

Spiral Healing Presents

Homemade Cleaning Supplies

For a less toxic living



Introduction

A home is no place for a bunch of unnecessary cleaning chemicals. I will show you how to make your own natural cleaning products that work. I have tried many recipes over the years and keep going back to a few basic ingredients. I have weeded through the internet of cleaning formulas and know what works and doesn't. You will leave with recipes and valuable resources.

Acid or Base?

Knowing the difference between acidic and basic cleaners will help you to figure out the best cleaning solution for the job.

<p>Use Acid cleaners for:</p> <p>Cleaning with minerals are great because they get rid of odors and stains.</p> <p>They are alkaline, cut grease, and can cut through wax.</p> <p>These are good for cleaning acidic stains or odors like coffee, tomato juice, etc.</p>	<p>Use Minerals (alkaline or base) cleaners for:</p> <p>Cleaning with minerals are great because they get rid of odors and stains.</p> <p>They are alkaline, cut grease, and can cut through wax.</p> <p>These are good for cleaning acidic stains or odors like coffee, tomato juice, etc.</p>
<p>Types of acid cleaners</p> <ul style="list-style-type: none">• white distilled vinegar• Lemon juice	<p>Types of mineral cleaners:</p> <ul style="list-style-type: none">• Washing soda• Baking soda• borax

Liquid Soap or Detergent

Liquid Soap and detergents are different. While they are both used for cleaning they are used a little differently. Soap is typically made from natural oils while detergent is made from synthetic ones. Natural soap is used for cleaning surfaces and dishes and detergent is mainly used for cleaning fabrics because they don't leave mineral behind on the fabric. Over time your whites will start to look grey because of minerals left behind on the fabric. Use soap if you have soft water. Use detergent if you have hard water. You can tell if you have hard water because it will leave scales and residue on your fabric, scaling in your bathroom, and dishwasher over time.

DYI Recipies

Air Fresheners

Anti-stink Spray

Will neutralize the foulest demons emanating from the bathroom.

8 drops lavender oil
4 drops each sweet orange and clove oil
2 drops peppermint oil.
½ cup vodka
½ cup distilled water

Mix all ingredients in a spray bottle and shake well before spraying in the offending area. Don't spray into your eyes. That will hurt.

Fresh House

Use to freshen up a stuffy home on warm days. Will kill cooking odors.

8 drops lemon oil
4 drops basil
4 drops peppermint
½ cup vodka
½ cup distilled water

Mix all ingredients in a spray bottle and shake well before spraying in the offending area. Don't spray into your eyes. That will hurt. Remember to label your spray.

All Purpose Cleaners

Alkaline cleaner

Use to clean most surfaces because it works on most dirt.

½ tsp washing soda
2 tsp borax
½ tsp liquid soap
2 cups hot water

Combine all together and shake to completely dissolve. Works best in a spray bottle. If there are tough stains let sit for a few minutes before wiping. You can add different essential oils too!

Acid Cleaner

Effective if you have a sickness, pet, young children, in the house. It is useful because it dissolves mineral buildup, and neutralizes many bodily fluids odors.

¼ cup distilled vinegar or lemon juice
½ tsp liquid soap
¾ cup warm water

Combine all together in a spray bottle, spray on surfaces to be clean and wipe down with a cloth.

Floors: Carpets

Deodorizer and Odor Remover

Antifungal spray

2 tsp tea tree oil
2 cups water

Antimicrobial spray

2 tsp sweet orange oil
2 cups water

Mix ingredients in a spray bottle, and shake to blend. Make sure to check in a small area that it will not stain it. Once sure spray on carpet. Do not rinse. The strong smell will go away in a day or two.

Carpet Cleaner

¼ c concentrated liquid detergent (e.g.seventh generation liquid laundry detergent)
4 gallons water

Fill the machines with water and detergent dispenser. Follow the manufacturer's instructions.

Floors: Linoleum, Hardwood, Tile

Mop Solution

You can use this on all hard floors unless directed to use something else by the manufacturer to avoid detergents.

¼ cup liquid soap
½ cup white distilled vinegar
2 gallons water

Mix in a mop bucket and mop floor lifting all dirt and grime. Then use rinse recipe to finish the job.

Rinse Solution

Helps to pull up the rest of the mineral solution, dirt that may have been left behind when mopping.

½ cup white distilled vinegar
2 gallons water

Mix in a mop bucket and mop floor to rinse cleaning solution off of it. The vinegar smell will go away quickly as it dries.

Dusting

Wood Furniture Duster

¼ cup white distilled vinegar
3 drops olive oil
3 drops sweet orange oil

Mix ingredients in a bowl, use a natural fiber rag and dust. Dusting Tips **use** natural fiber rags, for example, old t-shirt, cloth diapers, flour sack towels, wool rags.

DYI Oven Cleaner

Simple Jobs

A small box of baking soda
Water

Sprinkle baking soda on the bottom of the oven. Spray with water until damp, keep it moist by spraying every few hours. Leave overnight. Scoop out the mess in the morning. The grime should come out with ease. Rinse thoroughly.

Tough Jobs

½ part washing soda
½ part baking soda
Water.

Use the same way as the first oven cleaning solution. Just remember to really rinse well as washing soda needs more rinsing. Use for the really tough oven cleaning jobs.

House Cleaning Tips

1. Start from the top down.
2. Dust first
3. Clean surfaces (e.g. put stuff away, pick up toys, laundry, dishes, etc.)
4. Wipe down surfaces
5. Sweep
6. Mop or vacuum
7. Relax

Essential Oils for Cleaning

Here is a list of the essential oils discussed in today's workshop. The main properties looked at for cleaning are can they eliminate bacteria, fungus, and viruses. Many of them, when combined together, work synergistically and help to clean your surfaces. The added benefit is they also have an effect on the psyche as well. Certain combinations uplift, relax or energize use this knowledge when making your cleaners to think about which areas in your home you want to be calm and restful (e.g. the bedroom) and uplift and relax (e.g. the common use areas in the home).

ESSENTIAL OIL	PROPERTY			
	Emotional effect	antibacterial	antifungal	antiviral
Basil	Uplift, energize	*		*
Clove	energize	*	*	*
Eucalyptus	uplift	*		
Lavender	relax	*		
Lemon	Uplift, energize	*	*	
Sweet orange	Relax, energize	*		
Rosemary	Uplift, energize	*	*	
Tea Tree	uplift	*	*	*

Resources:

1. Sno-Isle Coop has many of the ingredients discussed today to make DIY cleaners.
2. The American Cleaning Institute is a great resource if you need a better understanding of cleaning ingredients and how to clean something using less toxic methods. <https://www.cleaninginstitute.org/about-aci/contact-aci>
3. Better Basics for the Home by Annie Berthold-Bond is a great resource for learning how to clean everything and more.
4. The complete book of essential oils and Aromatherapy by Valerie Ann Worwood is a great resource for those who want to know more about essential oils and uses.