

Cleaning & Laundry Swaps

These simple, safe, and natural cleaning recipes + laundry swaps are some of my favorite alternatives to traditional + often harmful products.

WINDOW CLEANER RECIPE

- 1 ½ cups water
- 1 ½ tablespoons white vinegar
- 1 ½ tablespoons rubbing alcohol
- 3 drops peppermint essential oil

instructions

Mix in spray bottle, spray on cleaning cloth for mirrors and directly on windows. Wipe with a micro-fiber cloth for a streak-free shine!

DISINFECTING SPRAY RECIPE

- 1 ¼ cups water
- ¼ cup white vinegar
- ¼ cup vodka or rubbing alcohol
- 15 drops of essential oil

instructions

Mix in spray bottle, spray liberally on surfaces and wipe clean with a soft cleaning cloth. This recipe should not be used on stone surfaces. Use your favorite essential oils!

SCRUBBING POWDER RECIPE

- 2 cups baking soda
- 20 drops of essential oil
- a squirt of dish or castile soap in the sink or tub

instructions

Combine the baking soda and essential oil in a mason jar to store. Sprinkle in your sink, add a squirt of dish soap and scrub clean with a sink-safe scrub brush. Rinse thoroughly.

STONE CLEANER RECIPE

- 1 ½ cups water
- 2 tablespoons rubbing alcohol
- ¼ teaspoon castile or dish soap




instructions

Mix in spray bottle, spray on surfaces and wipe clean with a soft cleaning cloth. This spray is great for any sealed marble, granite, and quartz surfaces.

CARPET + MATTRESS FRESHENER RECIPE	
<ul style="list-style-type: none"> ○ 2 cups baking soda ○ 20 drops of essential oil <p><i>Use lemon essential oil for a fresh, clean scent!</i></p>	<p><i>instructions</i></p> <p>Combine the baking soda and essential oil in a mason jar to store. Sprinkle the mixture in a fine sieve over the carpet. Let sit for 15 minutes up to overnight if no one is in the room. Vacuum thoroughly.</p>

FABRIC FRESHENER RECIPE	
<ul style="list-style-type: none"> ○ ½ cup water ○ ¼ cup vodka (or rubbing alcohol) ○ 5 drops lemon essential oil ○ 5 drops lavender essential oil 	<p><i>instructions</i></p> <p>Mix this up in a spray bottle, shake to combine, spray on fabric (pillows, bedding, furniture, carpet) that needs a little freshening up.</p>

✦ MY FAVORITE LAUNDRY SWAPS ✦

 <p>DETERGENT</p> <p>Instead of conventional detergent with artificial fragrance and harmful ingredients... use natural detergent with cleaning enzymes and essential oils or plant-based fragrance.</p>	 <p>BLEACH</p> <p>Instead of harmful bleach... use Oxygen Whitener or Hydrogen Peroxide! 1-2 scoops of Oxygen Whitener per load for white or bright laundry. You can spray Hydrogen Peroxide directly to stains on whites.</p>
 <p>DRYER SHEETS</p> <p>Instead of dryer sheets... use wool dryer balls! Add 3 drops of essential oil directly to them for a subtle scent.</p>	 <p>FABRIC SOFTENER</p> <p>Instead of fabric softener with artificial fragrance... use 1/4 cup white vinegar in the fabric softener compartment!</p>

FOR MORE OF MY FAVORITE CLEANING & LAUNDRY SUPPLIES VISIT CLEANMAMA.COM