EP Homemade Cleaners

Disclaimer:

While research suggests that there are health benefits to essential oils, the Food and Drug Administration (FDA) does not monitor or regulate the purity, quality or concentration of essential oils. You may consider talking with your health care provider before using. Always do a patch test on your skin prior to overall use.

All Purpose Cleaner

4 cups hot water

4 T. white vinegar

2 t. Borax

2 drops liquid dish soap

½ t. lemon essential oil

2-4 drops of an essential oil of your choice (something that complements lemon, such as lime, orange or grapefruit)

To make:

Mix all ingredients together making sure that the Borax is completely dissolved. Pour into a spray bottle and label.

To use:

Spray on sealed surfaces (not wood or glass) that would tolerate a liquid cleaner and wipe clean with sponge, clean cloth or mop. Great for countertops, tile floors, shower walls, or inside appliances.

NOT intended for granite, marble or unsealed Corian countertops – they are porous.

Glass Cooktop Cleaner

hydrogen peroxide

baking soda

red (only red) non-scratch scrubbing pad

To make:

In a small bowl, mix hydrogen peroxide and baking soda together, just enough of each to make a paste.

To use:

Spread paste onto glass cooktop soiled, cooked-on areas. (Baking soda absorbs grease while the peroxide will help lift the residue) Scrub areas with red scrubber until clean. Wipe clean with wet cloth. Buff glass clean with paper towels. Use glass cleaner to create a shiny clean surface. Can be used on tea kettle or stainless steel sink as well to leave them sparkling.

Glass Cleaner

¼ to ½ cup white vinegar

1 quart water

**Or:**

1 – 2 T. fresh lemon juice

1 quart water

**Or:**

1 cup rubbing alcohol

1 cup water

1 T. white vinegar

**Or:**

2 cups distilled water

¼ cup white vinegar (apple cider vinegar is good too)

¼ cup alcohol

1 T. cornstarch

Optional: 5-10 drops of essential oil (citrus, tea tree, eucalyptus…)

To make:

Mix ingredients together in a spray bottle.

To use:

Spray on glass and wipe clean with paper towels, newspaper or clean washcloth. Use distilled water if your water is very hard.

Floor Cleaning Solution

1 cup white vinegar

1 cup water

10 drops tea tree essential oil

10 drops lemon essential oil (or scent of your choice)

To make:

Mix together all ingredients in a spray bottle and shake to combine.

To use:

Spray directly on floor and wipe clean with a mop or rag/towel. No need to rinse. Safe for kids and pets.

Hint: Stretch a cheap dollar store sock or washcloth over your flat dry mop head instead of buying pads; socks washcloths are washable and reusable.

Room Mist/Freshener

2 oz. vodka

10 drops bergamot essential oil

5-10 drops eucalyptus essential oil

5-6 drop lemon essential oil

To make:

Shake all ingredients together in a small spray bottle.

To use:

Shake bottle gently before each use. Spray into the air in the center of the room to refresh the scent in the air.

Breezy Fabric Freshening Spray

1 cup water

2 t. witch hazel

1 t. cornstarch

5 drop lavender or lemon essential oil (or scent of your choice)

To make:

Shake all ingredients in a spray bottle until the cornstarch is completely dissoved.

To use:

Spray 6-8 inches from the surface of upholstery or carpets to freshen and help eliminate odors. Shake gently before each use.

Furniture Cleaner

¼ cup olive oil

1 T. white vinegar

Several drops of essential oil (I prefer peppermint)

To make:

Combine all ingredients in a tightly fitted jar.

To use:

Shake gently before each use. Pour a little on a clean, soft rag and apply liquid to wood furniture. Buff gently with a different, clean cotton cloth to remove excess polish.

Mattress Refreshing

1 cup baking soda

10 drops essential oil, scent of your choice

To make:

Combine ingredients in a mason jar with tightly fitted lid. Shake them to mix ingredients.

To use:

Place mixture in a kitchen shaker, similar to a parmesan cheese shaker or a sifter type spice bottle. Let sit for a few minutes and vacuum.

Carpet Refreshing Powder

1 cup baking soda

1 cup borax

25 drops essential oil of your choice or 1 t. ground spices of your choice

To make:

Combine ingredients in a mason jar with tightly fitted lid. Shake them to mix ingredients.

To use:

Place mixture in a kitchen shaker, similar to a parmesan cheese shaker or a sifter type spice bottle. Let sit for a few minutes and vacuum as desired.

