

GOING GREEN

MAKING YOUR OWN ESSENTIAL OIL CLEANING RECIPES FOR YOUR HOME

Red Mandarin Aromatic Room Freshener

4 oz Nature's Fresh, 10-25 drops of Red Mandarin, Lemongrass, or Breathe Deep. Shake. Spritz!
Adjust oil amount as desired. (You might even find this makes a great deodorant!)

Protecting and Uplifting Purity Outdoor Patio Spray

Keep this powerful purifying mist on your summertime patio for whenever you'd like to create a refreshing atmosphere for your outdoor activities.

Ingredients

30 drops Purity

5 drops Pink Grapefruit

4 ounces distilled water * If you spray these on the arms or legs, protect them from the sun as you may sunburn more rapidly.

Directions

1. Place water in a 4 oz. spray-mister bottle. Add the essential oils and shake.
2. Mist the atmosphere around your outdoor activities.
3. Always shake well before use.

MULTI-USE RED MANDARIN AND PURITY SPRAY CLEANER

Just 4 simple ingredients creates a multi-use cleaner that will purify your home with a fresh, sweet and wholesome scent. Smells delicious!!!

Ingredients

Equal parts pure water and white distilled vinegar into a 8 oz spray bottle

Add 14 drops of Purity and 12-24 drops of Red Mandarin (Red Mandarin is an effective solvent to remove stains and clean surfaces.) Lemon is a popular alternative to Red Mandarin.

¼ tsp Sunshine Concentrate

1 tsp Silver Shield

Shake before using.

FRESH AND CLEAN FRUIT AND VEGETABLE SOAK

½ teaspoon SUNSHINE CONCENTRATE

2 Tbsp Hydrogen Peroxide (just the regular type from the store)

Soak them for 8-10 minutes. Rinse.

Twice Weekly Eucalyptus Shower Spray

Yield: about 2 cups

Ingredients

1/2 cup of rubbing alcohol or white vinegar

1 1/2 cups of pure water

Eucalyptus (17 drops) and Inspire (15 drops)

1-2 tsp of Silver Shield

Add the water and alcohol or white vinegar in a measuring cup. Stir.

Pour into your glass bottle.

Add essential oils.

Use at least twice weekly to spray the shower walls after showering

Tips: Remember to make small batches at a time for a 2 week supply so the oil stays stable.

Try and use a glass bottle, as the essential oils will draw out the toxins from plastic. Consider an old apple cider vinegar bottle and add a spray nozzle. The one from Nature's Fresh is a great fit!

Sanitizing Tea Tree Tub and Sink Scrub

1/2 cup baking soda

1/2 cup washing soda

2 Tbsp to 1/3 cup Sunshine Concentrate

2-4 Tbsp water and more later.

25 drops Tea Tree Essential Oil (You can choose to make part of this Lemon, Purity, or Red Mandarin)

10 drops Lemon Essential Oil

10 drops Peppermint Essential Oil

Mix baking soda, washing soda, and liquid soap in a medium-sized glass container until it forms a paste-like consistency. Add pure water, and keep adding until you get a liquid paste consistency.

Add essential oils and mix thoroughly. Store in a sealed glass pint jar. Break it up with a fork if it firms up—adding sufficient water to make a paste should prevent this.

Use the paste all over your tub and sinks to give it a good clean. Makes between 1 and ½ to 2 cups.

Citrus and Sandalwood Furniture Oil

Ingredients

4 ounces of Carrier Oil

12 drops lemon essential oil

4 drops lemongrass essential oil

8 drops sandalwood essential oil

Directions

Combine carrier oil and essential oils in a glass bottle. Shake and apply lightly to wood surfaces or onto dusting cloth and wipe. Makes approximately 4 ounces.

Note: Test on a small, inconspicuous area of your furniture before use.

Purifying Pink Grapefruit Sink and Tile Scrub

Utilize the cleaning and disinfecting benefits of essential oils and enjoy a pure aromatherapy experience.

