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Non Toxic Cleaning Recipes

A special note of thanks to Deborah Halverson, RA who is a stellar teacher, who shared her own cleaning recipes and inspired my research.

Caution

Always Recycle Containers, but to avoid accidental consumption or contamination NEVER reuse food or petroleum containers for cleaning supplies.

Clearly Mark All Containers & Keep Out of Reach of Children

Mark your cleaning containers. Any cleaning product that is ingested should immediately be reported to your poison control center for further instruction. Since these cleaning recipes are non-toxic, have ingredients ready and available to AVOID unnecessary invasive procedures.

All Purpose Cleaning Spray

Antibacterial, Antifungal, Disinfectant, Antiviral and Insecticidal

16 oz. Vinegar, 16 oz. Water, 1 Tsp. Borax

10 Drops Essential Oil of Peppermint, 5 Drops of Essential oil of Thyme, 15 Drops

Essential oil of Tea Tree

Mix Borax in Vinegar, Shake, then add the essential oil, Shake again and set overnight. Shake Well then fill the rest of the sprayer with warm water.

A tsp. of castile may be added if more of a lather is desired. Label the Bottle and Shake Well before every use.

This spray works well to clean the bath and shower and you can also sprinkle baking soda on as a light abrasive, and it will not scratch surfaces.

Streakless Windows

Simply wash with a mixture of equal parts of white distilled vinegar and warm water. Old newspaper is great to clean windows (be sure to wear gloves) and a good way to recycle the paper. Dry with a soft cloth. This solution will make your windows gleam and will not leave the usual film or streaks on the glass.

Water or Alcohol Marks on Wood

Stubborn rings resulting from wet glasses being placed on wood furniture may be removed by rubbing with a mixture of equal parts of white distilled vinegar and olive oil. Rub with the grain and polish for the best results.

Wood Polish

Jojoba oil is a wonderful polish for wood surfaces and since it is technically a wax it also serves as a protectorate superior to commercial wood polishes. For that lemon fresh smell add few drops of Lemon Essential oil to a ¼ cup of Jojoba or Olive Oil.

Floor Cleaner

4 Cups of Vinegar 2 gallons hot water, 2 Tablespoons of liquid Castille
20 drops Eucalyptus or Pine, or 10 drops of each.

Toilet Bowl Cleaner

2 Cups Vinegar,
10 drops your choice of Tea Tree or Eucalyptus Essential Oil,
3 drops of Lemon Essential oil
½ Cup Baking Soda, ½ Cup Borax
Allow to foam, scrub with toilet brush.

This recipe works best if you can pour in the ingredients just before bed and then allow to sit overnight and scrub the next morning.



Clean and disinfect wood cutting boards.

Wipe with full strength with white distilled vinegar, I also keep a separate sprayer of Hydrogen Peroxide to spray all cutting boards and wipe down, (which according to University of Nebraska Scientist, Susan Sumner) is effective even against E coli.

Coffee Maker Cleaner (automatic).

White distilled vinegar can help to dissolve mineral deposits that collect in automatic drip coffee makers from hard water. Fill the reservoir with white distilled vinegar and run it through a brewing cycle. Rinse thoroughly with water when the cycle is finished and run through a cycle of fresh water. (Be sure to check the owner's manual for specific instructions.)

Brass Polish.

Brass, copper and pewter will shine if cleaned with the following mixture. Dissolve 1 teaspoon of salt in 1 cup of white distilled vinegar and stir in enough flour to make a paste. Apply paste to the metals and let it stand for about 15 minutes. Rinse with clean warm water and polish until dry.

Ant deterrent.

Ant invasions can sometimes be deterred by washing counter tops, cabinets and floors with white distilled vinegar and 7 drops geranium, & 7 drops peppermint essential oils. I also found that adding a tablespoon of borax to the all purpose spray cleaner works wonderfully to control ants and kitchen pests.

As Aromatherapists, those of us who have oils that may be approaching expiration, we can always make good use them as additions to our cleaning products!