

HAND SANITIZER

Ingredients and Supplies:

- 2 parts rubbing alcohol or ethanol
- 1 part aloe vera gel
- Few drops essential oil (optional)

Directions:

- Combine all ingredients in a bowl and mix with a whisk
- Pour into a BPA-free bottle
- Use a few drops to clean hands

GLASS CLEANER

Ingredients and Supplies:

- 1 spray bottle
- Liquid measuring cup
- 1/8 cup white vinegar
- 1 cup of water

Directions:

- Fill spray bottle with 1/8 cup of white vinegar
- Add 1 cup of water

NIGHT CREAM

Ingredients and Supplies:

- ¼ cup almond oil (soothing)
- 2 Tbsp coconut oil (antioxidant)
- 2 Tbsp beeswax (anti-inflammatory properties)
- ½ tsp vitamin E oil (antioxidant)
- 1 Tbsp naturally refined shea butter (anti-inflammatory properties)
- Few drops of essential oil (optional)

Directions:

- Combine all ingredients in a glass or stainless steel jar, and place the jar in a saucepan with boiling water (bain marie) until all ingredients are liquefied
- Stir occasionally
- Remove from heat, pour the mixture in a small glass jar (or several)
- Let sit at room temperature, until completely cooled down
- Close the lid and store in a cool place

WOOD CLEANER

Ingredients and Supplies:

- ¼ cup white vinegar
- ¼ cup water
- ½ teaspoon liquid soap
- Few drops of olive oil
- Measuring spoon (½teaspoon)
- Liquid measuring cup (¼ cup)
- Spray bottle or jar

Directions:

- Combine all ingredients into spray bottle
- Shake vigorously
- Spray onto soft cloth and polish
- Shake regularly during use

ALL-PURPOSE CLEANER

Ingredients and Supplies:

- 1 spray bottle
- Measuring spoon (teaspoon)
- Liquid measuring cup
- 12 ounces (1-1/2 cups) hot water
- 1 teaspoon liquid soap or 1 teaspoon borax
- 1 teaspoon white vinegar or 1 teaspoon lemon juice

Directions:

- Fill spray bottle with 12 ounces of hot water
- Mix with 1 teaspoon of liquid soap or borax
- Add 1 teaspoon of white vinegar or lemon juice
- Shake bottle gently to dissolve minerals

BUG REPELLENT

Ingredients and Supplies:

- 1 spray bottle
- ½ cup witch hazel
- ½ cup distilled water
- 20 drops oil of lemon eucalyptus
- 10 drops citronella oil
- 10 drops peppermint oil

Directions:

- Mix witch hazel and distilled water in large bowl
- Add essential oils and stir
- Pour into spray bottle

FACE WASH

Ingredients and Supplies:

- 8 oz pump bottle
- 6 oz castile soap
- 2 oz water
- Essential oil (30-40 drops)

**If using peppermint oil, use maximum of 25 drops*

Directions:

- Pour all ingredients into pump bottle and shake gently

SUGAR BODY SCRUB

Ingredients and Supplies:

- Small air tight jar (can use mason jelly jars)
- Measuring cups
- 1/3 cup extra virgin olive oil
- ½ cup granulated sugar (white or brown)
- Essential oils (optional)

Directions:

- Mix all ingredients into container
- Mix with finger prior to use
- Use on your face, lips, body, feet, and hands to exfoliate and moisturize your skin

CINNAMON SCRUB

Ingredients and Supplies:

- Small air tight jar (can use mason jelly jars)
- Measuring cups
- 1 cup brown sugar
- ½ cup coconut oil
- ½ tsp vitamin E oil
- ½ tsp cinnamon OR cinnamon essential oil (15-20 drops)

Directions:

- Mix all ingredients into container
- Use for dry skin

EYE MAKEUP REMOVER

Ingredients and supplies:

- Small jar
- Carrier oil or coconut oil
- Water
- Essential oil

Directions:

