

Beginner's Guide to Clean Living in your Home

1. Detoxifying Your Home

- **Declutter:** Remove unnecessary items to reduce dust and allergens. Consider donating your unnecessary items or having a garage sale to declutter.
- **Improve Ventilation:** Open windows regularly to circulate fresh air and remember to change your furnace filter regularly (this usually means every 3-6 months), also consider brushing your pet with a misting pet brush to help reduce shedding and pet dander.
- **Reduce Toxins:** Minimize the use of synthetic fragrances and chemical products. Also consider using reusable cleaner bottles and applicators this will reduce pollution, and if available choose glass containers.
- **Choose Non-Toxic Alternatives:** Opt. for natural materials and eco-friendly products. Try homemade cleaners and other homecare and self-care recipes.

2. Recipes for Homemade Cleaners

Here are simple, effective recipes:

- **All-Purpose Cleaner:**
 - 1 cup distilled water
 - 1 cup white vinegar
 - 1 tablespoon baking soda
 - A few drops of essential oil (lemon, tea tree, or lavender)
- **Bathroom Cleaner:**
 - 1/2 cup baking soda
 - 1/4 cup liquid castile soap
 - 1/4 cup water
 - Essential oil for scent
- **Glass Cleaner:**
 - 1 cup distilled water
 - 1/2 cup white vinegar
 - 1 tablespoon cornstarch (for streak-free shine)

3. Freshening Your Home

- **Natural Air Fresheners:**
 - Simmer citrus peels, cinnamon sticks, and herbs like rosemary on the stove.
 - Use essential oils in a diffuser.
- **Baking Soda:** Place bowls of baking soda in various rooms to absorb odors.
- **Houseplants:** Add indoor plants like pothos or snake plants to improve air quality.

4. How to Use Them Correctly

- **Test first:** Always test homemade cleaners on a small area to avoid damage.
- **Spray and wipe:** Use a spray bottle for cleaners, then wipe with a microfiber cloth.
- **Ventilate:** After cleaning, open windows to air out fumes.
- **Storage:** Keep homemade cleaners in labeled bottles, out of reach of children and pets.
- **Regular Routine:** Incorporate cleaning into your weekly routine to maintain a healthy environment.

Homemade Stain Lifter Recipe

Ingredients:

- 1/2 cup baking soda
- 1/4 cup hydrogen peroxide (3% solution)
- 1 teaspoon liquid dish soap
- Optional: a few drops of essential oil (lemon or tea tree for fresh scent)

Instructions:

1. Mix the baking soda and hydrogen peroxide in a bowl.
2. Add the dish soap and stir until well combined.
3. If desired, add essential oil for fragrance.
4. Transfer to a spray bottle for easy application.

How to Use:

- **Pre-treat stains:** Spray or apply directly onto the stain.
- **Let it sit:** Allow it to sit for 10-15 minutes for stubborn stains.
- **Launder:** Wash as usual with your regular detergent.
- **For deep stains:** Repeat if necessary before drying.

Note: Always test the stain lifter on a small, hidden area of fabric to ensure it doesn't cause discoloration.

Natural Homemade Stain Lifter – Step-by-Step Guide

Ingredients Needed:

- 1/2 cup baking soda
 - 1/4 cup hydrogen peroxide (3% solution)
 - 1 teaspoon liquid dish soap
 - Optional: a few drops of essential oil (lemon or tea tree for fresh scent)
 - Spray bottle (preferably glass or plastic)
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Step 1: Prepare the Stain Lifter Solution

1. **Gather all ingredients** and ensure the spray bottle is clean.
 2. **Pour 1/2 cup baking soda** into a mixing bowl or directly into the spray bottle.
 3. **Add 1/4 cup hydrogen peroxide.**
 4. **Mix in 1 teaspoon of liquid dish soap.**
 5. **Optional:** Add a few drops of essential oil for a fresh smell.
 6. **Stir or shake** gently until all ingredients are well combined.
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Step 2: Pre-treat the Stain

