

HOME ALCHEMY

EASY DIY RECIPES FOR
EASE & HEALTH
the cleaning edition



chapters



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for Ease & Health
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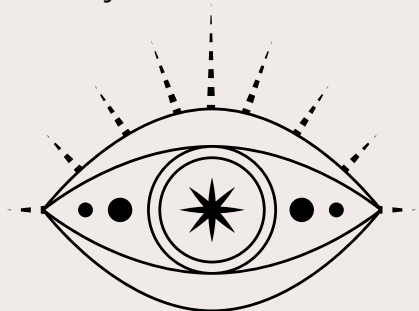
chapter 1

INTRODUCTION

How to use for Ease & Health

The Magic of Intention:

Invoke intentions into your cleaning products and habits. Use the power of mindfulness and action to release negative energies and infuse positivity into your space. By becoming aware of your ingredients - what you're using and why. You can connect with the powerful energies of what you use to enhance and transform your space, attract and magnetize the energies you desire and create the sacred spaces that work best specifically for YOU.



INTRODUCTION

How to use for Ease & Health

Start with one or two ingredients to begin your cleaning journey. Potentially, you could clean your entire home with Baking Soda, Castille Soap, and one anti-microbial essential oil if needed.

Once you have an understanding of your ingredients and what works best for your lifestyle - the ingredients have greater impact and your life gets simpler.

EASE

Best Multi-Use Powerhouse Ingredients:

1. Castille Soap
2. Baking Soda
3. Vinegar
4. Clove
5. Lavender
6. Cedarwood
7. Lemon
8. Cinnamon

INTRODUCTION

How to use for Ease & Health

Health

MOLD

Best Essential Oils and Ingredients that have antifungal properties to kill, inhibit and treat mold growth:

1. Vinegar
2. Baking Soda
3. Clove
4. Tea Tree
5. Eucalyptus
6. Lavender
7. Citrus: Lemon, Grapefruit & Sweet Orange
8. Thyme
9. Cinnamon
10. Peppermint
11. Pine
12. Cedarwood

Air Quality

Best Essential Oils to clean and purify the air:

1. Cedarwood
2. Tea Tree
3. Eucalyptus
4. Lavender
5. Lemon
6. Lemongrass
7. Peppermint
8. Rosemary

INTRODUCTION

How to use for Ease & Health

Useful Tips

1. Vinegar can always be diluted with distilled water in most recipes (all purpose cleaner, targeted cleaners, floor cleaners, etc.) The dilution can be to the strength needed for the task on hand.
2. Don't mix Vinegar with Baking Soda as the acidity equals each other out. *The exception is the clogged drain cleaner where you want the reaction to disrupt the clogged drain.
3. Don't mix Castille Soap with Vinegar or with citrus oils. Castille Soap is made with oil, so mixing with acidic ingredients can result in a white, curdled solution that might leave behind a sticky film.
4. You can infuse Vinegar with orange/lemon peels, cloves, lavender, basil, pine needles, cedar, etc. as an alternative to essential oils and to reuse/repurpose scraps or old spices. Put in cupboard or charge in moonlight and once the vinegar changes color it is good to use! The longer you let sit, the greater the infusion/strength.
5. Always label your homemade cleaners
6. Test a small area first to ensure compatibility with surfaces.
7. Store cleaners in a cool, dark place to preserve essential oils and effectiveness.

chapter 2

TOOLS LIST

The best tools for effectively and efficiently clean the home.

1. Microfibre Cloths
2. Mop & Bucket
3. Spray Bottle
4. Foaming Soap Dispenser
5. Containers

1. Microfibre Cloths



Made from a blend of polyester and polyamide fibers, these cloths are incredibly fine, allowing them to capture dust, dirt, and debris much more efficiently than traditional cleaning materials. Their unique structure enables them to hold moisture and absorb liquids without leaving streaks or lint behind, making them ideal for a wide range of surfaces, from glass to stainless steel. Microfiber cloths can be used dry for dusting or dampened with water or cleaning solutions for deeper cleaning tasks. They are also reusable and machine washable, making them an eco-friendly choice that reduces waste.

How to Source:

Microfibre cloths are widely available at local home supply stores. Look for a pack that has a variety of colors so you can assign a color for each task/area in your home. (ex: blue for bathroom, yellow for kitchen, etc.)

2. Mop & Bucket



Mops come in several styles, including sponge, string, and microfiber, each designed to suit different cleaning needs and flooring types. (You could even get a stick and use a microcloth from step 1). Any mop and bucket will do.

Ideally, look for a mop that has a detachable head that is machine washable works as it is easiest to clean after using. And a bucket that can rinse and wring the mop as you clean is best for cleaning floors efficiently and without strain.

How to Source:

Mops and buckets are widely available at most local home supply stores.

3. Spray Bottle



You'll need Spray Bottles to mix your own cleaning solutions in. These can be repurposed old spray bottles, thrifted spray bottles or brand new spray bottles.

Look for ones that have good spray and ideally would be a dark amber bottle (it's okay if it's plastic as well, small steps).

4. Foaming Soap Dispenser



You'll need a foaming soap dispenser for any soaps or dish soaps made with castille soap. It allows the castille to work better when dispensed as foam. This is not absolutely necessary, a regular soap dispenser will work but I've found a foaming one works remarkably well.

Soap Dispensers can be reused and repurposed, thrifted (make sure to clean well), or bought brand new.

5.Containers

Containers are needed for the cleaning mixes and solutions you'll create. They can be of all shaped and sizes depending on your use case, just ensure each container has a proper seal to it to avoid spills. For example, a small jar of baking soda mixed with your favorite Essential Oils, can be perfect to keep by your dish soap as an extra aid for tough food scum on dishes.

How to Source:

They can be reused or thrifted items (Old Tomato Sauce jars work great for this). Or they can be bought new at your local home supply store.



chapter 3

ALL PURPOSE CLEANER

Simple, Effective, Natural

Ingredients

1. Vinegar
2. 10-15 drops of preferred essential oil blend such as: Lemon, Clove & Lavender
3. Optional - Vinegar can be diluted with distilled water if desired.

Instructions

1. Combine Vinegar and Essential Oils in a spray bottle.
2. Shake Well before use.
3. Spray on area of concern. *Can be left to sit for tougher messes. The longer it sits, the more it will break down the mess.
4. Wipe with microfibre cloth or cloth of choice.

*Alternative Recipe without Vinegar
(safe for stone & marble surfaces)*

Ingredients

1. 1 tbsp Castille Soap
2. 2 cups distilled water
3. 10-15 drops of preferred essential oil blend

ALL PURPOSE CLEANER

Magical Mixes

Kitchen Magic

Fight grease & food odors with citrus blends while bringing in abundance & prosperity with fresh, warm and uplifting aromas.

