

Thrifty and green cleaning recipes

Borax Shower Spray

- 3 cups hot water
- ½ cup white vinegar
- 1tbsp washing up liquid
- 1 tbsp borax

Mix in a spray bottle, shake, and apply as needed.

Cream cleaner

- ½ cup bicarbonate of soda
- ½ cup washing up liquid
- 1/8 1/4 cup white vinegar

Mix together and apply with a sponge or cloth – makes quite a lot so good for lots of cleaning. Will store for a short while (if you want to store it for longer you can add 1tsp of vegetable glycerine to keep it moist.)

All-purpose disinfectant spray

- 1 cup water
- 1 cup vinegar
- 2tsp liquid castile soap
- 25 drops Essential Oils – thyme/ eucalyptus/ tea tree/ sandalwood/ lavender/ orange/ lemon

Place all ingredients in a large spray bottle and shake before use. Try a combination of different oils, or just one.

Clean everything lemon and lime spray

- Juice of 1 lemon and 1 lime, strained through a clean cloth/ J cloth
- 1 cup distilled white vinegar
- 1 cup water

Mix together and shake well before use. Rinse with water once it's used, and never use on marble!

Bathroom cleaner

- 1 2/3 cup bicarbonate of soda
- ½ cup liquid soap (can use washing up liquid or castile soap)
- ½ cup water
- 2tbsp vinegar

Mix bicarbonate of soda and soap in a bowl. Dilute with water and add vinegar. Stir with a fork. Pour into a squirty bottle and shake before using



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Rose linen spray

- 10 drops rose essential oil
- 3 tbsp rosewater

Mix with enough water to make up to 125ml (1/2 cup). Can also use orange essential oil and orange blossom water instead of rose. Or mix your own choice of essential oils with rose, such as patchouli.

Bergamot laundry booster

- ½ tsp (around 50 drops) Bergamot Essential Oil
- ¼ tsp (around 25 drops) Tea Tree Essential Oil
- ¼ tsp (around 25 drops) Lavender Essential Oil
- 4 cups bicarbonate of soda

Mix well in a bowl, and store in an airtight container. Use ½ cup with each wash.

Lavender hand wash liquid

- ½ tsp (50 drops) Lavender Essential Oil
- ¼ tsp (25 drops) Grapefruit Essential Oil
- 12 oz Liquid Castile soap

Use ¼ cup for hand washing clothes. This can also be used in a washing machine (1/4 – ½ cup) with laundry booster.

Lemon furniture polish

- ½ tsp lemon Essential Oil
- ½ Cup lemon juice
- 1 cup Olive/ jojoba oil

Mix all ingredients in a glass jar with a lid. Soak a duster in the jar and keep storing the duster in the jar after every use to keep it full of polish. Once too dirty to use, launder then soak again as needed.

Window cleaner

- ¼ - ½ tsp washing up liquid
- 3 tbsp white vinegar
- 2 cups water

Put all ingredients in a spray bottle and shake before use.

Tumble dryer sheets

Soak a wash cloth/ flannel in softener; wring out excess and leave to dry. Use in tumble dryer and re-soak in softener when needed

