

**The Scentual Home- A Visit Back
to Shore-**

Unit 6B

Cleaning With Essential Oils



Cleaning with Essential Oils (Unit 6B)



Transformations:

- 1) Start to enjoy cleaning more by creating nifty cleaning products.
 - 2) Increase your health by ditching non-green, commercial cleaning products
 - 3) Increase your product creation skills.
 - 4) Make cost-effective, tailor made cleaning products.
 - a) Create a furniture cream.
 - b) Create a laundry soap.
 - c) Create a floor cleaner.
 - d) Create a window cleaner.
 - e) Create a bathroom cleaner.
 - f) Make a dishwasher soap- (if you have a dishwasher).
 - g) Create some wet wipes.
- Luxuriate in a job well done!

The Genie of Cleaning-2

Creating Sparkle-



I haven't stopped hoping I can clean my home by wiggling my nose, or crossing my arms and wishing. But it hasn't happened for me, yet.

It is however, more fun and healthy to clean with non-toxic, home-made cleansers, than with the commercial variety.

Knowing how to create your own product makes you into a virtual "Genie of Cleaning."

The topic of cleaning was started in Practical Potions 1, but here are some more simply sparkingly ideas.

I Believe in Genie, (Practically) Magical Spray

(Review- Base Recipe)



Add 10% essential oil to 90% water. Eucalyptus, orange, lemon, pine and tea tree all make effective spray cleaners. Take your pick and enjoy breathing without the toxins.

Cautions: Remember to shake the concoction well before using and do not spray into eyes. Essential oils are sometimes destructive to plastics or certain furniture and finishes. Always try on a non-obvious spot, such as under a counter, before you apply to ensure it does not cause a stain or reaction. Do not use eucalyptus in a home with children under the age of 10. Never leave your cleaning mixtures in a place where children or pets might drink them.

Shiny Genie Furniture Cream-

Everyone needs a genie in the house to tidy up. This cream may enhance Genie's helpfulness.

1 cup (237 ml or 8 oz.) Safflower or Almond Oil

2/3 cup Coconut oil (160 ml or 5.4 oz.)

1.5 oz. Beeswax

1 cup Distilled Water (237 ml or 8oz)

Essential Oil- 3 mls (60 drops)- choose from pine, spruce, cedar, lemon or rose geranium, depending on the properties and scent you would like.



1. Combine oils and beeswax. Heat gently until beeswax melts.

2. Remove from heat.

Add this oil mixture into the blender and let it cool to room temperature.

4. Drizzle room temperature water and the essential oil mixture into the top of the blender, until it glugs and gets thick.

5. Pour into sterile glass containers.

House Brownie's Laundry Soap-

Brownie's, have mischievous natures, but are known to hold useful domestic knowledge. This is their age-old recipe for laundry detergent.

4 cups of soap flakes

4 cups baking soda

4 cups washing soda
(sodium carbonate)
and

1. 1/2 cup borax.

Wear rubber gloves while making this product, as washing soda is caustic. Do not get in eyes, or onto skin. Keep safely away from children, as this mix is toxic, if taken internally.



Stir ingredients well in a small, re-sealable plastic pail with a tight-fitting lid to prevent moisture, pets and children from entering.

Use up to 1/2 cup per load of laundry in a top load washer. Use only 1-2 tablespoons in a front-load washer. When ready to wash, mix 2 drops of your choice of essential oils of: lavender, tea tree, eucalyptus, spruce, palmarosa, lemongrass or lemon onto the soap mixture, per load.

Add to the washing machine. (Check with the manufacturer to ensure your washer can handle essential oils.) Avoid the rubber or plastic parts of the machine, as essential oils may eat through them.

All-Purpose Laundry Soap



½ cup baking soda

½ cup powdered Castile soap

½ cup washing soda (sodium carbonate)

1 cup borax

4 drops essential oil of choice, optional

Mix all the dry ingredients together. If you are going to add an essential oil, divide the dry soap mixture into 4 equal parts. Add 1 drop essential oil to 1-part soap, and put through a hand sifter to mix. Wear a face mask and gloves while you do this. Keep away from children and pets. Repeat with each of the 4 parts. Mix the parts back together and put the entire mixture through the sifter 1 or 2 more times. Store in a tightly closed container and let sit for a few days.

Hard Wood Floor Cleaner-

I have a wonderful mop with an upside-down bottle on it that is attached to a sprayer. I can direct my spray wherever I want it and fill the bottle with whatever concoction I can think of. I am sparse with the water on my hardwood floors, as wood tolerates water reluctantly.