1. Lemon
2. Grapefruit
3. Sweet Orange
4. Cinnamon
5. Clove
6. Basil
7. Thyme
8. Rosemary



Bathroom Magic

Fight against mold, bacteria, & remove soap scum while promoting health & revitalization. with stimulating, fresh herbaceous scents.

1. Clove
2. Tea Tree
3. Eucalyptus
4. Peppermint
5. Cedarwood
6. Rosemary
7. Cinnamon
8. Pine
9. Lemon



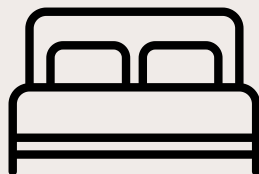
ALL PURPOSE CLEANER

Magical Mixes continued..

Bedroom Magic

Fight odors & dust mites while restoring calm & air quality for a peaceful and powerful sanctuary.

1. Lavender
2. Clove
3. Cinnamon
4. Cedarwood
5. Rose



Office Magic

Disinfect with invigorating & stimulating scents while attracting prosperity & abundance.

1. Rosemary
2. Peppermint
3. Cedarwood
4. Basil
5. Pine
6. Cinnamon
7. Frankincense



Everyday Living Magic

Uplift and provide a clean, calm & pleasant space

1. Lavender
2. Cedarwood
3. Lemongrass
4. Lemon
5. Clove



chapter 4

GLASS & MIRROR CLEANER

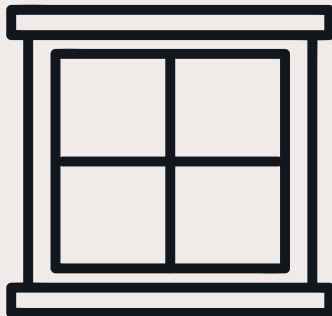
Simple, Effective, Natural

Ingredients

1. Vinegar
2. 10-15 drops of preferred essential oil blend such as: Lemon and Peppermint.
3. Optional - Vinegar can be diluted with distilled water if desired. 1 part vinegar to 2 part water.

Instructions

1. Combine Vinegar and Essential Oils in a spray bottle
2. Shake Well before use.
3. Use microfibre cloth to wipe dust off of surface.
4. Spray solution onto glass before wiping away with microfibre cloth.



GLASS CLEANER

Magical Mixes

Be Gone Magic



Repell spiders and insects from entering windows.

1. Peppermint



Protection Magic

Help protect wooden windows and prevent mold growth around windows.

1. Pine

Clear & Shiny Magic

Citrus Oils help to prevent streaks for the shiniest and clearest mirrors.

1. Lemon
2. Grapefruit
3. Sweet Orange



Mirror Magic

Choose your favourite oils for prosperity, luck & abundance!

1. Cinnamon
2. Basil
3. Lavender
4. Clove

chapter 5

BATHROOM CLEANER

Simple, Effective, Natural

Ingredients

1. 50% Vinegar
2. 50% Water
3. 10-15 drops of preferred essential oil blend such as: Lemon and Peppermint.
4. Optional - use more vinegar if needed for task on hand for greater cleaning power.

Instructions

1. Fill a spray bottle halfway with vinegar and top with water.
2. Add your Essential Oils
3. Shake Well before use.
4. Spray solution onto surfaces before wiping away with microfibre cloth.



BATHROOM CLEANER

Simple, Effective, Natural

Soap Scum Scrub

Ingredients

1. Baking Soda
2. Castille Soap
3. 10-15 drops of preferred essential oil blend, ideally one that is anti-fungal and cuts through grime such as: tea tree, clove, peppermint, eucalyptus, thyme, etc.

Instructions

1. Combine Baking Soda and Castille soap in a container to make a paste.
2. Add essential oil for scent and anti-microbial properties.
3. Apply the paste to tough stains or grime, scrub with a sponge, and rinse.
4. TIP * let it sit for a few minutes for tough jobs to break down substance and minimize scrubbing efforts. Ideals for Sinks, Showers, Tiles, etc.



BATHROOM CLEANER

Simple, Effective, Natural

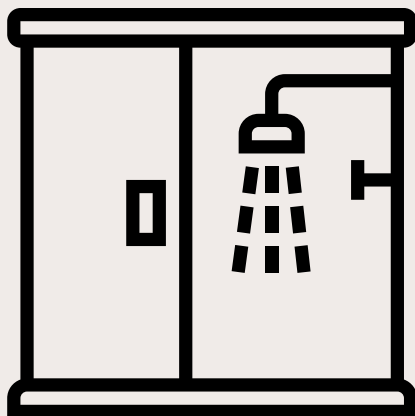
Shower Spray

Ingredients

1. Vinegar
2. 10-15 drops of preferred essential oil blend with anti-fungal and anti-microbial properties such as: tea tree, peppermint, eucalyptus, lemon, clove, etc.
3. Optional - Vinegar can be diluted with distilled water if desired. 1 part vinegar to 2 part water.

Instructions

1. Mix all ingredients in a spray bottle. Shake well
2. Spray onto shower surfaces.
3. Let it sit for a few minutes for tough jobs before wiping away.



BATHROOM CLEANER

Simple, Effective, Natural

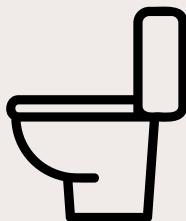
Toilet Bowl Cleaner 1

Ingredients

1. 1 cup Vinegar
2. 5 drops each of clove, thyme, cedarwood and cinnamon

Instructions

1. Mix all ingredients in a spray bottle. Shake well
2. Spray on all sides of the toilet bowl, on the seat and under the rim.
3. Take top off spray bottle and pour remainder into the bowl.
4. Let vinegar soak in bowl for 1 hour before scrubbing thoroughly with brush and flushing.



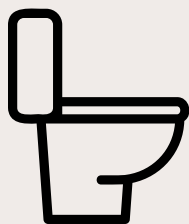
Toilet Bowl Cleaner 2

Ingredients

1. Baking Soda
- 2.

Instructions

1. Mix all ingredients in a spray bottle. Shake well
2. Spray on all sides of the toilet bowl, on the seat and under the rim.
3. Take top off spray bottle and pour remainder into the bowl.
4. Let vinegar soak in bowl for 1 hour before scrubbing thoroughly with brush and flushing.



