

Key Natural Cleaning Ingredients



These are key ingredients used for environmentally friendly cleaning. They were commonly used in households before the introduction of harsher chemicals. You can buy them in supermarkets, hardware/household shops or on-line. We recommend using gloves when handling these products. They have multipurpose cleaning uses, but this is their most common use:

BAKING SODA

cleans burnt pots and stainless steel

BORAX SUBSTITUTE

mineral when dissolved in water is a disinfectant. Loosens grease and is a stain remover.

SODA CRYSTALS

has many household cleaning purposes like dissolving grease & removing stains. Used commercially in laundry powder.

WHITE VINEGAR

versatile cleaning agent, similar to lemon juice, is a disinfectant. Can neutralize grease, fight mould, clean & sanitize. Excellent glass cleaner.

SOAP FLAKES

A pure soap in the form of flakes. Good for washing clothes.

SALT

crystalline powder has an abrasive action, mixed with other ingredients to get through tough grease and stains.

CREAM OF TARTAR

stain remover, including rust.

VEGETABLE GLYCERIN

often used in confectionaries, is also used to loosen and get through tough stains and to make soap.

LEMONS

disinfectant also known as 'nature's own bleach', can be used to clean metals and tough stains.

PURE (CASTILE) SOAP

is a pure soap, made from olive oil and other vegetable oils (like coconut, avocado, almond) and contains no animal fat. It has cleaning properties and can also be used for body products.



Essential Oils

These are the recommended essential oils to begin cleaning with. Essential oils are the pure oil taken from the plant through a distillation process. They all contain antibacterial, antifungal, antiseptic and/or grease cutting properties, as well as providing fragrances. Eucalyptus and Tea Tree are particularly recognised for this. Essential oils are meant to be diluted and can irritate skin. If concerned please wear rubber gloves when making/using products. Recommended fragrances: *Tea Tree Oil / Eucalyptus oil / Lemon Oil / Lavender Oil / Orange Oil / Rose Oil*

Recipes



CITRUS WASHING UP LIQUID

- 240ml liquid Castile soap
- 240ml water
- 50g soda crystals
- 1tbsp vegetable glycerin
- 10 drops of lemon essential oil
- 20 drops of orange essential oil

Mix the soda crystals in hot water until it dissolves. Cool to room temperature. Stir in castille soap and glycerin then add essential oils. Transfer into bottle. Shake before use.

ALL PURPOSE CLEANER

- 1 tablespoon borax substitute
- 480ml hot water
- 1 table spoon white vinegar
- 1 teaspoon liquid castile soap
- 20 drops essential oil of your choice

Dissolve the borax in the water, then add other ingredients. Use the spray bottle to apply to laminate and plastic surfaces, can be used in kitchens and bathrooms. Shake before use.

GLASS CLEANER

- 480ml hot water
- 240ml white vinegar
- 8 drops eculuptus oil

Mix ingredients in a bowl and transfer to spray bottle. Spray on surfaces and wipe with clean cloth. Shake before use.

AIR FRESHNER

- 240ml white vinegar
- 480ml hot water
- 30 drops essential oil of your choice

Mixture to be used in a diffuser bottle, the vinegar smell will disperse a short time after use. Shake before use.

LAUNDRY POWDER

- 110g soap granules
- 110g soda crystals
- 110g borax substitute
- 30 drops of essential oil

Mix soap granules, soda crystals and borox substitute in a bowl, add essential oil. Stir well. Use a heaped tbsps per wash

**recipes have been sourced from Friends of the Earth, the David Suzuki Foundation and the book Natural Stain Remover.*