You may not have a mop exactly like mine, but the following recipe might be useful for you. Remember wood does not like water, be discerning about the amount you get onto the floor.

Always patch test first to ensure the floor responds well. Essential oils may damage the finish on your floors, so be careful. Look for streaks and too much water, etc. before proceeding. Adjust your recipe if necessary.



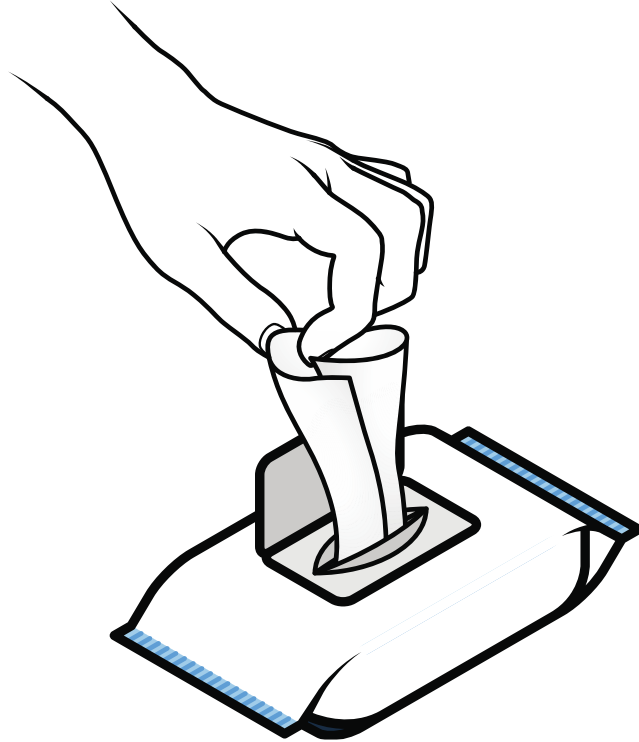
1 cup very hot water

1 and a 1/2 cups vinegar

10 drops essential oil- (Choose from tea tree, palmarosa, lemon, lemongrass, pine, rosemary).

Home Made Wet Wipes-

Use paper towels or blue micro-paper towels depending on your purpose.



Get a tall, thin, glass container with a good lid. Carefully, cut or saw the paper towel roll into a size that will fit into the glass container.

Stick the new, smaller sized cylinder into the glass container. Saturate with a mixture of 25% purified water, 75% white vinegar and 30 drops essential oils of tea tree, oregano, thyme, peppermint, eucalyptus, orange- etc. If you have small children under 3 around, do not use peppermint, eucalyptus, thyme or oregano-use the gentler essential oils.

Pull one sheet of paper towel up, to allow for the roll to unroll easily with each tug. If it ever dries out, add more vinegar and water to the mix. You now have your own wet wipes for cleaning your hands or your home.

GENTLE WINDOW CLEANER



1/2 cup witch-hazel extract

2 teaspoons liquid Castile soap

2-15 drops essential oil of choice, optional

5 cups vinegar

6 cups warm water

Mix all the ingredients together in a glass spray bottle and shake well. Shake well prior to each use and store in a cool, dark place.

(Shelf life: 4 to 6 months.)

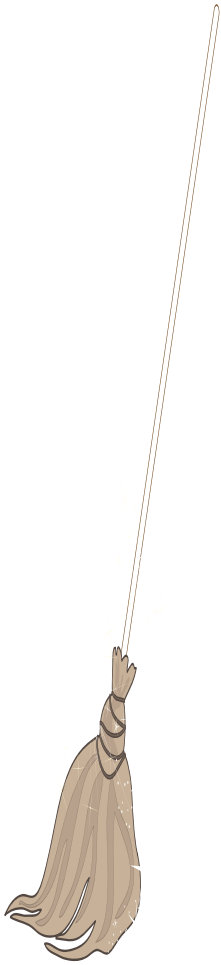
Many commercial window cleaners contain toxic chemicals that can be easily absorbed through the skin. This is safer.

More Magical Cleaning Tips:

TO CLEAN TOILETS AND KITCHEN FLOORS:

Adapted from- Karyn Siegel Maier Storey Books

Use grease-cutting oils such as cinnamon, orange, or wintergreen. Diluted to 5-10% in water.



FOR CLEANING GLASS OR SHINY SURFACES:
clarifying oils such as peppermint, lemon, or lavender.

