

Going Green Recipes

GENERAL COUNTER TOP CLEANER

- 1 cup hot water
- 1 Tbsp. white vinegar
- 2 drops of Sunshine Concentrate
- ½ tsp baking soda
- 5-30 drops Essential oil: Purity, Pine Needle, Eucalyptus, Tea Tree, Lemon, or Orange make great choices. Greasy, dirty hands: a couple of drops to your soapy hands

FLOORS

Equal parts white vinegar and water

For every cup of this solution add 12 drops of essential oil.

Try Combinations of 3-4 oils of your choice

Bathroom Cleaners

Mirrors & Windows

- 1 cup water
- 2 Tbsp white vinegar
- 2 drops of lemon oil
- Shake and use.

Toilet Bowl

Mix:

- 1 cup Baking Soda
- ¼ cups commercial salt

Have a spray bottle with 1 cup of white vinegar in it. Add 5-10 drops of Pine Needle or Tea Tree, Lemon, or Purity.

Spray the interior with the vinegar solution, then sprinkle in the powder and let it fizz. Let sit 10 minutes, then scrub!

Sink, Stove, Tub Scrubber

- 1 Tbsp Nature's Sunshine Concentrate
- 1 Tbsp Nature's Fresh
- 1.5 Tbsp Baking Soda
- Inspire or Purity Blend (use up to 25 drops)

Scoop out desired amount.

For severe staining, let it sit for a little while before rinsing. A little goes a long way.

NATURAL DRYER SHEETS

Buy some inexpensive handkerchiefs or simply use cut up T-shirts or towels or pieces of white flannel, or wool dryer balls.

Add your favourite essential oil: 4-5 drops

Toss it in and enjoy!!

LAUNDRY SOAP

1 Oxyclean

1 Box Borax

1 Large Baking Soda

1 Box Washing Soda

2 Tbsp per wash.

For every cup, use 3- 8 drops of Purity, Lemon EO or your favourite.

Remove Grease Stains in 3 easy steps

Put a few drops of Lemon Essential Oil on the grease stain. Gently rub the essential oil to break up the grease stain. Toss it in the wash!

Homemade Dust Spray

1 tablespoon olive oil

½ cup white vinegar

Water

5 drops Tea Tree oil OR Lemon Essential Oil

Add the olive oil, vinegar and essential oil to a glass spray bottle. Fill the rest with water. Shake before spraying.

Disinfectant Recipe

½ cup water

½ cup vinegar

10 drops lemongrass oil

10 drops lavender oil

Got Mold??

Mix in a spray bottle:

1 tsp of Tea Tree Oil

1 cup of hot water

Spray, let sit and wipe!

Painting

1 Gallon Paint and 1-2 tablespoons of Lemon Essential Oil

This may be helpful in easing allergy reactivity symptoms and it eases the paint odour. See how it works for you!

Sparkling Clean Diffuser Blend

2 drops Peppermint

5 drops Lemon

4 drops Lemongrass

Mosquito Repellant

Combine in 16 oz. spray bottle:

15 drops of Lavender Oil

3-4 tablespoons of Vanilla Extract

¼ cup lemon juice

Fill the rest of the bottle with water and shake.

Get rid of ants naturally!

Ingredients:

- 1/4 cup purified water
- 1/4 cup vodka (Used to help suspend the oil in the water. If you don't have any available you can just use water and shake often)
- 15 drops Peppermint essential oil
- 15 drops Tea Tree essential oil
- 7 drops citrus essential oil (orange or lemon,)
- Pour into spray bottle and spray around baseboards, kitchen areas, and other areas you have seen ants before

Tick Repellent Recipe

20 drops Lemongrass Essential Oil

20 drops Eucalyptus Essential Oil

4 oz. of water

Add all ingredients in a spray bottle and shake well!

Spray on shoes, socks, and pant cuffs.