

# Herbal Cleaning Tips and Recipes

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If you're concerned about harmful chemicals in your cleaning supplies, consider making your own cleaners with herbs, essential oils, and basic pantry items like white vinegar, baking soda, Dawn dish soap, Castile soap, alcohol, essential oils, and other simple ingredients. When adding herbal essential oils to your cleaning products, be sure to use the purest oils you can purchase.

**Essential oils for cleaning:** eucalyptus, lavender, tea tree (melaleuca), peppermint, citrus oils (lemon, lime, orange, grapefruit), sage, rosemary,

**Resources for spray bottles:** oillife.com, Amazon.com,

**Resources for essential oils:** Community Pharmacy, Willy St. Co-op, doTERRA Essential Oils/Carrie Wilkey: <https://referral.doterra.me/3397092>.

## Sweet Dreams and Bug Spray

1/2 cup distilled water

2 T. vodka

10 drops lavender essential oil

Combine in a small bowl or measuring cup. Mix and pour into a spray bottle. Spray in and around bed. Can use as a room freshener, too. Shake bottle before each use.

## Tea-Tree Oil Tub and Tile Cleaner

1 cup baking soda

1/4 cup Castile soap

1/2 cup water

1 T. Vinegar

1/2 tsp. Tea Tree essential oil

In large pan combine baking soda and Castile soap. Mix well. Stir in water slowly to not build up a lot of lather. Add vinegar and essential oils mixing well. Transfer to a spray bottle. When using, shake mixture and apply with damp sponge to dirty sinks and tubs. Rinse with fresh water.

## Eucalyptus Bathroom Sanitizer Spray

2 cups distilled water

1/4 cup vodka

1/2 tsp. eucalyptus oil

Combine all ingredients in a spray bottle and shake well. Spray surface you want to disinfect. Let sit for at least 5 minutes and wipe dry. May be used on outside of toilet bowl and toilet seat, too.

## Citrus Window Cleaner

1 1/2 cups white vinegar

1/2 cup water

10 drops lemon or orange essential oil

Combine in a spray bottle and shake well. Spray on mirror or glass surface. Wipe dry with microfiber cloth for a streak-free shine.

## All-Purpose Cleaner without Vinegar

(Makes 16 oz.)

2 cups warm water

1 tsp. baking soda

1/4 tsp. liquid dish soap (Dawn)

3-5 drops pet-safe essential oils

Add all ingredients to a spray bottle and gently swirl together to combine. Apply directly to household surfaces and wipe with a damp microfiber cloth. For most surfaces, there is no need to rinse. Store unused cleaner in a cool, dry spot. Discard after 1 week.

## All-Purpose Cleaner with Baking Soda and Vinegar

1/2 cup white vinegar

2 tablespoons baking soda

10 drops Tea tree essential oil

10 drops Eucalyptus essential oil

Pour vinegar into a clean, empty spray bottle. Add baking soda, and wait for the foaming to subside. Add in essential oil. Fill the rest of the bottle with water. Shake well before use.

### **Homemade Air Freshener Spray**

6 oz. water  
2 T. rubbing alcohol  
Essential oils (8-20 drops depending on oil;  
may combine a couple of oils together)  
(Peppermint, tree oils, orange, eucalyptus,  
lavender, cinnamon, grapefruit, lemon, etc.)

Combine all ingredients into a small spray bottle. Shake well before each use.

### **Shower Cleaners**

#### **Hydrogen Peroxide Version**

For a potent, mold and germ-fighting shower cleaner, combine equal parts hydrogen peroxide and white vinegar in a spray bottle. Saturate the shower surfaces thoroughly and wait 5 minutes, then wipe the shower with a microfiber cloth dampened with the solution. Rinse and towel or squeegee dry.

**Note** that products containing hydrogen peroxide do not store well because it quickly decomposes into water after exposure to light. Make small batches to avoid waste.

#### **Alcohol-Based Version**

Combine 1 cup rubbing alcohol, 1 cup water, and 1/2 teaspoon liquid dish soap in a spray bottle, plus 2-3 drops of essential oils (optional). Spray the shower until all surfaces are visibly wet, then wait 10 minutes while it kills germs. Rub with a damp microfiber cloth then rinse and dry with a towel or squeegee. This cleaner recipe is safe to use on acrylic, fiberglass, glass, metal, tile, and stone.

#### **Produce Wash**

2 cups water  
1/2 cup white distilled vinegar  
10 drops lemon essential oil

Shake before each use and spray liberally to clean produce. Let sit for 5 minutes and then rinse and dry produce.

### **Floor Cleaner**

10 cups warm water  
2-1/2 cups white vinegar  
1-1/4 cups rubbing alcohol  
1 tsp. liquid dish soap (Dawn)  
1/2 tsp. essential oil of choice (optional)

Combine ingredients in a 1-gallon bucket. Mop 3-foot sections at a time. Rinse your mop head as needed. No need to rinse the floor. Change the mopping solution if it looks dirty. For extra grimy floors, first mop with a combination of hot water and baking soda, then use the recipe above.

### **Furniture Polish**

1 cup olive oil  
1/4 cup distilled white vinegar  
3-4 drops lemon essential oil

Combine all ingredients in a clean glass spray bottle and shake well to combine. **For light polishing**, spray onto a lint-free cloth and apply to furniture following the wood's grain. Wait a few seconds, then wipe in the same direction with a dry cloth to remove excess spray.

**For heavy-duty cleaning**, spray directly onto the furniture and wipe across the grain, then follow the directions for light polishing. Shake vigorously before each use. Store in a cool, dark place. Discard and replace monthly.

Have fun trying these green cleaning recipes. Research your own recipes and find what works best for you and your home.