

Your DIY Low Tox Home



BY ALEX STUART

MULTI-PURPOSE SPRAY

Yes, it's antibacterial too! Use this on kitchen surfaces, around sinks, window sills, mantles, shower tiles. Just not wood.

1 cup white vinegar from distillate (eg
1 cup water
1/2 teaspoon eucalyptus oil (tea tree oil is great too)
1/2 teaspoon rosemary oil (optional. It's very calming as an aroma to have about the place. you could of course use whatever other essential oils excite you. It's your custom design!)

What to do?
Pop it all into a spray bottle. Shake before use.

MOULD KILLER

2 cups of water (for a seriously bad mould issue, do 1 cup to ramp up the clove bud oil concentration)
14 drops each of clove oil and tea tree oil (If you don't have tea tree, just up your clove bud oil.)

What to do? Put the water and oils into a spray bottle. Shake before use. Spray onto affected areas. Leave for 20 minutes, and then come back with your multi purpose spray and give the whole area a good wipe down.

A further note is that white vinegar is great for mould removal and I often do a 'double pronged attack' of 1/2 1/2 water vinegar with the clove bud oil, just to make sure it's blitzed.

STAINLESS STEEL CLEANER

Cut a lemon in half. Squeeze a little into your morning veggie juice or smoothie. With the remaining lemon in the squeezed half, wipe all over your sink, laundry sink, casually – honestly, no need to break a sweat. Then wipe it down. Shiny and new. All grease, caked on bits... everything gone.

WOODEN OR LEATHER FURNITURE POLISH

Olive oil. Dab a little on a tea towel and polish. There. That's it. Seriously. Do wooden furniture, leather furniture and leather shoes.

GLASS CLEANER

Dilute Vinegar half half with water and use newspaper to wipe windows and mirrors. Simple. Add 5 drops of clove oil if you're getting mould in the winter from condensation on the windows.

OVEN CLEANER

(Taken from Super Natural Home, by Beth Greer, 2009)

In a jar put:

Equal parts sea salt, vinegar and bi carb soda. 1/4 cup of each is good for your average sized oven.

What to do?

Turn the oven on 180C / 350F and put an oven dish, half full of water in the oven and 'bake' to create steam for about half an hour. Do not add the paste to this dish. Cool oven a little before scrubbing your paste on the oven walls. Wipe down. Rinse with a couple of watery tea towels. Done.

Don't add an essential oil to this one. Rose geranium baked pumpkin anyone? No thank you!

CREAM CLEANSER

1/2 cup bi carb soda in a jar

1 tablespoon of coarse salt.

1/2 cup water and mix. If a paste hasn't formed, keep adding a little water, bit by bit until you have a paste.

Add 10 drops of essential oil of your choice for beautiful fragrance.

Scrub the bath (gosh that's fun isn't it? no?)

FLOOR CLEANER

2 cups water

2 tbsp Dr Bronner liquid soap

1/2 cup vinegar

10-20 drops essential oil of your choice (I like eucalyptus for disinfecting the floors and a citrus oil for freshness in the air, so I do a combination of 10 drops of each)

1 tablespoon bicarb soda (if you don't have anything to 'scour' you can skip the bicarb)

Mix and bottle and shake a little before use, as needed.

NOTE: For varnished floors and polished concrete floors, double the castille soap and ditch the vinegar and bicarb.

JEWELLERY CLEANER (silver, copper and brass)

Place some aluminium foil in a bowl. Place a tbsp or two of bicarb soda and a teaspoon of salt in the bowl with enough boiling water to cover the item in question. Dip the item into this solution and leave to clean for 5 minutes. Take out and rinse.

THE LOO

1/2 cup bicarb soda sprinkled around the loo with 10 drops of a good quality eucalyptus or tea tree oil dropped into the water.

Pour now 1/2 cup of vinegar over the bicarb and as it bubbles up, use your toilet brush to swirl things around and give everything a good disinfect and clean.