Scouring Soft Scrubber (for porcelain surfaces)

1 t. borax

4 T. vegetable oil based liquid soap (such as Murphy’s Oil Soap)

½ t. lemon or orange essential oil

To make:

In a mixing bowl, stir the borax and soap together to form a creamy paste. Add the essential oil and blend well. Store in a small squeeze bottle.

To use:

Shake well before each use. Squeeze a small amount onto a damp sponge and scrub surface. Rinse well with clean sponge or washcloth.

Throne Cleaner, Powder Version

1 1/3 cup baking soda

½ cup citric acid

50 drops of citrus essential oil

To make:

In a large bowl, combine baking soda and citric acid. Mix well. Add essential oil and continue mixing until all clumps are eliminated.

To store:

Store in an airtight container or decorative jar.

To use:

Add about 2 T. directly into the toilet bowl and allow to bubble and fizz. Use a toilet brush to scrub sides of bowl and flush a few times to rinse.

Throne Cleaner, Liquid Version

18 oz. water

1 cup liquid castile soap

5 drops lavender essential oil

6 drops lemon essential oil

4 drops tea tree oil

To make:

Shake all ingredients together in a spray bottle to combine.

To use:

Shake before each use. Spray liberally in the toilet bowl and use toilet brush to scrub sides of bowl and flush a few times to rinse.

Laundry Detergent Powder (safe for HE washing machines)

2 cups finely grated soap (such as Ivory, Fels Naptha, Zote or homemade soap bars;or a combination (careful mixing scents)1 cup borax1 cup washing baking soda (found in the detergent aisle in stores, not regular baking soda)To make: Use the fine edge of a cheese grater to grate the bars of soap or grind them up in small amounts in a coffee grinder to create a fine powder. Mix all ingredients together. Store in a jar or an airtight container with a tablespoon nearby.To use: 1-2 T. per batch, possibly more depending on your water source, just experiment with a few loads.

Laundry Detergent Liquid (safe for HE washing machines)

2 cups finely grated soap (such as Ivory, Fels Naptha, Zote or homemade bars soap. Or a combination of soaps, but beware of scented soaps combining together)

1 cup borax

1 cup washing baking soda (found in the detergent aisle in stores, not regular baking soda)

1 gallon water and bucket (bucket bigger than one gallon)

To make:

Place the soap in a large saucepan over medium heat and add enough water for the soap to melt as it heats. Once it melts and is hot, transfer to the bucket and add borax and washing baking soda and mix well. Add the rest of the gallon of water and stir. Let it sit overnight to gel. Stir again. Store in an airtight container.

To use:

Use ¼ cup – ½ cup per load as usual. This can also be used as a pre-treatment gel, just rub into stains before washing.

Fabric Softener

1 cup water

1 cup baking soda

2 cups white vinegar

20 drops essential oil of your choice (I prefer lavender for fabrics)

To make:

Combine baking soda, water and essential oil in a large container. (Make sure you use a large enough container to accommodate the reaction of the vinegar with the baking soda for the next step) Add the vinegar slowly and allow the fizzing to subside. Transfer to a suitable airtight container to store.

To use:

Use ½ cup in the rinse cycle compartment of the washing machine or dampen a clean washcloth in this mixture and toss in the dryer with a load of clothes.

Dishwashing Detergent

2 cups borax

2 cups baking soda

20 drops lemon essential oil

20 drops orange essential oil

To make:

In a large mixing bowl, whisk borax powder and baking soda together, breaking up any clumps. Add essential oils and whisk again until thoroughly blended. Transfer to a large jar or airtight container with a one tablespoon measuring spoon.

To use:

Scoop 1-2 T. of mixture into the dispenser of your automatic dishwasher just like any store-bought detergent. This detergent works best if you thoroughly rinse the dishes before loading.

Drain Cleaner

¼ cup baking soda

¼ cup white vinegar

1 tea kettle of boiling water

To use:

Pour the baking soda down the drain, followed by the vinegar. Let mixture sit in the drain bubbling for a few minutes. Pour boiling water down the drain to rinse through. \*\*DO NOT USE IF A

COMMERCIAL DRAIN CLEANER IS PRESENT, TRY THIS FIRST.

Simpler, alternative versions:

¼ cup salt

1 tea kettle of boiling water

To use:

Pour salt down the drain followed by the boiling water.

