

# BATHROOM

## Liquid Handwash

250ml boiling water  
2 tsp glycerol or glycerine  
2 tbsp grated Sunlight soap  
2 tsp rosewater

Add the grated soap to boiling water, stir and then let sit for about 10 minutes until it melts. Stir in glycerol and rosewater. When mixture is smooth, pour into dispenser bottle. Do this while it is still warm as it will set to a jelly when cold and be difficult to pour.

## Air Freshener

8 drops lavender oil  
4 drops each bergamot & clove oil  
2 drops peppermint oil  
½ cup vodka  
½ cup distilled water

Combine ingredients in spray bottle and shake well. Spritz into air four or five times in area that needs freshening, being careful to avoid your eyes. A basic room spray can be made by mixing four drops of any essential oil with 300ml of warm (but not boiling) water.

## Mould Remover

Vinegar  
Salt

Mix equal parts vinegar and salt into a spray bottle. Spray onto mouldy surface, leave for a few minutes and then wipe off using a soft cloth.

## Bath & Shower Cleaner

1 cup vinegar  
1 cup water

Fill a spray bottle with half water and half white vinegar. Spray on any surface where there is soap scum and leave for 5 minutes. Wipe off.

## Toilet Cleaner

1 cup bicarbonate soda  
1 cup vinegar

Sprinkle bicarbonate soda into toilet bowl and pour vinegar on top. Watch it react. Leave it for ten minutes then clean with a toilet brush and flush.

To finish, put a few drops of tea tree oil on a cloth and wipe around the bowl and seat to provide some anti-bacterial protection (or use the antibacterial spray recipe).



# GENERAL

## Carpet Cleaner

2 tsp eucalyptus oil  
2 tsp glycerine  
2 tbsp vinegar  
2 tbsp bicarbonate soda  
2 tbsp methylated spirits

Mix ingredients together into a spray bottle. For spot cleaning, spray the mixture onto the spot and gently rub with pantyhose. For a bigger spill – place pantyhose over the head of a broom, spray lightly with your carpet cleaning mixture and sweep over the spot.

## Smelly Sneaker Saver

2 tbsp bicarbonate soda  
5 drops eucalyptus essential oil

Mix bicarbonate soda and essential oil (you can use any one you like) into a container with small holes in the lid. Sprinkle mixture into your offending shoes and leave overnight.

## Tiled or Timber Floor Cleaner

1 cup vinegar  
1 bucket hot water  
5 drops eucalyptus essential oil

Add vinegar and essential oil (you can use any one you like) to a bucket of hot water. Lightly mop or wipe over surface.

## Window Cleaner

1 part vinegar  
4 parts water

Mix vinegar and water into a spray bottle. Spray onto windows and wipe off with newspaper, window squeegee or a soft cloth.

## Squeaky Clean Baby Steps

Do your best to learn about whatever you clean with in your home. Scrutinise the labels on your cleaning products and then go on a product diet.

Phase out harmful commercial cleaning products and replace them with healthy alternatives.