

NATURAL HOME CLEANING

Simple, safe, effective and inexpensive cleaning agents can be used for all your household needs. I have a very basic system of natural home care that I will share with you as a quick guide to getting started with the products that I supply:

VINEGAR makes a wonderful window cleaner. Make up a 50/50 mix of vinegar and water in a 500ml spray bottle. Simply spray window or mirror and clean.

Vinegar makes a great **general cleaner and disinfectant**. Make up a 50/50 mix with water in a spray bottle to clean counters and surfaces and even marks off walls. The vinegar smell dissipates when it dries.

Use 1 cup of vinegar in a bucket of water to **clean floors**. Add tea tree essential oil for its disinfecting properties. Lemon tea tree essential oil is also fantastic as it adds a lovely fresh lemon fragrance.

Use vinegar as a **fabric softener**. Add ½ cup to rinse cycle.

Run your washing machine and dishwasher empty just with added vinegar and (optional) salt to **clean out pipes** and prevent dirt build up which can result in your clothes coming out with new dirt marks.

A great source of comprehensive information for green cleaning and natural body care is the website www.spotlessliving.info

SODIUM BICARBONATE: I use bicarb primarily as a **laundry powder** with added lemon tea tree essential oil for disinfecting and fragrance. I use ½ cup per load, added to the dispenser. In general it cleans well but you may need to pre-treat stubborn stains.

Bicarb can be used for **general cleaning** and especially on surfaces that require a gentle scouring. Sprinkle on surfaces, moisten and scrub or make a paste of bicarb and water, apply to surfaces and scrub.

You can add bicarb (1/2 cup) to a bucket of water either plain or with vinegar and use to **clean floors**. Bicarb and vinegar react to produce much fizzing and cleaning vooom!

Bicarb absorbs odours so sprinkle it onto areas that require **deodorising**. Allow to stand for a few hours then brush or vacuum up.

Use ½ cup bicarb and ½ cup salt in a basin of hot water to clean and sterilise dishes, cutlery, crockery and pots and pans.

ESSENTIAL OILS have a variety of uses in the home; they can be used to make **natural air fresheners** either as a spray or in a **burner**. They can be added to your home cleaning agents for their **antibacterial properties** and fragrance. Put a few drops onto a wet cloth and wipe down surfaces to **repel flies and insects**. They have **therapeutic properties** too and can be used in the bath, in carrier oils and some directly on the skin. The SOIL range of organic essential oils is available to order through me every couple of months. Join my mailing list to be kept in the loop.

HYDROGEN PEROXIDE is an amazing **oxidiser** and **sterilizer** which breaks down into oxygen and water so it is environmentally friendly. However, it is powerful and needs to be used with care and caution. Use a 3% solution for every day household use. Ideally decant the liquid into a spray bottle for ease of use and safety.

Spray onto surfaces that require disinfecting, leave for a few minutes then wipe down with a wet cloth. Particularly great for grimey, germ-infested areas such as around bathroom taps, kitchen sinks and toilets.

SEA SALT is used for its abrasive and disinfecting properties.

To **clear drains**, pour ½ salt & ½ cup sodium bicarbonate down drains. Pour down a kettle of boiling water. To keep drains clear, pour a solution of salt and hot water down the drain weekly.

To **clean out washing machine pipes**, add half a cup of salt to your clothes wash.

Add ½ cup salt to your dish water to **disinfect** your dishes, cutlery, crockery etc.

ENCHANTRIX CLEAN IT ALL: I use this great concentrate as a **general cleaner** in a spray bottle (1 part to 8 parts water) for baths, sinks, basins and kitchen counters. Use a spoon of the concentrate for **hand washed dishes**. Can also be used as a **laundry liquid** – add to the machine dispenser as you would laundry detergent.