FOR DISINFECTING: antiseptic oils such as rosemary, juniper, tea tree, or eucalyptus.

BATHROOM Dow Bathroom Cleaner contains dimethyl benzyl ammonium chloride, which can burn eyes and skin. Many traditional scouring cleansers, like AJAX powder, contain crystalline silica, an eye, skin, and lung irritant, classified as "reasonably anticipated to be a human

carcinogen" by the National Institute of Environmental Health Sciences.

SCOURING BATHROOM CLEANSER



1 teaspoon borax
1Tbsp. liquid Castile soap
2 teaspoons baking soda
4 drops essential oil of: tea tree, eucalyptus, lemon or peppermint.

For easy jobs:

Add to a cup of hot water in your bathroom sink or a small bowl.

Dip your microfiber cloth into this and clean your porcelain.

For more heavy- duty jobs:

Use the concentrated formula without the water and use a scrub brush for more impact.

Natural Toilet Cleaning- By Wellness mama

If you are still using the “call the poison center if you eat, drink, inhale or look a this wrong” type cleaners, try these instead. All of the ingredients are food grade and can be used in cooking (though I definitely wouldn’t eat them because of the concentration of baking soda and citric acid).

Note: I haven’t tried flushing the toilet before this has fully dissolved, but I would not suggest trying it (I’m thinking that kind of pressure in pipes isn’t the best idea!)

Toilet Cleaning Fizzies Ingredients Wellness Mama

- 2 cups [baking soda](#)
- 2/3 cup [citric acid](#)
- [Essential oils](#) of preference (I used 30 drops each of lemon and orange)
- A misting spray bottle with water or vanilla extract

Toilet Cleaning Fizzies Instructions

1. Mix the baking soda and citric acid in a glass bowl. I suggest wearing a mask and some latex gloves for this to protect your skin and eyes).
2. Slowly mist the dry power with water, mixing as you go.
3. You want to barely wet the powder to get it to stick together in the mold. Literally 1-2 sprays should be enough and too much will cause fizzing.
4. Add the essential oils and continue mixing.
5. **When done mixing, you’ll need to separate this mixture into single use sizes.** You can either use a 1/2 – 1 tsp measure and place them on a piece of parchment paper until they dry, or use a silicon mold.
6. Let dry overnight and carefully place in an airtight container like a jar or a gallon zip lock bag and use as needed.



Car Cleaning Tips

Review from Intro Course

Use essential oils to clean your car.

- a) Add 1-10% orange or grapefruit oil into water in a spray bottle to make a pleasant and effective **degreasing spray** for the car- especially good for windows.
- b) You may use a few drops of lemon, palmarosa or lavender, in a pail of hot water with 1 Tbsp. of liquid castile soap, for an overall wipe.

Do not get straight essential oil onto plastic, leather or rubber, as it may ruin the surface.

(Test any surface in a non-visible spot, even with diluted mixtures before using on larger areas, to ensure it does not cause damage).

Dishwasher Soap

3 Cups Washing soda
1 ½ Cups Baking Soda
1 ½ Cups Citric Acid
¾ Cup Kosher Salt
¾ Cup White Vinegar
30 Drops Essential oil of choice

Ice Cube Tray

Method:

Mix all the dry ingredients together in a bowl. Gradually add the vinegar, a small amount at a time. Mix in the essential oil and pack the mixture into an ice cube tray. Set the trays into a warm spot and let them dry for at least 24 hours.



Sources:

<http://www.mamashealth.com/doc/cleanprod.asp>

http://www.ehow.com/facts_5802351_harmful-chemicals-dish-soap.html

<http://articles.mercola.com/sites/articles/archive/2011/12/21/are-you-slowly-killing-your-family-with-hidden-dioxane-in-your-laundry-detergent.aspx>

<http://www.choice.com.au/reviews-and-tests/babies-and-kids/factsheets/safety/dishwasher-detergent-danger.aspx>

Terminology

From the Naturally Clean Home- Karyn Siegel Maier Storey Books

Thomas Aleen & Son. (A great book to invest in- and an inspiration for some of the recipes provided to you in this course).



IT CAN BE HARD to make sense of all the forbidding terms you find on the labels of household cleaners. Understanding the buzzwords on them can

help.

CAUTION/WARNING Any and all hazardous outcomes.

CORROSIVE Will destroy any living tissue that it touches.

TOXIC Capable of causing personal injury or illness through ingestion, inhalation, or absorption through any body surface.

