

SoberHomes

Guide to Natural Cleaning

Protecting People, Surfaces, and Sanity

♥ Why Natural Cleaners?

At SoberHomes, we use natural, food-safe cleaning supplies whenever possible to:

- Protect your health (no harsh fumes or residues)
 - Avoid toxic buildup in shared spaces
 - Preserve wood, laminate, leather, and plastic finishes
 - Support our mission of sustainable and recovery-friendly living
-

🧴 What's in Your Spray Bottles

🍋 **Vinegar & Water Spray 1:1 and 1:3 Mix**

🍋 **Citric Acid Spray**

🥄 **Baking Soda**

🛢️ **Olive Oil (Leather Conditioner)**

🌲 **Linseed and Coconut Oil 1:3 Mix**

⚠️ **Sometimes natural products aren't enough, so we provide backup:**

🧴 Isopropyl Alcohol (Kill Bacteria and Remove Adhesives)

🚿 Zep Shower Cleaner

🚽 Clorox 1:3 Mix and Clorox Toilet Bowl Cleaner

🦠 Lysol Disinfectant Spray

🧤 **Safety Reminders**

- Wear **gloves** when using anything stronger than vinegar
- Never mix **vinegar and bleach** — it creates toxic gas
- Keep **windows cracked or fans running** during chemical cleaning

How to Use Them

Vinegar & Water Spray 1:1 and 1:3 Mix

How to use:

Spray lightly → wipe with cloth → dry with towel

Vinegar & Water Spray 1:1 Use for:

- Kitchen counters (non-stone)
- Cabinet fronts
- Laminate floors
- **Fridge interior**
- Bathroom sinks and toilets

Vinegar & Water Spray 1:3 Use for:

- Wood surfaces, such as beds frames, shelves and stairs

DO NOT USE on:

- Marble or Granite tables or other natural stone (it can etch and dull the surface)

Mix:

1 part white vinegar + (1 or 3) part waters + a few drops of dish soap or lemon essential oil

Citric Acid Spray

How to use:

Spray → Let sit 5–10 minutes → Scrub → Rinse

Use for:

- Hard water stains in tubs, showerheads, faucets
- Mineral buildup on glass or tile

Mix:

4 tbsp citric acid + 4 cups warm water in a spray bottle

Tip: Works better than vinegar on stubborn deposits!

Baking Soda

How to use:

Sprinkle → Scrub with damp sponge or vinegar spray → Rinse

Use for:

- Scrubbing sinks, tubs, and toilets
 - Lifting stuck-on food in ovens or pans
-

 **Olive Oil (Leather Conditioner)**

How to use:

1. Apply a small amount of olive oil to a soft cloth
2. Rub into leather in circular motions
3. Buff off any excess with a clean towel

Use for:

- Conditioning leather couches, chairs, and cushions

Tip: *Use once every 2–3 months or when leather looks dry*

 **Care for Wood Furniture, Bunks, Steps and Shelves**

Wood Cleaning (Weekly)

Use: 1:3 Vinegar + water + soap spray (e.g. Dr. Bronner's)

How to use:

Spray or dampen a cloth → Wipe wood surface → Dry with clean towel

Wood Conditioning (Monthly Oil Reapplication)

Use: 1:3 Linseed and Coconut Oil Mix

Use for: Especially for stairs, bunks, shelving, or tables that get a lot of use

How to use::

1. Shake well before each use
 2. Lightly mist or squirt on wood (or a moisten a clean cloth)
 3. Wipe in with a clean cloth (follow the grain)
 4. Let it soak for 1–2 hours before using the surface
 - 💡 Optional: Buff dry after soaking for a more polished look
-

Zep Shower Cleaner

Use for:

- Soap scum, body oils, or mold on shower walls/glass

Important:

- **Wear gloves**
- **Ventilate:** Turn on fan or open a window
- Spray and **leave room** for 5–10 minutes
- Scrub and rinse thoroughly

Isopropyl Alcohol

Use for:

- Removing adhesives
- Deep cleaning white boards

How:

Moisten a paper towel or towel, and wipe area for a few seconds until clean

Safety:

- **Never mix with or other cleaners**

Clorox Toilet Bowl Cleaner and Clorox 1:3 Mix

Use for:

- Deep cleaning toilet bowls
- Deep cleaning outdoor plastic furniture

How:

Rinse chairs with water, spray with Clorox, allow 2 minutes then rinse— do **not** wipe off

Safety:

- Avoid contact with skin
- **Never mix with vinegar or other cleaners**

Lysol Disinfectant Spray

Use for:

- High-touch surfaces during cold/flu outbreaks
- Shared remotes, doorknobs, light switches

How:

Spray and allow to air dry — do **not** wipe off