BATHROOM CLEANER

Simple, Effective, Natural

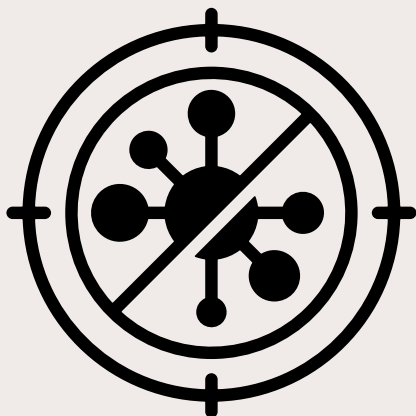
Mildew Remover

Ingredients

1. Hydrogen Peroxide
2. 10-15 drops of either Tea Tree, Clove, Thyme or Peppermint (or a mix of them)

Instructions

1. Combine hydrogen peroxide and water in a spray bottle.
2. Add tea tree oil for added mildew-fighting power.
3. Spray affected areas and let sit for 10 minutes before wiping clean.



chapter 6

FLOOR CLEANER

Simple, Effective, Natural

Ingredients

1. Vinegar
2. Hot Water
3. 10-15 drops of preferred essential oil blend such as: Lemon and Pine.
4. Optional how much to dilute the Vinegar with water. Dilution will depend on strength needed for task on hand.

Instructions

1. Mix all ingredients in bucket to use with mop.

HOT TIP

1. Boil 1/4 cup vinegar in kettle with 2-3 cups water for the hot water portion. This will also clean and decalcify your kettle.



chapter 7

SINK & DRAIN CLEANER

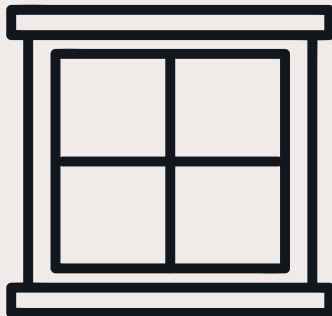
Simple, Effective, Natural

Ingredients

1. Vinegar
2. 10-15 drops of preferred essential oil blend such as: Lemon and Peppermint.
3. Optional - Vinegar can be diluted with distilled water if desired. 1 part vinegar to 2 part water.

Instructions

1. Combine Vinegar and Essential Oils in a spray bottle
2. Shake Well before use.
3. Use microfibre cloth to wipe dust off of surface.
4. Spray solution onto glass before wiping away with microfibre cloth.



chapter 8

LAUNDRY DETERGENT

Laundry Detergent Recipe

Ingredients

Equal parts of:

1. Washing Soda
2. Borax
3. Baking Soda
4. 10-15 drops of essential oils (see magic mixes on the following pages)

Instructions

1. Combine all ingredients into container.
2. Mix well.
3. Use about 1/4-1/3 cup per load.



LAUNDRY DETERGENT

Simple, Effective, Natural

Castille Soap Blend

Ingredients

1. 1/2 gallon container
2. 1/2 cup Castille Soap
3. 1/2 cup Baking Soda
4. 10-15 drops of essential oils (see magic mixes on the following pages)

Instructions

1. Combine Castille Soap, Baking Soda and Essential Oils into container
2. Fill container with hot water (this will help dissolve the baking soda)
3. Shake mixture well before use.
4. Use about 1/4-1/3 cup per load.

HOT TIP*

Use 1/4 cup of Epsom Salts to soften fabrics, remove dirt and to effectively clean towels.



chapter 9

DISH SOAP

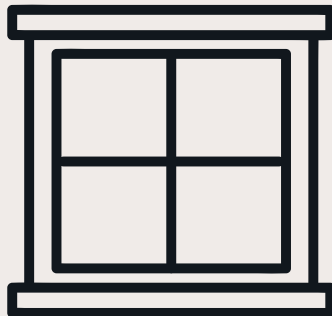
Simple, Effective, Natural

Ingredients

1. Vinegar
2. 10-15 drops of preferred essential oil blend such as: Lemon and Peppermint.
3. Optional - Vinegar can be diluted with distilled water if desired. 1 part vinegar to 2 part water.

Instructions

1. Combine Vinegar and Essential Oils in a spray bottle
2. Shake Well before use.
3. Use microfibre cloth to wipe dust off of surface.
4. Spray solution onto glass before wiping away with microfibre cloth.



chapter 10

HAND SOAP

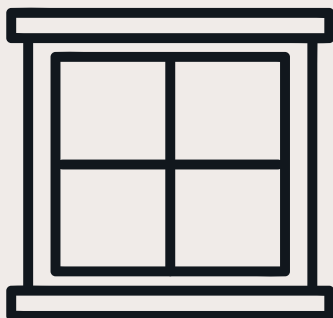
Simple, Effective, Natural

Ingredients

1. Vinegar
2. 10-15 drops of preferred essential oil blend such as: Lemon and Peppermint.
3. Optional - Vinegar can be diluted with distilled water if desired. 1 part vinegar to 2 part water.

Instructions

1. Combine Vinegar and Essential Oils in a spray bottle
2. Shake Well before use.
3. Use microfibre cloth to wipe dust off of surface.
4. Spray solution onto glass before wiping away with microfibre cloth.



chapter 11

CARPET FRESHENER

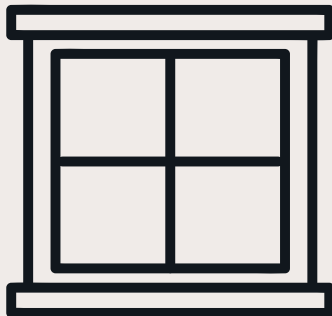
Simple, Effective, Natural

Ingredients

1. Vinegar
2. 10-15 drops of preferred essential oil blend such as: Lemon and Peppermint.
3. Optional - Vinegar can be diluted with distilled water if desired. 1 part vinegar to 2 part water.

Instructions

1. Combine Vinegar and Essential Oils in a spray bottle
2. Shake Well before use.
3. Use microfibre cloth to wipe dust off of surface.
4. Spray solution onto glass before wiping away with microfibre cloth.



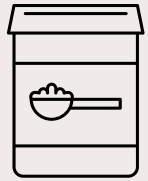
chapter 12

INGREDIENTS GLOSSARY

The best natural ingredients to clean your home ranked by impact, multi-usability and efficiency:

1. Baking Soda
2. Vinegar
3. Castille Soap
4. Essential Oils
5. Hydrogen Peroxide
6. Washing Soda
7. Borax
8. Epsom Salts
9. Soap Flakes

1. Baking Soda



Baking soda, also known as sodium bicarbonate, is a versatile and naturally occurring compound with a wide range of properties and applications. Renowned for its gentle abrasive quality and alkaline nature, baking soda is a powerful cleaning agent and a staple in many households.

Properties:

- Mild Abrasive: Its fine granules make it effective for scrubbing surfaces without scratching.
- pH Neutralizer: Baking soda can balance acidity, making it useful for neutralizing odors and cleaning various surfaces.
- Deodorizer: It effectively absorbs and neutralizes unwanted smells, making it an excellent choice for freshening up spaces.