Ingredients

2 tablespoons baking soda

2 tablespoons sea salt (table grind)

15 drops Pink Grapefruit

3 drops Peppermint

3 drops Tea Tree

Directions

Mix dry ingredients and sprinkle mix with essential oils. Sprinkle on tub & tile surfaces and gently scrub then rinse. Makes about ¼ cup. You can double, triple....this recipe and store it in glass.

Lemon Glass Stove Top Cleaner

Ingredients

1/4 - 1/2 cup baking soda

1 cup vinegar

8-16 drops of Lemon essential oil

Small spray bottle

Cloth

Take a small glass spray bottle and fill with vinegar and Lemon EO

Take the baking soda and sprinkle over the glass surface.

Spray the Lemon essential oil and vinegar mixture where the baking soda was sprinkled. Expect fizzing!

Let it sit for 5-10 minutes as it will become pasty.

Scrub gently and wipe up the mixture.

Purity and Pink Grapefruit Toilet Bowl Cleaner

1 Tbsp Sunshine Concentrate

3/4 cup water

1 tablespoons baking soda

15 drops of your choice of essential oils to kill bacteria and freshen – you can enjoy variety with lemon, tea tree, eucalyptus, lavender, Red Mandarin, Pine Needle, Clove and more.

Mix all ingredients in a 8 oz. squirt bottle and add a little extra water to fill; gently shake or swish.

Squirt in the toilet bowl and use a brush to scrub it clean. Makes 8 ounces.

Dishwasher Dream

2 teaspoons Washing Soda (avoid on aluminum or fiberglass.) Excellent for descaling mineral deposits

4 drops Peppermint oil

Mix well with a fork and add. We love this as it doesn't leave residue.

Purity Laundry Soap

Transfer your bottle of Sunshine Concentrate to a Quart Glass Jar

Add 32-64 drops of Purity

Use 1-2 Tbsp per wash

Put washing soda in a separate sealed container. Add 2 Tbsp per wash.

Homemade Dryer Sheets

Dryer sheets are concentrated with chemicals and heavy fragrances.

It is easy to make your own:

Simply throw a square of wool flannel or cotton from a cut up tee shirt with some sprinkles of Lavender, Lemon, or Pink grapefruit in your dryer and you have very own homemade non-toxic dryer "sheet."

Keep these in a cute sealed glass jar. Enjoy the wonderful scents!

Lemon, Eucalyptus, and Tea Tree Refreshing Floor Cleaner

We want our floors to smell fresh, not harsh from chemicals. Wipe away grime with this gentle and effective three-ingredient essential oil-based cleaner.

Ingredients

1 tablespoons Sunshine Concentrate

8 drops lemon essential oil or pink grapefruit

8 drops each of tea tree essential oil and your choice of Eucalyptus or Pine Needle or Purity.

Directions

1. Mix essential oils and liquid soap.

2. Pour essential oil/liquid soap mixture into a 1-gallon bucket of warm water. Stir until well combined.

3. Dampen a sponge, mop or wash cloth with mixture, and wipe grime from floors and hard surfaces.

Citrus Blast Dish Soap

Oils such as lemon, eucalyptus, sweet orange, geranium, or lavender have antibacterial properties. Using a citrus oil will also help with cutting grease. I personally love Red Mandarin and Lemon EO's for dishwashing

To 1 cup of Sunshine Concentrate: Add 15 drops of lemon and 15 drops of Red Mandarin essential oil.

Use 1-3 tsp to wash your dishes. The aromatherapy makes the chore of washing dishes much more enjoyable.

Makes about 1 cup.

If you want this for a handsoap, you may wish to dilute it more with water. Experiment until it feels right to your hands.

Simple Freshening Lemon and Vinegar Window Cleaner

You only need three simple ingredients to give your windows a smudge- and lint-free shine: vinegar, lemon essential oil and crumpled newspapers.

Ingredients

1 tablespoons white vinegar

3 drops lemon essential oil

Pure water

Directions

Mix vinegar and essential oil in a 8-ounce spray bottle. Fill with pure water and use as a window cleaner. Wipe windows dry with well-crumpled newspapers to impart shine. Makes 8 ounces.

Tip: Shake bottle before spraying.