**KITCHEN RECIPES**

**Serious Oven Cleaning Formula**

*This is great for ovens that have been neglected. If you have a lot of baked on grease or food splatters, you may need to use fine steel wool.*

* ½ cup salt
* ¼ cup washing soda or borax
* 16 oz baking soda
* Scant ¼ cup water
* ¾ cup white vinegar
* 10 drops thyme oil
* 10 drops lemon or lemongrass
* Combine salt, washing soda and baking soda in a plastic or glass container. Add just enough water to make a paste.
* Remove oven racks and preheat the oven to 250⁰ for 15 minutes. Then turn off the oven and leave the door open.
* Carefully spread paste on oven walls with a cloth or sponge and let sit for 20-30 min.
* Combine the vinegar and oils in a spray bottle and shake well. Spray the oven walls and wipe clean. Rinse well.

**Dishwashing Soap**

* 2 cups Liquid Castile soap
* 1 cup water
* 2 tsp vegetable glycerin
* 1 ½ tsp baking soda
* 20 drops lemon
* 6 drops lavender
* 5 drops Wild Orange

**Automatic Dishwasher Soap**

* 2 cups baking soda
* 2 cups washing soda
* 1 cup sea salt
* ½ cup citric acid
* 10 drops Lemon
* Combine all ingredients, taking care that the oil is well mixed. Store in a glass container. Use 1-2 T. per load of dishes.

**Basic Sink Cleaner**

*Safe for porcelain or stainless steel sinks. Besides cleaning the sink basin and faucets, it will help keep the drains and garbage disposal unclogged and fresh-smelling.*

* ¼ cup baking soda
* ½ cup vinegar
* 3 drops of lavender, lime, lemon or wild orange oil
* Combine all ingredients. Rinse sink with hot water. Pour the cleanser into the sink & wipe with a sponge or cloth. Rinse with additional vinegar to prevent baking soda residue. Rinse again with hot water.

**Easy Microwave Cleaning**

Fill a bowl with water. Add 4 drops of Lemon essential oil. Microwave on high for 5 minutes or more. The microwave is then “steamed-cleaned” and easily wiped clean with a damp cloth.

**Citrus-Cinnamon Floor Cleaner**

* 1 gallon hot water
* 2 T. On Guard Concentrate or Castile Soap
* 15 drops wild orange or lemon oil
* Combine all ingredients in a large bucket. Dip mop into the bucket and squeeze out excess liquid. Clean the floor by working in sections, using short strokes and dipping the mop as needed. Rinsing is not needed.

**BATHROOM RECIPES**

**Mold Deterrent**

*If you already have a buildup of mold, spray the area and let sit for several hours. Wipe with a cloth and re-spray. Let dry without rinsing.*

* 1 ¼ cup vinegar (7% dilution is ideal)
* 6 drops On Guard
* 4 drops Purify
* 20 drops – 5 ml of Melaleuca
* Combine all ingredients in a spray bottle. Spray surface well and do not rinse.

**Tile & Tub Soft Scrubber**

*A used shampoo or dishwashing bottle with a squirt top is a perfect container!*

* ¾ cup baking soda
* ¼ cup liquid Castile soap
* 1 T. water
* 8 drops Lemon oil
* 5 drops Lime oil
* In a bowl, combine the baking soda and castile soap. Add the water and stir. Add the essential oils. The consistency should be a soft paste. Store in an airtight container.

**Toilet Bowl Bomb**

*What could be easier than this?*

* ½ cup baking soda
* ½ cup vinegar
* 10 drops Melaleuca oil
* Combine all ingredients in a container large enough to handle the reaction. Add to the bowl, let set for 30 minutes, swipe with a brush and you’re done.

**Window/Glass Cleaner**

*This not only cleans the mirror, but prevents fogging while the shower is running.*

* ½ cup vinegar
* 1 cup water
* 6 drops Lemon oil
* Combine all ingredients in a glass spray bottle and shake well before use. Spray onto mirror and wipe clean with a dry cloth. Also works on faucets!

**LAUNDRY ROOM RECIPES**

**Laundry Soap**

* 1 bar of shaved Castile bar soap
* ½ cup borax
* ½ cup washing soda
* 3-15 drops Purify or OnGuard (Depends on preferred strength)
* If using warm or hot water just add 1-2 T of powder to the wash.
* If using cold water dissolve the 1-2 T. of powder in hot water to be sure it distributes through the clothing properly.
* You won’t see a lot of suds, but your clothes will be spectacularly clean!

**All Purpose Stain Remover**

* ¼ cup castile soap
* ¼ cup glycerin
* 2 T. borax
* 10 drops lemon oil
* 1 ½ cup water
* Combine all ingredients in a glass bottle and shake well. Generously apply to stain. Lightly rub the mixture into the fabric with your fingertips. Launder as usual.
* As with most spot removers, this one works best if you **treat the spot immediately and allow it to soak** before tossing it into the washing machine.

**Fabric Softener**

* 2 cups Epsom Salt
* ½ cup baking soda
* 30 drops wild orange or lemon oil
* Mix together 2 cups Epsom salt and orange oil. Add baking soda. Store in a container with a tight-fitting lid. Use 2-3 T. and add to rinse cycle.

**Miscellaneous Recipes**

**Furniture Polish**

* 1/4 cup olive oil
* 1/4 cup vinegar
* 10 drops Wild Orange or Lemon oil
* 16 oz. glass spray bottle
* Directions: Add 10 drops of essential oil into the glass spray bottle. Add olive oil and vinegar. Shake well before each use. Apply to a microfiber cloth and wipe wood surfaces clean. Repeat every 2-3 months or as often as needed.

**All Purpose Wall Cleaner**

*Safe for painted and wall-papered walls!*

* 1 gallon warm water
* ¼ cup baking soda
* ½ cup vinegar
* 6 drops lemon oil
* Combine all ingredients in a spray bottle. Shake vigorously before each use. Lightly spray the affected areas of your wall and wipe with a clean, damp sponge. Always clean working from the floor to the ceiling.

**Simple Rug & Carpet Deodorizer**

* 1 cup baking soda
* 20 drops Purify, Peppermint or Lemon
* Combine the ingredients in a plastic bowl and mix well, breaking up clumps. Sprinkle the mixture over carpet and wait several hours or even overnight before vacuuming.

**Foaming Hand Soap**

* 1 T. liquid castile soap
* 8 drops essential oil
* Pour castile soap into bottle. Add essential oils. Slowly add water to bottle leaving room for foaming pump. Add lid and

shake.