

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. I make up a 50/50 mix of vinegar and water in a 500ml spray bottle. Simply spray window or mirror and clean as normal.

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 disinfect dishes.

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** which releases the fragrance for a period of time; they can be added to your home cleaning agents for their **antibacterial properties** and fragrance or used on their own on surfaces to **repel insects**. They have **therapeutic properties** too and can be used in the bath, in carrier oils and some directly on the skin. I supply a small range of basic organic essential oils – see price list for details....

HYDROGEN PEROXIDE is an amazing **oxidiser** and **sterilizer** which breaks down into oxygen and water, making it 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 and wipe down with a wet cloth. Wipe off with water. 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.

