



Do-It-Yourself Recipes

NATURALLY
CLEAN



For a Healthy, Clean Home

a free ebook from Sereneity CBD



CLEAN-TEAM PLAYERS



Vinegar



Spray Bottles
(Glass & Plastic)



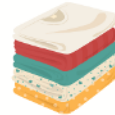
Hydrogen
Peroxide



Glass Jars



Baking
Soda



Lint-free cloths



Essential
Oils



Rubbing Alcohol



ESSENTIAL OILS FOR HOUSEHOLD CLEANING



Anti-Microbial/ Antifungal Oils



Thyme



Peppermint



Tea Tree



Cedarwood



Rosemary

Degreaser Oils



Lemongrass



Citrus



Eucalyptus

Calming Oil

Wondering where we purchase high
quality essential oils at a great price?
www.planttherapy.com

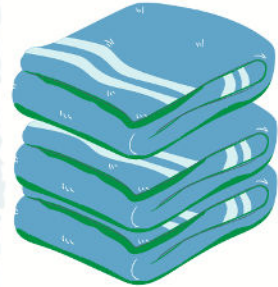


Lavender



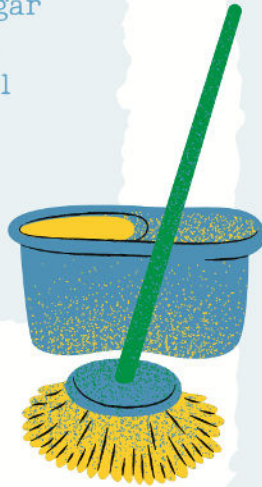


ALL PURPOSE NON-TOXIC DISINFECTANT



INGREDIENTS

- 1 $\frac{3}{4}$ cup water
- $\frac{1}{4}$ cup vinegar
- 30 drops of essential oil



MAKE IT!

Mix ingredients in a spray bottle.

This all-purpose disinfectant
Is perfect for everyday
cleaning on most surfaces.





FRUIT & VEGGIE RINSE



INGREDIENTS

- 4 cups water
- 1 cup vinegar
(white is fine)

REMEMBER THAT WASHING
CAN CAUSE FASTER RIPENING
— SO WASH AS YOU GO!

MIX IT UP!

1. To begin, thoroughly clean your sink.
2. Fill your sink halfway with lukewarm water.
3. Add 1 cup of vinegar.
4. Soak produce for 10 minutes (2 minutes for berries) before removing it from the sink.
5. Gently scrub your produce to remove any waxy residue or dirt. (Just soak berries, so you don't bruise them)
6. Rinse thoroughly with water.
7. Place on a clean towel to air dry.



SCRUBS

Sometimes you need a bit more scrubbing power to get a surface clean.



OVEN CLEANER SCRUB

- 1/2 cup Baking Soda
- 1/2 cup Water
- 10 drops Lemon essential oil

Mix into a paste and apply to the inside surfaces of the oven.

Let sit for 30 minutes.

Scrub and wipe clean.



ALL PURPOSE SCRUB

- Water
- Baking Soda
- Scrub brush
- Mason Jar to combine and store if needed

Combine enough water and baking soda to make a paste.

Use the paste with a brush, sponge, or scrubber to clean the surface of sinks, stoves, and other hard surfaces that need a little extra grit to get the job done!




MILDEW SPRAY FOR SHOWERS

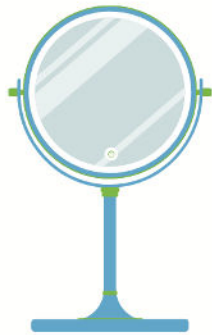


INGREDIENTS

- 20 drops Peppermint essential oil
- 20 drops Eucalyptus essential oil
- 10 drops Lemon essential oil
- 1 cup Hydrogen Peroxide
- Water to fill

MIX IT UP!

1. Add essential oils and hydrogen peroxide to a glass spray bottle
 2. Fill the bottle to the top with water.
 3. Spray daily in shower to keep mildew away
- 



GLASS & WINDOW CLEANER



INGREDIENTS

- 1 cup distilled water
- 2-3 tbsp. vinegar
- 1/4 cup rubbing alcohol
- 10 drops of essential oils
for fragrance

MAKE IT!

1. Add vinegar and rubbing alcohol to a new, clean spray bottle
2. Fill with water and essential oils
3. Shake thoroughly

By adding a bit of rubbing alcohol to this solution, you'll have a quick drying, spot-free shine on your glass. However, because this does contain alcohol, it is flammable.



Make sure to keep it stored away from pets and children AND label accordingly. If you'd like an even safer option, you can skip the alcohol entirely.





BRANDS WE USE & TRUST

Branch Basics

Droops Laundry

Plant Therapy Essential Oils

Dr Bonner's Castile Soap

Walnut Sponges

Seventh Generation

Healthy Baby





HELPFUL TIPS FOR NATURAL CLEANING:

Remember natural products do take a little extra time to work.

Allowing the product to sit long enough to disinfect the surface is KEY!

Find another task to maximize your wait time and you'll have your area sparkling clean and toxin-free!

Freshen the air by boiling water with vanilla, cinnamon, slices of citrus, or other spices.

To deodorize a carpet, sprinkle baking soda.

Let it sit on the carpet for a few minutes before vacuuming it up.

ALWAYS test your surfaces in a hidden area to ensure that there's not damage done due to improper use.





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