If this doesn’t do the trick then try:

½ cup salt

½ cup baking soda

1 tea kettle of boiling water

To use:

Pour salt and baking soda down the drain followed by boiling water and let stand overnight before flushing with hot water.

Note: To prevent clogs, pour boiling water down the drain once a week or more.

Drain Deodorizer Fizzies

1 cup citric acid

2 cups baking soda

several drops of essential oil, scent of your choice

water & castile soap diluted in a small spray bottle in a ratio of 4:1

To make:

In a medium bowl, mix citric acid, baking soda and essential oil thoroughly. Spritz the dry mixture with castile soap mixture a little at a time stirring constantly with your hand until it holds together like a snowball. Be careful not to spray too much liquid at once or it will begin to fizz prematurely. Roll the mixture into 1” balls and flatten into disc shapes as you place them on parchment paper to dry overnight. (A small ice cube tray with decorative shapes is a good idea too) Drying could take up to 24 hours. Store dried fizzies in a glass jar or airtight container.

To use:

Pop one into the drain of the sink or tub and add water to freshen the scent. Can be used in a toilet bowl for a gentle cleaning.

Fruit and Veggie Wash

1 cup vinegar

8 drops grapefruit seed extract

20 drops grapefruit essential oil

To make:

Place all ingredients in a spray bottle and shake well.

To use:

Spray generously on your fruits and vegetables and allow to sit for 5-10 minutes. Rinse thoroughly before eating.

**Alternative recipe:**

2 T. citric acid

1/4 cup warm water

To make:

Place ingredients in a spray bottle and shake until dissolved.

To use:

Spray generously on your fruits and vegetables and allow to sit for 5-10 minutes. Rinse thoroughly before eating.

Oven Cleaner

2 oz. Dawn liquid detergent

4 oz. bottled lemon juice

8 oz. white vinegar

10 oz. water

To make:

Shake all ingredients together in a large spray bottle until mixed.

To use:

Spray on the walls of cold oven and/or oven door and let it soak overnight. Wipe clean with a damp cloth. Reapply as needed.

This mixture can be sprayed on shower walls and wiped clean with a damp cloth, then buffed with a dry towel.

Clarifying Shampoo

3-4 T. apple cider vinegar

2 cups water

To make:

Pour ingredients into a plastic container and stir together.

To use:

Pour through your hair after a thorough shampooing and massage into your scalp. (Definitely avoid getting it in your eyes) Rinsing out is optional, it can be left in as a conditioner until your next shampooing.

Liquid Shampoo (castile soap has a high pH level so avoid on color treated hair)

½ cup water

½ cup castile soap

Optional:

½ t. light vegetable or canola oil (not recommended for oily hair)

To make:

Gently stir all ingredients to combine without foaming.

Shampoo Bar (great for travel

1 lb. castile melt and pour soap

2 t. olive oil

1 t. castor oil

1 t. black molasses

15 drops eucalyptus essential oil

15 drops orange essential oil

(can use any essential oil scents of your choice)

Large silicone ice cube form or soap mold

To make:

Cut the melt and pour soap into small pieces and melt in a double boiler over medium heat. Water in the pan should be simmering and not boiling.

Stir continuously until soap base is melted. Add olive and castor oils and molasses and mix well.

Take off heat, mix in essential oils. Pour into molds and let cool for about 24 hours to harden thoroughly. Remove from molds and store in cool dry place.

To use:

Wet hair, rub soap bar at roots and massage into scalp and along hair strands. Rinse and repeat.

Dry Shampoo

Experiment with the following ingredients and recipes depending on what works best for you and the color of your hair:

**Light blonde:**

1 T. arrowroot or cornstarch powder + a few drops of essential oil of your choice

**Darker blonde – light brown hair:**

1 T. arrowroot or cornstarch powder + a few drops of essential oil of your choice + 1 T. unsweetened cocoa powder

**Red hair:**

1 T. arrowroot or cornstarch powder + a few drops of essential oil of your choice + 1 T. cinnamon

**Dark brown hair:**

1 T. arrowroot or cornstarch powder + a few drops of essential oil of your choice + 1 T. unsweetened cocoa powder + 1 t. activated charcoal powder (about 3 capsules broken open)

**Black hair:**

1 T. arrowroot or cornstarch powder + a few drops of essential oil of your choice + 1 t. activated charcoal powder (about 3 capsules broken open)

**Gray hair:**

1 T. arrowroot + 1 T. cornstarch powder + a few drops of essential oil of your choice + 1 T. bentonite clay powder

To make:

Whisk ingredients together in a bowl and transfer to an airtight container.