1. **Identify the stain** on your fabric.
 2. **Spray or apply** the homemade stain lifter directly onto the stained area generously.
 3. **Gently rub or blot** the solution into the fabric with your fingers or a soft brush.
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Step 3: Let it Sit

1. **Allow the solution to sit** on the stain for **10-15 minutes**.
 2. For stubborn stains, **patience pays off**—you can leave it longer, up to 30 minutes.
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Step 4: Launder as Usual

1. **Wash the garment or fabric** in your washing machine according to the care label.
 2. Use your regular laundry detergent.
 3. If the stain is particularly tough, **repeat the pre-treatment** and wash again.
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Step 5: Dry and Check

1. **Dry the fabric** as usual—air dry or tumble dry.
 2. **Inspect the stain** after drying.
 - If the stain persists, repeat the process before using heat, which can set stains.
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Additional Tips:

- **Test first:** Always perform a patch test on a hidden area to ensure colorfastness.
 - **Use in moderation:** Avoid using hydrogen peroxide on delicate or dark fabrics regularly.
 - **Store leftovers:** Keep the solution in a labeled bottle away from children and pets.
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Homemade Hair Cleanser (Natural Shampoo Alternative)

Ingredients:

- 1/4 cup liquid castile soap
- 1/4 cup distilled water or mineral water
- 1 teaspoon apple cider vinegar (for shine and pH balance)
- 1 teaspoon carrier oil (like coconut, jojoba, or argan oil) — optional for added moisture
- A few drops of essential oil (lavender, tea tree, peppermint)

Instructions:

1. In a bottle or squeeze bottle, combine the liquid castile soap and water.
 2. Add the apple cider vinegar.
 3. If using, add the carrier oil and essential oil.
 4. Shake well before each use.
 5. **Use:** Wet hair thoroughly, apply a small amount, massage into scalp, and rinse thoroughly.
Note: If your hair feels too greasy or too dry, adjust the amount of vinegar or carrier oil accordingly.
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Homemade Body Wash

Ingredients:

- 1/4 cup liquid castile soap
- 1/4 cup distilled water or herbal-infused water
- 1 tablespoon aloe vera gel (for soothing and moisture)

- 1 teaspoon carrier oil (coconut, avocado, or jojoba)
- A few drops of essential oil (lavender, eucalyptus, lemon, or chamomile)

Instructions:

1. Pour the castile soap into a pump bottle or container.
 2. Add the water or herbal infusion.
 3. Mix in the aloe vera gel, carrier oil, and essential oils.
 4. Shake gently to combine.
 5. **Use:** Wet skin, dispense a small amount, massage over body, and rinse with water.
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Tips for Use & Storage:

- Store the homemade cleansers in a sealed container and shake before each use.
 - Use within a month for best freshness.
 - Be mindful of how your skin and hair respond; adjust ingredients if needed.
 - Test first on a small skin patch or hair section to avoid irritation.
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Homemade Long-Lasting Refreshing Home Mist

Ingredients:

- 1/2 cup distilled water
- 1/4 cup witch hazel or vodka (acts as a preservative and helps the scent last longer)
- 20-30 drops essential oil(s) of your choice (lavender, lemon, eucalyptus, peppermint, or a blend)
- Optional: 1 teaspoon glycerin (for longer-lasting scent and to help the mist cling to surfaces)

Instructions:

1. **Combine Ingredients:**
 - Pour the distilled water and witch hazel (or vodka) into a spray bottle.
2. **Add Essential Oils:**
 - Drop in your chosen essential oils.
 - You can blend oils like citrus (lemon, orange) with a floral (lavender) or herbal (eucalyptus) scent for a personalized aroma.
3. **Optional:** Add glycerin if desired.
4. **Shake:** Gently shake the bottle to mix all ingredients well.
5. **Use:** Lightly mist the air, fabrics, or surfaces around your home. Avoid spraying directly on delicate furniture or electronics.

Tips for Long-Lasting Effect

- Store the mist in a cool, dark place to preserve the potency of the essential oils.
- Spray onto fabrics like curtains, cushions, or clothing for a longer-lasting fragrance.
- Reapply every few hours for continuous freshness.