Uses:

- Cleaning Agent: Baking soda can be used to clean kitchens, bathrooms, and appliances. It effectively removes stains and grime when mixed with water or castille soap.
- Odor Neutralizer: Place an open box in the fridge, freezer, or other areas to absorb odors. It can also be sprinkled on carpets before vacuuming.
- Laundry: Adding baking soda to laundry helps enhance the cleaning power of detergent and neutralizes odors in clothing.
- Drain Cleaner: Mix with vinegar to remove clogs.

2. Vinegar



Vinegar is a versatile liquid made through the fermentation of ethanol, resulting in a tangy, acidic solution that has been used for centuries in cooking, cleaning, and medicinal applications. Its primary component, acetic acid, gives vinegar its distinct flavor and powerful properties.

Properties:

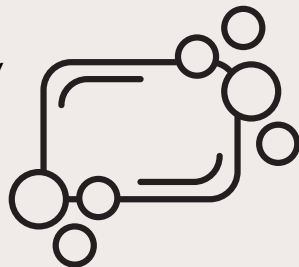
- **Acidic pH:** Vinegar typically has a pH of around 2–3, making it effective for breaking down mineral deposits and cutting through grease.
- **Antimicrobial:** Its natural antibacterial and antifungal properties help inhibit the growth of harmful microorganisms, making it a popular choice for cleaning and preserving foods.
- **Solvent:** Vinegar can dissolve certain types of substances, aiding in cleaning and stain removal.

Uses:

- **Household Cleaner:** Its disinfecting properties make it effective for cleaning countertops, windows, and bathrooms, often combined with baking soda for added cleaning power.
- **Odor Neutralizer:** Vinegar can absorb and neutralize unpleasant odors in the home, making it a great air freshener when used in a spray bottle.
- **Laundry Aid:** Adding vinegar to laundry helps remove stains, soften fabrics, and eliminate odors.
- **Drain Cleaner:** Mix with baking soda to remove clogs.

3.Castille Soap

Castile soap is a versatile, eco-friendly soap made from vegetable oils, primarily olive oil. It comes in liquid and bar form. Originating from the Castile region of Spain, it is known for its gentle yet effective cleansing properties.



Properties:

- Biodegradable: Safe for the environment and biodegradable.
- Hypoallergenic & Non-toxic: Free from synthetic fragrances, dyes, and harsh chemicals, making it ideal for sensitive skin.
- Moisturizing: Rich in natural oils, it helps to hydrate and nourish the skin.

Uses:

- Household cleaner: Perfect for cleaning surfaces, floors, and dish wash.
- Personal care: Can be used as a hand wash, body wash, shampoo, or facial cleanser.
- Laundry Booster: an effective soap for cleaning clothes as a grated soap flakes or liquid soap.
- Pet care: Safe for washing pets, keeping them clean without harsh chemicals.

4. Essential Oils



Essential oils are concentrated plant extracts known for their aromatic and therapeutic properties. Derived from various parts of plants—such as leaves, flowers, bark, and roots—these oils capture the essence of their source, offering a range of benefits.

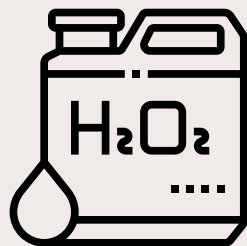
Properties:

- **Aromatic:** Rich in fragrances that can uplift mood and enhance well-being.
- **Therapeutic:** Many essential oils possess anti-inflammatory, antiseptic, and calming effects.
- **Natural:** Pure Essential Oils are free of synthetic additives and contain the natural power of plants
- **Certain Essential Oils** contain anti-bacterial, anti-fungal, and anti-viral properties.

Uses:

- **Aromatherapy:** Inhaled or diffused to promote relaxation, reduce stress, or boost energy.
- **Cleaning:** Effective in natural cleaning solutions, providing both cleanliness and pleasant scents.
- **Anti-Mold:** the anti-fungal properties of certain essential oils can treat and prevent mold growth.
- **Citrus Oils** can help break down grease, grime and residue, effective for cleaning kitchens and bathrooms.

5. Hydrogen Peroxide



Hydrogen peroxide is a versatile, colorless liquid with powerful oxidizing properties, commonly used as a disinfectant and bleaching agent. With a chemical formula of H_2O_2 , it's known for its effectiveness in various applications due to its ability to break down organic material and kill bacteria, viruses, and fungi.

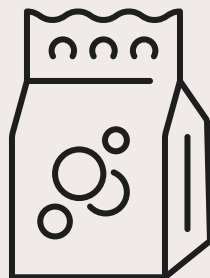
Properties:

- Antimicrobial: Highly effective in killing germs and pathogens.
- Oxidizing agent: Can bleach and remove stains, making it useful for cleaning.
- Decomposes easily: Breaks down into water and oxygen, leaving no harmful residue.

Uses:

- Disinfection: Commonly used to clean wounds and sanitize surfaces in homes and healthcare settings.
- Household cleaner: Effective in removing stains from fabrics and surfaces, and can be used in laundry.
- Water treatment: Used to purify drinking water and treat wastewater.
- Stain Removal: effective at removing both fresh and set-in blood stains.

6. Washing Soda



Washing soda, also known as sodium carbonate or soda ash, is a powerful alkaline compound widely used for its cleaning and stain-fighting properties. With a chemical formula of Na_2CO_3 , it is a versatile ingredient found in many household cleaning products and can be used effectively in various applications.

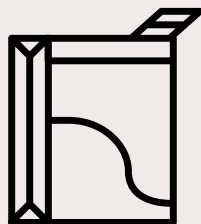
Properties:

- Alkaline: Highly alkaline nature helps to dissolve dirt, grease, and grime.
- Stain remover: Effective at breaking down tough stains, making it a popular choice for laundry.
- Water softener: Helps to soften hard water, enhancing the effectiveness of detergents.

Uses:

- Laundry: Often added to laundry detergent to enhance cleaning power and remove stubborn stains.
- Household cleaner: Effective in cleaning surfaces, including countertops, tiles, and glass.
- Deodorizer: Can neutralize odors in carpets and upholstery when sprinkled and vacuumed.

7. Borax



Borax, also known as sodium borate or disodium tetraborate, is a naturally occurring mineral with a wide range of uses in household cleaning and various industries. It appears as a white powder and is known for its alkaline properties, making it an effective cleaning agent and a versatile household staple.

Properties:

- Alkaline: Its high pH level helps to neutralize acids and break down dirt and stains.
- Antimicrobial: Exhibits mild antifungal and antibacterial properties.
- Water softener: Enhances the effectiveness of detergents by softening hard water.

Uses:

- Laundry: Commonly added to laundry detergents to boost cleaning power and remove stubborn stains.
- Household cleaner: Effective for cleaning surfaces, including sinks, tubs, and floors, and can be used to deodorize carpets.
- Pest control: Used as a natural insecticide to deter pests like ants and cockroaches.

