



# *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.

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## 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.

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## 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.*

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## 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.*

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## Foaming Hand Wash

2 Tablespoons castile soap

1 Tablespoon Fractionated Coconut oil

10 drops essential oil

*Combine in a foaming bottle, shake before use.*

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## 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.*

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## 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.*

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## 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.*

