



SHOPPING LIST FOR GREEN CLEANING RECIPES:

To make the cleaners below, you'll need the following:

- **Baking Soda** (Sodium Bicarbonate), cleaning agent, removes odours.
- **Washing Soda/Soda crystals** (Sodium Carbonate), highly alkaline, removes dirt and odours, laundry detergent, cuts grease, disinfects, water softener.
- **White Distilled Vinegar**, an acid, cleaning agent, removes odours, water softener
- **Liquid Castille Soap**, (Olive, Coconut, and other vegetable oils)
- **Organic Soap Flakes** or granules (Organic Coconut and Soy or Palm)
- **Organic Food Grade Vegetable Glycerin**, natural component of fats and oils.
- **Borax** (Sodium Borate Decahydrate), sodium and boron - a natural mineral useful for cleaning, laundry brightening, stain removal, deodorising, and as an insecticide or pesticide
- **Witch hazel**, acts as an emulsifier
- **Rock Salt**, an abrasive
- **Citric Acid**, bitter acid found in fruits
- **Essential Oils**, for disinfecting and fragrance
- Glass Spray Bottles, Containers, Mixing Bowls
- Microfiber clothes for cleaning,

Laundry Powder:

2 cups Soap Flakes
1 cup Washing Soda
1 cup Borax
10 drops Essential oil of choice, i.e. Lavender, Lemon, Grapefruit, etc.

Combine ingredients. Use 1/8 cup per load.

Liquid Laundry Soap:

7 l water
1 cup Soap Flakes
1/2 cup Washing Soda
1/2 cup Borax
20 drops Essential oil of choice, i.e. Lavender, Lemon, Grapefruit, etc.

Mix 1l of water and soap flakes, heat until diluted. Add remaining water, borax and washing soda, stirring until dissolved. Add essential oils. Use 1/2 cup per load.

Borax Free Liquid Laundry Soap (Recipe 1):

7 l water
1 cup baking soda
1 cup liquid castile soap
1/3 cup coarse salt
20 drops essential oil of choice, i.e. Lavender, Lemon, Grapefruit, etc.

Dissolve dry ingredients in hot water, add soap and stir. Add essential oils. Use 1/2 cup per load

Borax Free Liquid Laundry Soap (Recipe 2):

2 cup of grated soap or soap flakes
1 cup of washing soda
10 litres of water
20 drops pure essential oils for fragrance (optional)

In a large saucepan, stir the soap, washing soda and 1l water over medium heat until the soap has dissolved. Pour mixture into large bucket and add remaining 9l cold water, stirring. Stir in essential oils then pour into empty bottles using a funnel. Shake before use.

Fabric Softener:

1 cup Water
1 cup Baking Soda
2 cups White Vinegar
20 drops Essential Oil of choice

Choose a container big enough to accommodate the chemical reaction of the Baking Soda and Vinegar. Combine ingredients starting with water, essential oils, and baking soda. Add vinegar slowly to avoid volcano effect. Use 1/2 cup in the rinse cycle or wet a washcloth and throw into the dryer with your clothes. White vinegar on its own also works as a water softener.

Dish Soap:

1 1/2 cup Hot Water
1/2 cup Castille Soap
1 tbsp White Vinegar
1 tbsp Washing Soda
1 tbsp Soap Flakes
10 drops each Lemon Essential Oil

Combine castille soap, vinegar, washing soda, and soap flakes into a large bowl and add in the hot water. Whisk the mixture until ingredients are well blended and soap flakes have dissolved. Allow mixture to cool completely stirring occasionally. Add the lemon oil after mixture has cooled.

Dishwasher Detergent:

1 cup Washing Soda
1 cup Borax
1/2 cup Rock Salt
1/2 cup Citric Acid
20 drops Lemon Essential Oil

Mix together salt and essential oils till combined. Add other ingredients and stir. Store tightly covered in a glass jar. Use one tablespoon per load with hot water.

Dishwasher Rinse Agent:

Vinegar
Lemon Essential Oil

Fill rinse dispenser with vinegar and add 5 drops lemon essential oil.

Oven Cleaner:

1/2 cup salt
1/4 cup washing soda or borax
1/4 cup water
3/4 cup white vinegar
10 drops thyme essential oil
10 drops lemon or lemongrass essential oil

Combine salt, washing soda and baking soda in a container, add just enough water to make a paste. Preheat oven for 15 mins, then turn off and spread paste over walls and leave for 30 mins. Combine vinegar and essential oils in spray bottle and shake. Spray over walls, wipe clean and rinse.

All Purpose Cleaner:

1 cup Water
1 cup Vinegar
2 tsp Liquid Castille Soap
15 drops Essential Oil of choice, i.e. OnGuard, Lemon, Melaleuca, Eucalyptus etc.

Add all ingredients into a glass spray bottle. Soap will clump a little between uses. Shake well before spraying.

Miracle Spray

0.5 l water (1 cup boiled)
100ml Vinegar
20ml dishwashing liquid
5ml Eucalyptus oil
1 dessertspoons 'Lectric' soda (washing soda/soda crystals).

Mix washing soda with 1 cup boiling water to dissolve, add remaining ingredients, pour into spray bottle.

Window/Mirror Cleaner:

1/4 -1/2 tsp Liquid Castille Soap (optional)
1/4 cup Vinegar
2 cups Water
10 drops Essential Oil of Choice- Peppermint, Lemon, Orange

Pour ingredients into a spray bottle, shake and use.

Wood & Stainless Steel Polish:

2tbs Olive Oil
2 tbs white vinegar (optional)
10 drops Orange or Lemon Essential Oil

Combine ingredients, use a soft cloth to wipe then buff surfaces.

Air/Linen Spray:

1/4 cup Witch Hazel
3 1/2 cups Filtered Water
20 drops Essential oils of choice- Lavender, Lemon, Ylang Ylang, etc.

In a small bowl, mix vodka and essential oil together. The alcohol works as an emulsifier, allowing the oil and water to mix evenly.

Pour the oil-vodka mix into the spray bottle, add the water and shake. Shake before using.

Where to buy ingredients?

Most ingredients can be purchased at health food stores and supermarkets. Online resources include: <http://www.southernskiesoapsupplies.com.au> and <http://www.aussiesoapsupplies.com.au>. For further information on Certified Pure Therapeutic Grade essential oils, visit: <http://www.greenlifeorganics.com.au/blog/education/cptg/> or contact us on info@greenlifeorganics.com.au

Sources:

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