To use:

Dab a makeup sponge, or silicone basting brush, into the dry shampoo and apply to roots of your hair. Separate sections of hair to apply evenly. Comb through. Depending on your preference, let shampoo sit in your hair for a moment before combing through. Reapply as needed.

Minty Toothpaste Powder

¼ cup white kaolin clay cosmetic powder

¼ cup baking soda

¼ cup sea salt

1 T. dried sage, crushed into a fine powder with coffee grinder or mortar and pestle

30 drops spearmint or peppermint essential oil

To make:

Whisk all ingredients together in a bowl. Add essential oil and mix well. Transfer to an airtight storage container.

To use:

Wet toothbrush and scoop up about 1/8 teaspoon powder from the palm of your hand. Brush as usual.

**Alternative way to use:**

Store some powder in a small, individual refillable container and scoop up a serving using a wetted toothbrush.

Homemade Stick Deodorant

¼ cup baking soda

¼ cup cornstarch

10-20 drops tea tree oil

2 T. solid-at-room-temperature coconut oil

To make:

Mix all ingredients together in a bowl. Smash into an empty deodorant stick or a wide mouth container.

To use:

Apply a very LIGHT layer to your underarms from the stick applicator or use a small silicone spatula dipped into the container and spread a thin layer on your underarms.

Make-up Remover

2 T. jojoba oil

1 T. liquid coconut oil

1 t. olive oil

2 t. glycerin

1 cup distilled water

To make:

Shake ingredients together in a bottle.

To use:

May need to shake before each use. Soak a cotton ball with mixture and use to remove make-up. Continue on with face washing routine as usual.

Coffee & Vanilla Bean Exfoliating Paste

2 T. white rice

2 T. coffee beans (optional, I bought cheap coffee from the dollar store)

1 fresh vanilla bean, cut into small pieces

½ cup plain yogurt

To make:

Grind rice, coffee beans and vanilla bean in a coffee grinder on fine setting. Pour into a mixing bowl and add a dash of water to make a paste. Blend thoroughly.

To use:

Apply to body while in shower, or bathtub, and rub vigorously to exfoliate dead skin. Rinse. Follow by smoothing yogurt over exfoliated areas to soothe and moisturize. Rinse.

Store in refrigerator for up to 5 days in an airtight container.

Sugar Face Scrub

1 cup brown sugar

1 cup Sugar in the Raw

1 t. activated charcoal powder (about 3 capsules broken open)

10 drops lavender essential oil

¾ cup safflower oil

To make:

Mix sugars and charcoal in a bowl. In a large measuring cup, whisk essential oil into safflower oil. Pour oil mixture into sugar mixture. Blend thoroughly. Scoop scrub into a jar.

To use:

Stir mixture before each use. Apply to clean face and rub vigorously to exfoliate. Rinse clean. Moisturize skin as needed.

Bath Bombs

½ cup citric acid

1 cup baking soda

¼ cup cornstarch

¼ cup Epsom salt

6+ drops of food coloring

10-15 drops essential oil of your choosing

To make:

Whisk together citric acid, baking soda, and cornstarch in a 4-cup glass measuring cup. Sift ingredients through a sieve into a mixing bowl (to remove any lumps).

Fill a small spray bottle with only about 1 oz. of water and add food coloring. Shake to mix. Spritz the powder mixture lightly with the colored water (being careful not to create a fizz) while mixing with your hand creating a mix consistency that can pack together like a snowball.

Mix in essential oil to the strength of your liking. Continue mixing with your hands until the color and scent is consistent throughout. If mixture begins to dry out, spritz again.

Spoon into a large silicone ice cube/ball mold or press into cookie cutters for shaped fizzies. Let stand at room temperature until completely dry – this can take even a few days depending on thickness. Store in a decorative jar if desired.

To use:

Drop into your bath for a soothing soak.

Hydrating Cocoa Bath Salts

1 cup Epsom salt

1 cup coarse sea salt

1 T. unsweetened cocoa powder

To make:

Whisk all ingredients together in a bowl and store in an airtight container.

To use:

Add desired amount of mixture to bath as the water is filling. Add a few drops of essential oil of your choosing to the water, as well for a little aromatherapy. (A whisk in the bathtub is helpful to dissolve bath salts)

Creamy Milk Bath Salts

2 cups powdered milk

½ cup cornstarch

½ cup baking soda

To make:

Whisk all ingredients together in a bowl and store in an airtight container.

