

## DIY Natural Cleaning Products

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| <p>1. Vinegar Spray</p> <p>1 cup distilled white vinegar<br/>1 cup water<br/>25 drops essential oil such as lavender and tea tree</p> <p><i>Glass spray bottles:</i><br/><a href="https://packagefreeshop.com/collections/cleaning-supplies/products/spray-bottle">https://packagefreeshop.com/collections/cleaning-supplies/products/spray-bottle</a></p> | <p>2. Castile soap spray</p> <p>2 cups water<br/>2T liquid castile soap<br/>15 drops essential oil such as grapefruit</p> <p><i>Unscented liquid castile soap is generally available in bulk at food co-ops</i></p>  |
| <p>3. Soft scrub</p> <p>2T castile soap<br/>¾ cup baking soda<br/>Just enough water to make a smooth, liquid paste (2-3T)<br/>10 drops grapefruit oil (or other, optional)</p> <p><i>Store in an airtight container. This is great on most surfaces</i></p>  | <p>4. Glass &amp; mirror</p> <p>½ cup rubbing alcohol<br/>1/3 cup vinegar<br/>Water to fill 16 oz bottle<br/>Essential oil such as peppermint, optional</p> <p><i>Or, sub vodka for rubbing alcohol</i></p>  |
| <p>5. Laundry detergent</p> <p>4 cups Borax*<br/>4 cups washing soda*<br/>2 cups baking soda<br/>4 cups castile bar soap, grated<br/>10-20 drops tea tree essential oil (or other)<br/>*Wear gloves!<br/>Use vinegar as fabric softener</p>  | <p>6. Dishwasher detergent</p> <p>1 cup Borax*<br/>1 cup washig soda*<br/>½ cup citric acid<br/>½ cup kosher salt<br/>*Wear gloves!<br/>Use 1T per load and fill “rinse aid” with vinegar</p>  |
| <p>7. Easy in-a-pinch dishwasher detergent</p> <p>Fill the detergent compartment in your machine with:<br/>1-2 drops dish soap (no more!)<br/>2/3 baking soda<br/>1/3 salt</p> <p><i>No need to buy dishwasher detergent!</i></p>  | <p>General Instructions:</p> <p>Combine main ingredients first, then add essential oils if using. Mix sprays directly in spray bottle, using a funnel to pour. Use a large bowl to make detergents and store in an airtight container, such as an empty laundry soda tin (available at Fred Meyer &amp; elsewhere)</p>  |

# DIY Natural Hygiene Products

## 1. Tooth powder

1T baking soda  
1T bentonite clay powder  
1T calcium powder  
½ T sea salt  
Optional flavor: ground mint, sage, cinnamon, or peppermint

*Once you invest in a bottle of calcium powder, you can make countless batches of toothpaste, and this is likely more cost effective than buying natural toothpaste.*

*Of course, tooth powder is perfect for backpacking!*  
<https://www.greenbelly.co/pages/tooth-powder>

## 2. Mouthwash

2t baking soda  
½ cup filtered or distilled water  
2 drops tea tree oil  
2 drops peppermint oil

*Choose a glass bottle with a plastic lid. Use a funnel to combine the water and baking soda. Shake, then add essential oils to taste.*

## 3. Hand sanitizer

½ t vegetable glycerin  
20 drops tea tree oil  
10 drops spruce oil  
6 drops lemon oil  
3-4T witch hazel – enough to fill the rest of the spray bottle

*Or, use aloe vera instead of vegetable glycerin.*

## 4. Nail treatment

To a carrier oil such as jojoba or coconut, add a few drops each of tea tree oil, lavender oil, ylang-ylang oil, lemon oil, and eucalyptus oil. Other options include clove, clary sage, jasmine, and cinnamon.

*Store in a small dropper bottle. This is great on toenails as well, as these essential oils combat fungus.*

## 5. All-purpose balm

½ cup coconut, almond, jojoba, olive or coconut oil (room temperature or warmed)  
¼ cup cocoa butter or shea butter (room temperature or warmed)  
A few drops of your favorite essential oil, such as lavender or ylang-ylang  
Warm and combine the oil(s) and butter, then add the essential oils.

*From The Kind Mama by Alicia Silverstone.  
This is great for removing makeup as well as an all-over moisturizer.*

Small jars, spray bottles, and dropper bottles are generally available at food co-ops.

