleaning purposes

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