To use:

Add desired amount of mixture to bath as the water is filling. Add a few drops of essential oil of your choosing to the water, as well for a little aromatherapy. (A whisk in the bathtub is helpful to dissolve bath salts)

Pedicure-in-a-Minute Scrub

½ cup applesauce, or any fruit puree (banana, pear, etc.)

1 t. honey

1 t. apple cider vinegar

½ lemon, juiced

1 T. sea salt

1 t. baking soda

To make:

Mix the applesauce, honey and apple cider vinegar in a bowl. Squeeze in the lemon juice and mix well. Blend in salt and baking soda.

To use:

Apply to clean feet and rub well. Wait for 3-4 minutes, then rinse.

Store in the fridge in an airtight container for up to one month.

Aromatherapy Bath Oil

7-8 drops favorite essential oil, lavender for relaxation for instance

1-2 t. vegetable oil

To make:

Mix well.

To use:

Add to your bath after soaking for a few minutes in the tub and whisk around.

Bath Tea

1 cup instant oats

1 cup lavender buds

½ cup course sea salt

10 drops lavender essential oil

muslin pouches or organza jewelry drawstring bags

To make:

Grind oats into a powder with a food processor. Mix all ingredients together in a bowl until well blended. Scoop about ¼ cup into pouches, or bags, and secure closed. Some bags are reuseable if cleaned between each use.

To use:

Soak tea bag in a warm bath. Once used, let tea dry and empty bag to clean and refill for reuse with fresh tea.

Lip Balm

1 T. beeswax pellets

2 T. olive oil

essential oil drop to your liking

lipstick shavings of your favorite shade

containers for storing lip balm

To make:

Put pellets and olive oil in a one cup glass measuring cup. Heat the measuring cup in a shallow pan of water over medium heat until melted. Remove from water. Stir mixture with a metal spoon or whisk, adding essential oil one drop at a time until aroma is perfect. Add lipstick shavings and stir until melted and color is consistent throughout.

Pour warm lip balm into containers to cool and store.

To use:

You got this, apply to lips with fingertip or cotton-tipped applicator.

Body Butter

8 oz. shea butter (or mango oil)

8 oz. solid-at-room-temperature coconut oil

6 oz. coco butter

8 oz. avocado oil (or olive, jojoba or almond oil)

1 T. vitamin E

essential oil scent of choice, amount as desired

To make:

Place shea butter, coconut oil and coco butter in the metal bowl of a standing mixer. Set the bowl in a shallow pan of water over medium heat to melt ingredients. Be careful not to get water in the bowl. Once solids are melted, add the avocado, or olive oil, and blend well. Refrigerate 2-3 hours until mixture is a soft solid. Using standing mixer, beat on high for approximately 10 minutes so it’s fluffy. Add vitamin E and desired essential oils. Spoon into containers for storage.

To use:

Use as you would any body lotion.

Hand Sanitizer

2/3 cup rubbing alcohol

1/3 cup aloe vera

5-10 drops essential oil of your choosing

To make:

Stir all ingredients together and store in an airtight container, or a few small, portable containers.

To use:

Rub a small amount into the skin of your hands to remove germs.

Shoes & Sneakers Deodorizer Powder

6 T. cornstarch

3 T. baking soda

20 drops rosemary essential oil

20 drops tea tree essential oil

5 drops lemon essential oil

5 drops clove essential oil

To make:

Whisk all ingredients together and store in an airtight container.

To use:

Put about 2 T. inside each shoe and rub into the insole and surfaces. Let sit for overnight to absorb odors and kill germs.

Sunscreen

½ cup solid-at-room-temperature coconut oil

2 T. zinc oxide cream

1 T. red raspberry seed oil

10 drops essential oils (lavender is a favorite)

To make:

Whip coconut oil up in a mixer or food processor. Carefully add the zinc oxide. Continue whipping and add red raspberry seed oil and essential oil. Once thoroughly blended, transfer into a small airtight container for storage.

Drought Tolerant Lawn Tonic (This will keep your lawn green with less watering)

1 can beer – no particular brand or flavor, but no “light” beer (ask a neighbor for a single beer)

1 can soda pop – no particular brand or flavor, but no “diet” soda

½ cup liquid dishwashing detergent, no “anti-bacterial” soap

½ cup liquid ammonia

½ cup mouthwash

To make:

Pour all ingredients into an old gallon pickle jar with a tight lid and mix thoroughly.