8.Epsom Salts

Epsom salts, chemically known as magnesium sulfate, are a naturally occurring mineral compound recognized for their therapeutic properties. Named after a bitter saline spring in Epsom, England, these crystalline salts dissolve easily in water and are renowned for their versatility in health and wellness applications.



Properties:

- **Natural abrasive:** Their coarse texture makes them an effective scrub for removing tough stains and grime.
- **Deodorizing:** Epsom salts help neutralize odors, making them great for freshening up carpets and upholstery.
- **Non-toxic:** Safe for use around pets and children, they provide a natural cleaning solution without harsh chemicals.

Uses:

- **Surface scrubbing:** Ideal for cleaning kitchen and bathroom surfaces, helping to remove soap scum and stains.
- **Laundry booster:** Can be added to laundry to help soften clothes, remove dirt and eliminate odors.
- **Carpet freshener:** Sprinkle on carpets, let sit, and then vacuum to remove odors and freshen up your home.
- **Drain cleaner:** Used in combination with baking soda and vinegar to help clear minor clogs and freshen drains.

9. Soap Flakes



Soap flakes are finely grated or shredded soap that dissolve easily in water, making them a convenient and versatile cleaning product. Typically made from natural ingredients, such as vegetable oils and fats, they are gentle on fabrics and skin, while still effective in tackling dirt and grime.

Properties:

- **Biodegradable:** Made from natural ingredients, making them environmentally friendly.
- **Gentle:** Non-toxic and mild, suitable for sensitive skin and delicate fabrics.
- **Versatile:** Easily dissolves in water, allowing for various cleaning applications.

Uses:

- **Laundry detergent:** Ideal for making homemade laundry soap, effective in cleaning clothes without harsh chemicals.
- **Dishwashing:** Can be used for handwashing dishes and utensils, providing a gentle clean.
- **Household cleaner:** Effective for cleaning surfaces, including countertops and floors, when dissolved in water.

chapter 13

ESSENTIAL OILS GUIDE

*The best essential oils for household
alchemy and cleaning.*

1. Lemon
2. Clove
3. Lavender
4. Cinnamon
5. Tea Tree
6. Lemongrass
7. Grapefruit
8. Thyme
9. Pine
10. Sweet Orange
11. Eucalyptus
12. Peppermint
13. Rosemary
14. Basil
15. Cedarwood
16. Frankincense
17. Sage
18. Rose

essential oils

TIPS FOR USING



1. Purchase 100% pure and organic to ensure efficacy and avoid unwanted ingredients (such as preservatives, synthetics or other oils).
2. Add Essential Oils as the last step to your cleaning mixes.
3. Shake Well - EOs don't mix well with water or vinegar so be sure to shake up to get an even mix before using.
4. Store products in dark bottle & places when possible.

Please Note: essential oils need to be diluted properly for safety and efficacy. Some essential oils are not safe for use around pets - please double check pet safety before use. See Risks & Safety Information→

essential oils

Risks & Safety Information

General Safety Guidelines

1. **Dilution:** Always dilute essential oils before using them in cleaning solutions. A common ratio is 10-15 drops of essential oil per cup of water or a mixture of water and vinegar. This helps prevent irritation and ensures safe handling..
2. **Ingestion:** Avoid using essential oils in a manner that could lead to ingestion, especially in cleaning products. Ensure all cleaning solutions are clearly labeled and stored safely away from food items.
3. **Pregnancy and Nursing:** Pregnant or nursing women should consult a healthcare provider before using certain essential oils for cleaning, as some oils may not be safe.
4. **Children and Pets:** Use caution when using essential oils around children and pets. Some oils can be harmful or irritating even when diluted. Keep cleaning products containing essential oils out of their reach and consult a veterinarian or pediatrician for guidance on safe usage.
5. **Ventilation:** Ensure proper ventilation when using essential oils in cleaning. Some individuals may experience respiratory sensitivity to strong scents. Open windows or use fans to maintain fresh air circulation.
6. **Storage:** Store essential oils in dark glass containers, away from heat and sunlight, to maintain their efficacy. Always keep them out of reach of children and pets.

pet safety



Additional info..

Some Essential Oils are thought to be pet safe when used and diluted properly. Please be diligent when using and storing, check with your vet and do your own research on each essential oil as different animals may have different reactions.

EOs Thought to be Safe for Dogs:

- Lavender
- Cedarwood
- Frankincense
- Lemon
- Peppermint
- Rosemary
- Lemongrass

EOs Thought to be Safe for Cats:

- Lavender
- Rose
- Frankincense
- Peppermint
- Cedarwood

1. Lemon



Lemon essential oil, extracted from the vibrant peels of lemons (*Citrus limon*), is a powerhouse for household cleaning. Renowned for its fresh, invigorating scent,

Properties:

- **Antimicrobial:** Effectively combats bacteria and viruses, making it an ideal cleaning agent.
- **Deodorizing:** Neutralizes unpleasant odors, leaving your home smelling fresh.
- **Stain Removal:** A natural astringent that helps break down grease and grime.
- **Uplifting Aroma:** Provides a refreshing scent that enhances mood while you clean.
- **Natural Degreaser:** Cuts through grease and tough stains effortlessly.

Uses:

- **All-Purpose Cleaner:** Mix lemon oil with water and vinegar in a spray bottle
- **Dishwashing Aid:** Add a few drops to your dish soap to enhance its grease-cutting power and leave dishes sparkling clean.
- **Air Freshener:** Combine lemon oil with water in a diffuser or spray bottle to neutralize odors and refresh the air.
- **Bathroom Cleaner:** Use lemon oil to scrub tiles and sinks, effectively removing soap scum
- **Laundry Booster:** Add a few drops to your laundry for a fresh scent and to help brighten whites.

2.Clove



Clove essential oil, derived from the dried flower buds of the clove tree (*Syzygium aromaticum*), is a potent and aromatic oil celebrated for its powerful cleaning properties. Known for its warm, spicy scent,

Properties:

- **Antimicrobial:** Highly effective against bacteria, viruses, and fungi, helping to disinfect surfaces.
- **AntiFungal:** Has greatest broad-spectrum antifungal effects of all EOs and is effective against a wide range of mold species.
- **Antiseptic:** Protects against infections and promotes a hygienic environment.
- **Deodorizing:** Neutralizes unwanted odors with its strong, pleasant fragrance.
- **Insect Repellent:** Acts as a natural deterrent against pests, making it ideal for keeping bugs at bay.
- **Stain Removal:** Known for its ability to break down tough stains and grime.

