

GREEN CLEANING

{home and body}



<https://www.waukeshacounty.gov/productdisposal>

recycling@waukeshacounty.gov





HOME

1.



Drain Cleaner

- 1/2 cup baking soda
- 1/2 cup vinegar
- Pot of boiling water

Instructions:

Pour boiling water down the drain, pour in baking soda and vinegar and cover with drain stopper. Let set for 10 minutes. Unplug the drain and pour more boiling water down the drain and clear drain with hot tap water. Repeat as needed.

Dish Soap

- 1 1/4 cup boiling water
- 1 1/4 cup grated castile soap bar
- 1 tbsp. washing soda
- 1/4 cup liquid castile soap
- 15-20 drops essential oils

Instructions:

Add grated castile soap to boiling water, mix until dissolved. Add washing soap, stir. Add liquid castile soap, stir. Remove mixture from heat and let cool before adding essential oils. Transfer to soap dispenser and use as normal soap.





HOME

2.



All Purpose Cleaner

- 1/2 cup white vinegar
- 2 tbsp baking soda
- Few drops of essential oil (Tea Tree or Eucalyptus)
- water

Instructions:

Combine ingredients into a spray bottle- add water to fill.

Glass Cleaner

- 2 cups distilled water
- 1/2 cup white vinegar
- 10 drops essential oils

Instructions:

Mix all ingredients in a spray bottle and gently shake until fully combined.





HOME

3.



Wrinkle Release Spray

- 1 cup water
- 1 cup vinegar
- 15 drop of essential oil of your choosing

Instructions:

Combine ingredients into a spray bottle and shake well to combine.

Tip: Use colorless essential oils to avoid stains!

Carpet Deodorizer

- 1 cup baking soda
- 20-30 drops essential oils of your choosing
- 1 tbsp dried herbs or flowers

Instructions:

Mix ingredients in a glass mixing bowl. store in a glass container. To use sprinkle mixture into carpet and let sit for at least 15 minutes. Vacuum up the powder when time is up.

Tip: Works great for mattresses and upholstery!





BODY

4



Toothpaste

- 2/3 cup baking soda
- 1 tsp fine sea salt
- 10-15 drops of peppermint essential oil
- filtered water

Instructions:

Mix all ingredients together and add water until desired consistency

- Sea Salt can be omitted if too salty
- Essential oils can be traded out for 1-2 tsp of peppermint extract

Shampoo

- 1/2 cup distilled water
- 1/4 cup liquid castile soap
- 2 tsp avocado oil
- 1/8 tsp peppermint essential oil
- 1/8 cup tea tree essential oil
- 1 tsp vegetable glycerin (Optional)

Instructions:

Combine ingredients into a bottle. Shake well before each use. Lather and rinse!





NON-TOXIC INGREDIENTS

{That really work}

5.

Castile Soap



Castile soap can be a liquid or a solid and comes in many scents for you to choose from. This vegetable-based product is great for lifting dirt out of anything!

Vinegar



Vinegar is a jack of all trades, from killing E.coli and salmonella to cutting through hard water mineral scale and removing dirt, it does it all!

Hydrogen Peroxide



Hydrogen Peroxide works well as a degreaser. It is also known for its disinfecting properties, keeping your home safe and clean.

Baking Soda



Baking soda is a gentle scrub that won't scratch. Removing tough stains, neutralizes foul odors (looking at you pet owners) and cleans difficult areas like the microwave and tile grout.

These ingredients reduce your exposure to toxic chemicals, improve indoor air quality, and can be more cost efficient than store bought cleaners.