To use:

Fill the garden sprayer (think Miracle Grow garden hose sprayer) reservoir with liquid. Connect to spray nozzle and hose. This recipe must be diluted using a sprayer and each person can determine at what rate they dilute for the needs of their lawn, just experiment with it. Apply about once a month in the heat of summer during morning hours to avoid quick evaporation. Do not apply this liquid directly to the lawn, it must be diluted. These sprayers dilute about 10 gallons of water.

Bug Spray for Plants and Flowers

a few shavings of Ivory soap

warm water

To make:

Place ingredients in a spray bottle and let it dissolve by shaking occasionally.

To use:

Shake before use. Mist plant leaves lightly. Bugs and spiders don’t like the taste of soap and find somewhere else to feed.

**Alternative recipe:**

a quick squirt of liquid dishwashing detergent (cheap dollar store stuff works just as good)

water

Place ingredients in a spray bottle and gently blend together by shaking. Solution will foam, just wait for the foam to die down before use.

To use:

Mist plant leaves lightly.

\*Must reapply after each watering or rain has washed it off. This solution will not harm the soil.

Stronger Bug Spray for Decorative Plants and Flowers

6 cloves fresh garlic

½ cup mineral oil

5 cups water

1 T. liquid dish soap (cheap stuff from dollar store works well)

To make:

Crush garlic and stir into mineral oil in a tightly lidded jar. Let steep overnight. Add water and dish soap, stir to combine. Strain liquid with sieve, or cheesecloth, and pour into a spray bottle.

To use:

Spray lightly on plants. Be careful not to spray in concentrations anywhere or it could “burn” the leaves. Aphids and grasshoppers really don’t like this concoction.

Surface Bug Repellant Spray (also prevents mold)

2 cinnamon sticks

12 oz. warm water

2 oz. lemon juice, fresh is best

2 oz. liquid dishwashing detergent

3 oz. white vinegar

1 oz. rubbing alcohol

To make:

In a large spray bottle, soak cinnamon sticks in warm water for 10 minutes. Remove cinnamon sticks and add remaining ingredients to bottle and shake to blend.

To use:

Spray on outside hard surfaces to prevent mold and to repel bugs (think hard seating, planters, siding, etc.).

Bug Repellant

1 cup vodka

2 T. aloe vera juice

2 t. castor oil (or olive oil)

1 ½ t. essential oil blend (you can buy a blend or create one form the list below)

These essential oils have insect repellent properties:

catnip oil mosquitoes

cedarwood oil lice, moths

cinnamon oil ants

citronella oil mosquitoes

clove oil mosquitoes

eucalyptus oil mosquitoes

geranium oil flies, mosquitoes

lavender oil mosquitoes, ticks, chiggers, fleas, flies

lemongrass oil mosquitoes, ticks, chiggers, fleas, flies

patchouli gnats

peppermint oil lice, spiders, ants

rosemary oil fleas, ticks

tea tree oil mosquitoes, lice, ants

To make:

Combine all products in a spray bottle by shaking.

To use:

Shake before each use. Spray directly on skin. Reapply as needed.

\*Test on a small patch of skin to make sure you don’t react to anything in the solution

Weed Killer

10 parts white vinegar

1 part liquid dishwashing soap (cheap stuff from dollar store works well)

To make:

Mix ingredients in a spray bottle.

To use:

Spray directly on weeds and let the sunshine do the rest. Do not let overspray on plants you like.

Diaper Rash Cream

½ cup shea butter

4 T. solid-at-room-temperature coconut oil

4 T. zinc oxide cream

4 T. bentonite clay

5 drops lavender or chamomile essential oil (optional)

To make:

In a double boiler, melt the shea butter and coconut oil. Remove from heat and stir in the zinc oxide cream. Stir in the bentonite clay. Blend in the essential oil. Store in a lidded wide mouth pint jar for up to a year.

To use:

Spread on diaper area to prevent or treat diaper rash.

Toy Cleaner Spray

2 cups water

2 cups white vinegar

20-30 drops essential oil, scent of your choosing (lemon is great)

To make:

Shake all ingredients in a spray bottle to combine.

To use:

Shake before each use. Spray on toys to disinfect. Vinegar smell will dissipate quickly.