Uses:

- **Disinfectant Spray:** Combine clove oil with water and vinegar in a spray bottle
- **Air Purifier:** Add a few drops to a diffuser or cleaning solutions to effectively neutralize bad odors
- **Bathroom Cleaner:** Use clove oil to clean and freshen up bathroom surfaces, removing mold and mildew with its antiseptic properties.
- **Insect Deterrent:** Create a natural pest repellent by mixing clove oil with water and spraying around entry points and windows.
- **Laundry Freshener:** Disinfects and enhances scent

3. Lavender



Lavender essential oil, extracted from the flowers of the lavender plant (*Lavandula angustifolia*), is renowned for its soothing aroma and versatile cleaning properties. With its calming scent, lavender not only promotes relaxation but also serves as a powerful cleaner.

Properties:

- **Antimicrobial:** Effective against bacteria and fungi, helping to disinfect surfaces.
- **Deodorizing:** Neutralizes unpleasant odors, leaving spaces smelling fresh and inviting.
- **Calming Aroma:** Promotes relaxation and reduces stress, enhancing your cleaning experience.
- **Insect Repellent:** Naturally deters pests, making it useful for keeping bugs at bay.
- **Stain Remover:** Aids in breaking down tough stains and grime.

Uses:

- **All-Purpose Cleaner:** Mix lavender oil with water and vinegar in a spray bottle
- **Laundry Freshener:** Add a few drops to your laundry for a delightful scent while helping to disinfect fabrics.
- **Air Freshener:** Use in a diffuser or as a room spray to create a calming and pleasant atmosphere while eliminating odors.
- **Bathroom Cleaner:** Combine lavender oil with baking soda for an effective scrub for sinks and tubs.
- **Insect Deterrent:** Mix with water and spray around windows and doorways to repel insects naturally.

4. Cinnamon



Cinnamon essential oil, derived from the bark of the cinnamon tree (*Cinnamomum verum* or *Cinnamomum cassia*), is a warm and spicy oil known for its delightful aroma and impressive cleaning capabilities.

Properties:

- **Antimicrobial:** Highly effective against bacteria and viruses, helping to disinfect surfaces.
- **Antifungal:** Helps eliminate mold and mildew, making it ideal for damp areas.
- **Deodorizing:** Its warm scent neutralizes unpleasant odors and creates a cozy atmosphere.
- **Insect Repellent:** Acts as a natural deterrent against pests, keeping unwanted bugs at bay.
- **Stain Remover:** Known for its ability to break down tough stains and grime.

Uses:

- **Disinfectant Spray:** Combine cinnamon oil with water and vinegar in a spray bottle for kitchen & bathroom.
- **Air Freshener:** Use in a diffuser or room spray to eliminate odors and provide a warm, inviting aroma.
- **Bathroom Cleaner:** Mix cinnamon oil with baking soda for a natural scrub that helps remove mold and mildew from surfaces.
- **Insect Deterrent:** Create a pest repellent by mixing cinnamon oil with water and spraying around entry points to keep bugs away.
- **Laundry Freshener:** Add a few drops to your laundry for a cozy scent while also helping to disinfect fabrics.

5. Tea Tree



Tea tree essential oil, extracted from the leaves of the *Melaleuca alternifolia* plant, is renowned for its powerful antiseptic and antimicrobial properties. With its fresh, medicinal scent, tea tree oil is a natural cleaning powerhouse that effectively combats germs and bacteria.

Properties:

- **Antimicrobial:** Effective against a wide range of bacteria, viruses, and fungi, making it a strong disinfectant.
- **Antiseptic:** Promotes healing and protects against infections, ideal for cleaning cuts and scrapes.
- **Deodorizing:** Neutralizes odors with its fresh, clean scent, leaving spaces smelling invigorated.
- **Mold Inhibitor:** Helps prevent and eliminate mold and mildew, especially in damp areas.
- **Insect Repellent:** Naturally deters pests, making it useful for keeping bugs at bay.

Uses:

- **All-Purpose Cleaner:** Mix tea tree oil with water and vinegar in a spray bottle
- **Bathroom Cleaner:** Combine tea tree oil with baking soda to create a natural scrub for removing mold and mildew from tiles and sinks.
- **Laundry Sanitizer:** Add a few drops to your laundry for a fresh scent and to help disinfect fabrics, particularly in high-use items like towels and linens.
- **Air Freshener:** Use in a diffuser or as a room spray to eliminate odors and purify the air.
- **Insect Deterrent:** Mix with water and spray around entry points and windows to repel insects naturally.

6. Lemongrass



Lemongrass essential oil, derived from the leaves of the lemongrass plant (*Cymbopogon citratus*), is celebrated for its fresh, citrusy aroma and remarkable cleaning properties. Known for its invigorating scent, lemongrass oil is not only a natural deodorizer but also possesses strong antimicrobial and antifungal qualities.

Properties:

- **Antimicrobial:** Effective against bacteria and viruses, helping to disinfect surfaces.
- **Antifungal:** Helps combat mold and mildew, making it ideal for damp areas.
- **Deodorizing:** Its bright, citrusy scent neutralizes unpleasant odors and freshens the air.
- **Insect Repellent:** Naturally deters pests, making it useful for keeping bugs at bay.
- **Stain Remover:** Known for its ability to help break down grease and grime.

Uses:

- **All-Purpose Cleaner:** Mix lemongrass oil with water and vinegar in a spray bottle
- **Air Freshener:** Use in a diffuser or as a room spray to create an uplifting atmosphere while eliminating odors.
- **Bathroom Cleaner:** Combine lemongrass oil with baking soda for a natural scrub that removes soap scum and mildew from tiles and sinks.
- **Insect Deterrent:** Create a natural pest repellent by mixing lemongrass oil with water and spraying around windows and doorways.
- **Laundry Freshener:** Add a few drops to your laundry for a fresh scent while helping to disinfect fabrics.

7. Grapefruit



Grapefruit essential oil, extracted from the peels of the grapefruit (*Citrus paradisi*), is known for its uplifting scent and powerful cleaning properties. With its bright, citrusy aroma, grapefruit oil not only invigorates your space but also acts as a natural disinfectant.

Properties:

- **Antimicrobial:** Effective against a range of bacteria and viruses, making it a strong disinfectant.
- **Deodorizing:** Its refreshing scent neutralizes unpleasant odors and freshens the air.
- **Antifungal:** Helps eliminate mold and mildew, making it ideal for freshening and cleaning damp areas.
- **Stain Remover:** Able to cut through grease and grime, making it ideal for tough cleaning tasks.
- **Uplifting Aroma:** Promotes a positive mood, turning cleaning into a more enjoyable experience.
- **Insect Repellent:** Naturally helps deter pests

Uses:

- **All-Purpose Cleaner:** Combine grapefruit oil with water and vinegar in a spray bottle
- **Air Freshener:** Use in a diffuser or as a room spray to create an uplifting atmosphere while eliminating odors.
- **Kitchen Cleaner:** Add a few drops to your dish soap to enhance its grease-cutting power and leave dishes sparkling clean.
- **Bathroom Scrub:** Mix grapefruit oil with baking soda for an effective scrub that tackles soap scum and mildew.
- **Laundry Booster:** Add a few drops to your laundry for a fresh scent and additional antibacterial properties.