- Combine equal parts of oil and water into small jar
- Shake before every use
- Put an appropriate amount on a cotton ball and use to remove eye make up
- Rinse with water

TOILET BOWL CLEANER

Ingredients and Supplies:

- Toilet brush
- Measuring cups
- 1 cup baking soda
- ½ cup salt
- Eucalyptus or citrus oil (5-10 drops)
- 1 ½ cup white vinegar

Directions:

- Pour baking soda, salt and essential oil into the water of the toilet bowl
- Stir with toilet brush
- Very slowly pour the vinegar into the toilet bowl. If it foams up too much, stop pouring briefly until it subsides
- Let sit for 10-20 minutes
- Scrub the whole toilet bowl with a brush, then flush
- Note: for mineral build up, use a pumice stone to remove ring

FLOOR CLEANER

Ingredients and Supplies:

- 2-3 gallon bucket
- Measuring cup
- Mop
- 1 gallon water
- 4 cups white vinegar
- 1 cup lemon juice concentrate
- 10 drops lemon oil for wood floors (optional)

Directions:

- Pour 1 gallon warm water into bucket
- Mix in vinegar
- Add lemon juice concentrate
- Add lemon oil, if desired
- Stir vigorously with rag or mop
- Apply with damp mop to polyurethane floors; wet mop to linoleum, stone or tile floors

APPLE CIDER VINEGAR HAIR CONDITIONER

Ingredients and Supplies:

- 1 pump bottle
- Apple cider vinegar
- Warm water
- Essential oil (optional, for scent)

Directions:

- Combine equal parts of vinegar and water
- Add a couple drops of essential oil, if desired
- Use on hair after regular shampooing and rinse with water

OATMEAL SCRUB WITH ALMOND AND CHAMOMILE

Ingredients and Supplies:

- Sealed container
- 2 tbsp almond flour
- 4 tbsp oatmeal
- 1 tbsp cornstarch
- 1 tbsp chamomile flowers (contents of a chamomile tea bag)
- 2 tsp sweet almond oil

Directions:

- Add all ingredients to a food processor; blend until mixture is a soft granular consistency.
- To use, put ½ tsp of mixture on hand, add a few drops of water and rub onto face
- Store in a sealed container

DEODORANT

Ingredients and Supplies:

- Sealed container
- ½ cup coconut oil
- ¼ cup baking soda
- ¼ cup cornstarch
- 40-60 drops essential oil (e.g, lemon, sage, or other flavored smell)

Directions:

- Add all ingredient to a bowl and mix
- Apply ½ tsp to each underarm, allow to dry for a few minutes
- Store in a sealed container

NON-TOXIC CLEANING TIPS

INGREDIENTS AND SUPPLIES TO HAVE ON HAND:

- **Baking Soda:** Baking soda can be used as a mild abrasive cleaner. It is great for cleaning, scouring, deodorizing, and softening water. It is a good alternative to chlorine or silica-based scouring products.
- **White Vinegar:** Vinegar can be used as a multi-purpose cleaner, and is good on hard surfaces and glass. It cuts grease, removes mildew, odors, some stains and wax build-up. It is a great alternative to corrosive products such as ammonia-based cleaners. Vinegar is also an excellent disinfectant.
- **Lemon Juice:** Due to their acidic nature, lemons provide antibacterial, antiseptic, and bleaching properties for cleaning. These properties are enhanced when you add lemon juice to vinegar, which also helps neutralize the vinegar smell. *Lemon juice can damage flat surfaces if left for too long.*
- **Soap:** Use unscented soap in liquid form, flakes, powders, or bars that are biodegradable. Unscented soaps clean everything just as well as the scented ones. Avoid soap with fragrance.
- **Hydrogen Peroxide:** Hydrogen peroxide can be used as a general purpose cleaner.
- Store your products in safe containers that are made of glass, ceramic, BPA-free plastic or stainless steel. These containers can be easily found at The Container Store or on Amazon.