The bicarb is magic for smelly 'situations' too so keep a packet of that behind the loo, open instead of those fake weirdo sprays!

If your toilet bowl is a bit stained, you can do a good tablespoon of hydrogen peroxide soak too and leave it all there for 30 mins before flushing.

[Wellness Mama Toilet Cleaning Fizzies](#)

GROUT CLEANER

Pour 1/3 cup baking soda into a big glass bowl

Add very slowly, 3% hydrogen peroxide (or 6% readily available at most chemists, diluted half half) until you get a paste. Scrub into the grout on tiles and leave for 30 mins. Come back and rinse off.

Double this quantity if you're in dire need and you have a large bathroom. Soup it up as an anti mould growth grout cleaner with a tsp Neem oil, Clove Bud or Tea Tree in the mix.

If this doesn't clean your grout and your grout is old, it may simply need replacing.

LIME SCALE IN COFFEE MACHINE OR KETTLE

Your kettle is a ready-made liquid container, so the descaling process is pretty simple.

Start by quarter-filling the kettle with vinegar or lemon juice and leave for an hour. Then, leaving in the acid, top up the kettle with water and boil it. Pour out the boiled water before it cools, then rinse out the kettle with several changes of cold water to remove any traces of vinegar or lemon juice (not a good taste with coffee).

This method can also be used to descale coffee makers. Add the acid to the water compartment as before, then top up with water and run the coffee-making process with this solution and no coffee. Repeat this twice with plain water to rinse.

DISHWASHER RINSE AID

Once a month, do an empty load with a cup of vinegar through it to keep things fresh.

LAUNDRY

Washing Powder

- [My Healthy Green Family Borax-free Laundry Detergent](#)
- [Wellness Mama Laundry Detergent](#)

Another great DIY recipe as submitted by a course taker who swears by it.

- 1 bar natural soap, finely grated (Dr Bronner's or Weleda for example).
- 1 Cup of washing soda (Lectric Soda. Can purchase at supermarket)
- 1/2 Cup salt
- 1/4 cup citric acid
- 20ish drops of essential oil (I like lemon or eucalytus)

Stain Removing Options

- Bicarb soda rubbed into a paste with water and scrubbed onto whites like arm pits and collars, then pop items into a general wash. Great for carpet stains too but don't leave on overnight for it might lighten the carpet. Just scrub on with a little water. 30 mins, Rinse out and soak up.
- Dab some eucalyptus oil onto the stain and then wash as normal. Different methods work for different people, fabrics and stains themselves.
- Use hydrogen peroxide 6% from the pharmacy, diluted 1/2 1/2 water / 6% –
- For a spot stain on clothing, simply dab onto stain and let it soak there for 5 minutes before continuing with the wash.

- For a carpet stain (think Red wine) mix a couple of tbsp each of 6% hydrogen peroxide and dish detergent (Castille soap) and rub into the stain. Blot and rinse and soak up with water and tea towels after it's had 10 minutes to work some magic. Repeat if needed.

Fabric softener

- Super simple option: A 1/2 cup of bicarb soda or 1/3 cup apple cider vinegar with 5 drops essential oil at the rinse cycle.
- DIY 'yummy smelly' version
2 cups of Epsom salt
20 drops of your favorite essential oil or blend of scents
1/2 cup baking soda
What to do: Simply mix the essential oils of your choice in with the epsom salts. Once those two are mixed, combine your bicarb in there as well. Keep in a jar and use 1/3 cup per wash, about half way through or even from the beginning, it will work well.

Dryer Balls

- [How to make Dryer Balls](#)

NATURAL AIR FRESHENER

Get a spray bottle at the ready!

Fill a measuring cup with:

- 1/2 cup of water
- 1/4 cup white alcohol (gin or vodka is good for this)
- 20 drops total of your favourite essential oil, or blend of a couple you like.

Pour into spray bottle.

CANDLES

- [Olive Oil Candles](#)
- [Candle Made out of an Orange](#)

PERFUME

- [Homemade Perfume with Essential Oils](#)