HIGHLY TOXIC Causes death in laboratory animals within 14 days when orally administered, when inhaled continually for one hour or less, or when in continuous contact with bare skin for 24 hours or less.

POISON -"Highly toxic," or contains 4 percent or more by weight of methyl alcohol, 5 percent or more by weight of benzene, or carbon tetrachloride in any amount, all extremely poisonous to humans and domestic animals.

IRRITANT Any substance that is not corrosive but induces a local inflammatory reaction when in prolonged, repeated, or immediate contact with normal living tissue.

STRONG SENSITIZER
Causes normal living tissue to become hypersensitive through an allergic or other reaction.



COMBUSTIBLE Liquid that burns when exposed to temperatures between 100 and 150 degrees Fahrenheit.

HAZARDOUS Can cause substantial personal injury or illness as a result of reasonably foreseeable handling or use (including ingestion by children).

DANGER A hazardous substance that is also extremely flammable, corrosive, or highly toxic.

Chemical cleaning products toxic to health

Most people appreciate a clean living space -- freshly laundered sheets, scrubbed floors, spotless windows, sparkling faucets.

BY THE EDMONTON JOURNAL NOVEMBER 26, 2005

Most people appreciate a clean living space -- freshly laundered sheets, scrubbed floors, spotless windows, sparkling faucets.

Prior to the Second World War, most household cleaning was done using relatively simple and safe products such as castile soap, baking soda and vinegar. After the war, however, the proliferation of petroleum-based chemicals allowed corporations to manufacture ready-made cleansers. Over the past 60 years, many of these companies have also taken advantage of (if not helped create) people's belief that to protect themselves from infectious disease they must kill all bacteria, not just wash them down the drain.

Companies have been remarkably successful with this campaign, particularly in the last decade with the introduction of antibacterial agents. These chemicals, most popularly triclosan, can be found not only in cleaners, but also lotions, toys, toothbrushes and even socks and underwear.

Marketers use a variety of terms -- antibacterial, antimicrobial, disinfectant, and antiseptic -- interchangeably to suggest that their products will prevent disease. However, only approximately 60 per cent of the 5,000 antimicrobial products registered by the U.S. Environmental Protection Agency actually kill infectious bacteria.

The value and effectiveness of these products were recently called into question when federal health advisers reported to the U.S. Food and Drug Administration that studies found no significant difference in infections in households using antibacterial products and those with regular soap and water. The advisers also expressed concern about how these products could ultimately contribute to the growth of antibiotic-resistant bacteria.

While strong disinfecting cleaners such as bleach have proven to help keep bacteria, viruses, and fungi in check, for the average home such products are chemical overkill that only provides temporary protection (it doesn't take long for germs to return). Many experts agree that except for hospitals, or those people with compromised immune systems, it is unnecessary -- if not detrimental -- to use chemical cleaners.

There is also growing evidence that exposure to bacteria might be important to the development and maintenance of our immune systems. According to the "hygiene hypothesis," bacterial assaults actually help children's immune systems to develop.

If you're still determined to grab the bleach and disinfect, it is important to understand the potential health risks, especially to children, of chemical products. Many common household cleaners contain ingredients known to be carcinogens (cancer-causing), endocrine-disrupters, or reproductive toxins not to mention lung and skin irritants.

Research has found that women who work in the home are at a 54 per cent higher risk of developing cancer than women who work outside the home. This research adds to the growing body of work about the dangers of long-term, low-level exposure to chemicals. In children, research shows that the risk for leukemia and brain tumours increases dramatically in households using home and garden pesticides, herbicides and insecticides. The statistic becomes more disturbing when you consider that the more than 275 different active ingredients in antimicrobial products are classified by the EPA as pesticides.

Chemical-based products also create high levels of indoor air pollution. So much, in fact, that the indoor air of an average Canadian home on a cleaning day can be hundreds, even thousands of times more contaminated than the outdoor air in the most polluted of cities.

There are natural, safe solutions, however. Most cleaning can be easily handled using everyday ingredients such as baking soda, vinegar, salt, lemon juice, vegetable oil, soap, borax, hydrogen peroxide and washing soda. For those looking for safer, ready-made options, there are also a growing number of products to choose from, many of which can be picked up at your regular grocery store.

FURTHER INFO:

- Children's Health Environmental Coalition, www.chechnet.org
- Environmental Health Association of Nova Scotia, www.lesstoxicguide.ca