8. Thyme



Thyme essential oil, extracted from the leaves of the thyme plant (*Thymus vulgaris*), is celebrated for its potent antiseptic and antimicrobial properties. With its warm, herbaceous aroma, thyme oil acts as a powerful disinfectant with its natural ability to combat bacteria, viruses, and fungi.

Properties:

- **Antimicrobial:** Highly effective against a wide range of bacteria and viruses, making it a great disinfectant.
- **Antiseptic:** Prevents the growth of germs, making it effective for sanitizing surfaces and ensuring a hygienic environment.
- **Deodorizing:** Its fresh scent neutralizes odors, leaving spaces smelling clean and inviting.
- **Fungicidal:** Helps eliminate mold and mildew, making it ideal for damp areas.
- **Insect Repellent:** Naturally deters pests, helping to keep your home bug-free.

Uses:

- **All-Purpose Cleaner:** Mix thyme oil with water and vinegar in a spray bottle
- **Bathroom Cleaner:** Combine thyme oil with baking soda for an effective scrub to remove mold and mildew from tiles and sinks.
- **Air Freshener:** Use in a diffuser or as a room spray to purify the air and eliminate unpleasant odors.
- **Kitchen Cleaner:** Add a few drops to your dish soap to enhance its antibacterial properties and tackle grease.
- **Laundry Sanitizer:** Add a few drops to your laundry to help disinfect fabrics and leave them smelling fresh.

9. Pine



Pine essential oil, derived from the needles of pine trees (*Pinus* species), is renowned for its fresh, invigorating scent and robust cleaning properties. With its natural antiseptic and antimicrobial qualities, pine oil's refreshing aroma helps eliminate bacteria and odors.

Properties:

- **Antimicrobial:** Effectively combats bacteria and viruses, ensuring surfaces are thoroughly disinfected.
- **Antiseptic:** Helps prevent the growth of germs, contributing to a hygienic environment.
- **Deodorizing:** Its fresh, woody scent neutralizes unpleasant odors and freshens the air.
- **Fungicidal:** Aids in eliminating mold and mildew, making it useful in damp areas.
- **Insect Repellent:** Naturally deters pests, helping to keep your home bug-free.

Uses:

- **All-Purpose Cleaner:** Combine pine oil with water and vinegar in a spray bottle
- **Bathroom Cleaner:** Mix pine oil with baking soda for an effective scrub to remove soap scum and mildew
- **Air Freshener:** Use in a diffuser or as a room spray to create a refreshing atmosphere while eliminating odors.
- **Kitchen Cleaner:** Add a few drops to your dish soap to enhance its antibacterial properties and tackle tough grease.
- **Laundry Booster:** Incorporate a few drops into your laundry to disinfect fabrics and impart a fresh scent.

10. Sweet Orange



Sweet orange essential oil, extracted from the peels of ripe oranges (*Citrus sinensis*), is cherished for its bright, cheerful scent and effective cleaning properties.

Properties:

- **Antimicrobial:** Effectively combats bacteria and viruses, making it a reliable disinfectant.
- **Deodorizing:** Its refreshing scent neutralizes unpleasant odors and creates a cheerful atmosphere.
- **Grease Cutter:** Helps break down grease and grime, making it ideal for kitchen cleaning.
- **Stain Remover:** Known for its ability to help lift stains from various surfaces.
- **Insect Repellent:** Naturally deters pests, keeping your home more comfortable.

Uses:

- **All-Purpose Cleaner:** Mix sweet orange oil with water and vinegar in a spray bottle
- **Air Freshener:** Use in a diffuser or as a room spray to create an uplifting atmosphere while eliminating odors.
- **Kitchen Cleaner:** Add a few drops to your dish soap to enhance its grease-cutting power.
- **Bathroom Cleaner:** Combine sweet orange oil with baking soda for an effective scrub that helps remove soap scum and mildew.
- **Laundry Freshener:** Add a few drops to your laundry to impart a fresh, citrusy scent and help disinfect fabrics.

11. Eucalyptus



Eucalyptus essential oil, extracted from the leaves of the eucalyptus tree (*Eucalyptus globulus*), is well-known for its refreshing, invigorating scent and powerful cleaning properties. With its natural antiseptic and antimicrobial qualities, it purifies the air and effectively combats germs and odors

Properties:

- **Antimicrobial:** Effective against bacteria and viruses,
- **Antiseptic:** Helps prevent the growth of germs
- **Deodorizing:** Its fresh, minty aroma neutralizes unpleasant odors and freshens the air.
- **Fungicidal:** while it doesn't directly kill mold, it inhibits mold from growing and producing new spores.
- **Insect Repellent:** Naturally deters pests, helping to keep your home bug-free.

Uses:

- **All-Purpose Cleaner:** Combine eucalyptus oil with water and vinegar in a spray bottle for a potent natural disinfectant for various surfaces.
- **Bathroom Cleaner:** Mix eucalyptus oil with baking soda for an effective scrub that tackles mildew, and soap scum.
- **Air Freshener:** Use in a diffuser or as a room spray to purify the air and eliminate unwanted odors.
- **Kitchen Cleaner:** Add a few drops to your dish soap to enhance its antibacterial properties and tackle tough grease.

12. Peppermint

Peppermint essential oil, derived from the leaves of the peppermint plant (*Mentha × piperita*), is celebrated for its invigorating scent and remarkable cleaning properties.



Properties:

- **Antimicrobial:** Peppermint oil is effective against a variety of bacteria and viruses, making it an excellent choice for disinfecting surfaces and purifying the air.
- **Antifungal:** Said to treat 11/12 fungus strains with proper usage.
- **Deodorizing:** The fresh, minty scent of peppermint oil neutralizes unpleasant odors.
- **Uplifting Aroma:** Promotes alertness and focus, enhancing your cleaning experience.
- **Insect Repellent:** Naturally deters pests like ants and spiders.

Uses:

- **All-Purpose Cleaner:** Mix peppermint oil with water and vinegar in a spray bottle
- **Air Freshener:** Use in a diffuser or as a room spray to create a refreshing atmosphere while eliminating odors.
- **Kitchen Cleaner:** Add a few drops to your dish soap to enhance its grease-cutting power.
- **Bathroom Cleaner:** Combine peppermint oil with baking soda for a natural scrub that helps remove soap scum and mildew.
- **Laundry Freshener:** Add a few drops to your laundry to impart a fresh, minty scent while also helping to disinfect fabrics.

