



Green Cleaning

WITH ESSENTIAL OILS

Why Green Clean?

Your Health

You can absorb chemicals through your skin and by breathing them in. There is all sorts of links between toxic cleaners and a lot of health issues.

Nasty Ingredients Are Not Listed

A lot of ingredients are not listed, or most people don't know how harmful they are. When you make your own cleaner you know exactly what's going into it.

Look after the Environment

The toxic chemicals make their way into our waterways which can pollute our rivers and oceans. By making your own product with a reusable bottle you're also cutting down on waste produced.

Some Ingredients to avoid:

Ammonia - irritating to eyes, skin, throat and lungs

Bleach - highly corrosive and irritating to eyes, skin and lungs

Formaldehyde - Human carcinogen (cancer-causing)

Sulfates - Makes everything bubbly, but harsh on your skin

Synthetic fragrances - Hormone disrupting, linked to liver and breast cancer, diabetes and obesity.

Phthalates - Has been linked to asthma, obesity, diabetes, behavioural issues and male fertility issues.

Want to learn more?

Check out this documentary called Stink! <https://stinkmovie.com/>
Take a look at the [EWG database](https://www.ewg.org/guides/cleaners) and their [Healthy Living Home Guide](https://www.ewg.org/guides/cleaners)
<https://www.ewg.org/guides/cleaners>

Cleaning Recipes

All-Purpose Cleaner

2 Tablespoons castile soap

2 cups water

20 drops essential oil

Combine in a glass spray bottle and spritz onto surfaces to clean.

Glass Cleaner

1 cup water

1 cup vinegar

10 drops lemon essential oil

Add ingredients to a glass spray bottle and spritz on glass to wipe clean.

Foaming Hand Wash

2 Tablespoons castile soap

1 Tablespoon Fractionated Coconut oil

10 drops essential oil

Combine in a foaming bottle, shake before use.

Linen/Room Spray

2 cups distilled water

2 Tablespoons rubbing alcohol

15 drops essential oil

Add all ingredients to a glass spray bottle and spray linens and air for a refreshing scent.

Wood Furniture

1 cup olive oil

1 cup white vinegar

15 drops arborvitae essential oil

Add ingredients to a glass spray bottle to dust and polish furniture.

Toilet Bowl Cleaner

1/4 cup white vinegar

1/2 cup baking soda

10 drops tea tree essential oil

Add ingredients directly into a bowl and scrub as the vinegar and baking soda react.

