



Reducing Toxins in Home Cleaning Class Recipes

Recipes and cleaning tips for your home using common items you probably already have or are readily available at the supermarket plus some new ideas using essential oils! These are a few of my personal favorites I use around my home.

Laundry / Dishwasher Detergent

- ✓ 1 box borax (4lb 1oz)
- ✓ 1 box washing soda (3lb 7oz)
- ✓ ¼ to ½ cup baking soda – optional
- ✓ 12 drops essential oil of choice

Mix in large pot or bowl with spoon. Transfer to storage container. Use about 1-2 TBL per load laundry. Optional add white vinegar to liquid detergent dispenser. For dishes use 2 tsp per load. Optional add a sprinkle of citric acid or a spritz of citrus infused white vinegar.

Thieves Cleaning Spray

Thieves cleaner dilution is 1 capful (1 TB) in 16 oz water for general cleaning. That works out to about \$1 per bottle for a non-toxic cleaner. I use this for everything from countertops to pet messes to windows. Dilution can be increased or decreased according to need but remember I'm a lazy DIYer and like to keep it simple!

Dilution rate on bottle is 1:30 so for a 2oz bottle:

2oz = 12 tsp so ¼ tsp or 25 drops of cleaner is all that's needed !

Hand Cleanser 1

- ✓ 10 drops Peppermint essential oil (or 5 Peppermint 5 Lavender)
- ✓ Distilled water
- ✓ ¼ tsp sea salt

Put salt in a 2oz spray bottle, add essential oils, top with water. Shake well to use. Optionally use a dispersant like solubol (check Amazon) to mix essential oils with water. (more on this during class)

Hand Cleanser 2

- ✓ 5 drops Lemon or Orange essential oil
- ✓ 5 drops Tea Tree or Peppermint essential oil
- ✓ 5 drops Vitamin E oil
- ✓ 2 TBL alcohol free witch hazel

Mix in 2oz spray bottle, shake well to use.

Citrus Infused White Vinegar

- ✓ Take your leftover peels from citrus fruits – lemons, oranges, grapefruit, lime, etc
- ✓ Put into large jar like a pickle jar or a mason jar
- ✓ Cover peels with white vinegar
- ✓ Stuff as many peels in as you want and you can keep stuffing until full
- ✓ Set jar aside (you can start a second jar at this point)

Within a short time you'll notice the white vinegar changing to yellow, green or orange depending on the mix of peels used. Strain off the white vinegar and put the peels in the compost. You can add another few drops of a citrus essential oil or a complimentary oil like Peppermint or Cinnamon.

Put into spray bottle and mix half water and half citrus infused white vinegar or use full strength for cleaning.

For fun google white vinegar and essential oil petri dish experiments for proof non-toxic cleaning works!

Stove Cleaner

For flat top or gas ranges sprinkle baking soda, spray Thieves cleaner or Citrus Infused White Vinegar. Scrub with soft cloth or a lemon peel using inside white pith. Let dry to a haze. Take a clean dry cloth and polish. \

For extra stubborn spots use Lemon essential oil neat (undiluted)

Laundry Detergent

Here's a great way to stretch the Thieves Laundry detergent or use with family members who love to use more than needed of the highly concentrated bottle

- ✓ 1/4 cup washing soda
- ✓ 1/4 cup baking soda
- ✓ 1/4 cup Thieves laundry soap
- ✓ 2 tbl thieves household cleaner
- ✓ 10+ drops purification or oils of your choice
- ✓ 1 gallon distilled water

Dissolve washing soda and baking soda in warm water then add the rest use 1/4 to 1/2 cup per load

Resources:

- www.YoungLiving.com for essential oils and plant based cleaners – get your wholesale membership using my member ID #14174941 and a special bonus gift from me

What's Next?

So where are you after this class?

- I'd like to get started with oils!
- I'd like to know more first, let's chat!
- This was great, thanks so much!

Ways to connect:

- ✓ Want to get started reducing toxins and reduce stress on your body? Let's talk one on one! Email or text me, check my website if you don't know already how to contact me
- ✓ Email dee@deecastelli.com – drop me a note if you want me to add you to my class schedule notification
- ✓ Visit my website for free live and recorded workshops and classes www.deecastelli.com