13. Rosemary



Rosemary essential oil, extracted from the aromatic leaves of the rosemary plant (*Rosmarinus officinalis*), is celebrated for its fresh, herbal scent and powerful cleaning properties. Known for its antimicrobial and antioxidant qualities, rosemary oil is a natural choice for eliminating germs and odors while revitalizing your space.

Properties:

- **Antimicrobial:** Effective against a variety of bacteria and viruses, serving as a disinfectant.
- **Deodorizing:** Its fresh, earthy scent neutralizes unpleasant odors, creating a welcoming atmosphere.
- **Fungicidal:** Helps to combat and inhibit mold growth.
- **Insect Repellent:** Naturally deters pests, helping to keep your home bug-free.

Uses:

- **All-Purpose Cleaner:** Combine rosemary oil with water and vinegar in a spray bottle.
- **Bathroom Cleaner:** Mix rosemary oil with baking soda for an effective scrub that tackles soap scum and mold.
- **Air Freshener:** Use in a diffuser or as a room spray to infuse your space with a refreshing, herbal aroma while eliminating odors.
- **Kitchen Cleaner:** Add a few drops to your dish soap to enhance its antibacterial properties and help cut through grease.
- **Laundry Freshener:** Incorporate rosemary oil into your laundry routine to help disinfect fabrics and impart a pleasant scent.

14. Basil



Basil essential oil, derived from the leaves of the basil plant (*Ocimum basilicum*). With its fresh, herbal scent, basil oil is a natural disinfectant that helps create a clean and inviting home with its antimicrobial and antifungal qualities.

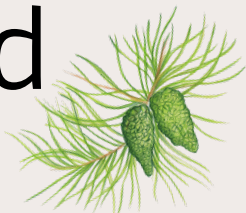
Properties:

- **Antimicrobial:** Effectively combats bacteria and viruses, ensuring surfaces are thoroughly disinfected.
- **Antibacterial: Deodorizing:** Its fresh, aromatic scent neutralizes unpleasant odors, creating a pleasant atmosphere.
- **Insect Repellent:** Naturally deters pests, helping to keep your home bug-free.
- **Mood Enhancer:** Promotes a sense of well-being and relaxation, making cleaning more enjoyable.

Uses:

- **All-Purpose Cleaner:** Mix basil oil with water and vinegar in a spray bottle for a natural disinfectant.
- **Kitchen Cleaner:** Add a few drops to your dish soap to enhance its antibacterial properties and tackle tough grease and grime.
- **Bathroom Cleaner:** Combine basil oil with baking soda for an effective scrub to remove soap scum & mildew.
- **Air Freshener:** Use in a diffuser or as a room spray to infuse your space with a fresh, uplifting aroma while eliminating odors.
- **Laundry Freshener:** Put basil oil into your laundry to help disinfect fabrics and impart a pleasant herbal scent.

16. Cedarwood



Cedarwood essential oil, extracted from the wood of cedar trees (*Cedrus* species), is celebrated for its warm, woody aroma and numerous cleaning properties. Known for its grounding scent, cedarwood oil not only creates a calming atmosphere but also boasts powerful antimicrobial and insect-repelling qualities.

Properties:

- **Antimicrobial:** Effectively combats bacteria and viruses, ensuring surfaces are thoroughly disinfected.
- **Antiseptic:** Helps prevent the growth of germs, making it suitable for sanitizing throughout the home.
- **Deodorizing:** Its rich, earthy scent neutralizes unpleasant odors, leaving spaces smelling fresh.
- **Insect Repellent:** Naturally deters pests, making it useful for keeping your home bug-free.

Uses:

- **All-Purpose Cleaner:** Mix cedarwood oil with water and vinegar in a spray bottle
- **Bathroom Cleaner:** Combine cedarwood oil with baking soda to tackle soap scum & mildew.
- **Air Freshener:** Use in a diffuser or as a room spray for a soothing aroma while neutralizing odors.
- **Kitchen Cleaner:** Add a few drops to your dish soap to enhance its antibacterial properties and help cut through grease and grime.
- **Laundry Freshener:** Incorporate cedarwood oil into your laundry routine to help disinfect fabrics and impart a warm, comforting scent.

15. Frankincense



Frankincense essential oil, derived from the resin of the Boswellia tree, is renowned for its rich, warm aroma and numerous therapeutic properties. Traditionally used for its calming and grounding effects, frankincense also possesses powerful antimicrobial and antiseptic qualities.

Properties:

- **Antimicrobial:** Effective against bacteria and viruses, ensuring thorough disinfection of surfaces.
- **Antiseptic:** Helps inhibit the growth of germs, making it suitable for sanitizing areas in your home.
- **Deodorizing:** Its rich, woody aroma neutralizes unpleasant odors, creating a fresh atmosphere.
- **Mood Enhancer:** Promotes relaxation and reduces stress. Thought to dispel negative energy and uplift the spirit, promoting inner peace and balance.

Uses:

- **All-Purpose Cleaner:** Mix basil oil with water and vinegar in a spray bottle for a natural disinfectant.
- **Kitchen Cleaner:** Add a few drops to your dish soap to enhance its antibacterial properties and tackle tough grease and grime.
- **Bathroom Cleaner:** Combine basil oil with baking soda for an effective scrub to remove soap scum & mildew.
- **Air Freshener:** Use in a diffuser or as a room spray to infuse your space with a fresh, uplifting aroma while eliminating odors.
- **Laundry Freshener:** Put basil oil into your laundry to help disinfect fabrics and impart a pleasant herbal scent.

16. Rose



Rose essential oil, derived from the petals of the rose plant (*Rosa damascena*), is renowned for its exquisite fragrance and numerous health benefits. While often associated with beauty and relaxation, rose oil also offers effective cleaning properties of anti-microbial and deodorizing qualities. Ultimately, it's been included here for its highest vibrational essence and its ability to elevate and transform your home into a sacred space..

Properties:

- Antimicrobial: Effective against bacteria and viruses, helping to disinfect surfaces.
- Deodorizing: Its rich, floral scent neutralizes unpleasant odors, creating a fresh and inviting atmosphere.
- Mood Enhancer: Promotes relaxation and well-being, it is the ultimate heart opener, awakening divine love.
- It's known for creating sacred spaces for elevating awareness and consciousness.

Uses:

- All-Purpose Cleaner: Combine rose oil with water and vinegar in a spray bottle for a natural disinfectant that works on various surfaces to elevate your surroundings spiritually.
- Air Freshener: Use in a diffuser or as a room spray to infuse your space with a beautiful floral, fresh, uplifting aroma while eliminating odors.
- Aromatherapy: The scent of rose is thought to release endorphins and increase feelings of well being.