

7 Simple Natural Household Cleaners

Non-Toxic Recipes & Resources

Introduction

Want a clean, healthy home—without the overwhelm? You're in the right place. This guide keeps it simple: seven easy, effective, and natural cleaning recipes. No complicated DIY projects—just mix and go! Let's dive in.

A Quick Note on Safety

Bleach has its place, but use it wisely. It can irritate the skin, trigger breathing issues, and—when mixed with vinegar—create harmful fumes. Check **Chapter Two** for ingredient breakdowns, dos and don'ts. This eBook is brought to you by Temptation Aromas (www.TemptationAromas.com) where all of our romantic body products are healthy, phthalate-free, and paraben-free.

How to Get Started

- Choose which recipes work best for your home.
- Take inventory—what ingredients do you already have?
- Invest in glass or metal spray bottles (they last longer!).
- Organize your cleaning supplies—maybe add roll-out shelves under the sink.
- Mix your cleaners, and if you love a little scent, go for phthalate-free essential oils.

Each recipe is flexible—swap scents, adjust strengths, or keep it scent-free. Your home, your rules!

Thank you for respecting the work of this author!

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Chapter One: What You'll Need

Tools & Supplies

- **16 oz spray bottles** – Preferably glass or BPA-free plastic.
- **1-gallon container** – Ideal for bulk mixes.
- **½ pint jar** – Perfect for homemade furniture polish.
- **Silicone ice cube tray** – Great for dishwasher detergent tabs.
- **Labels & permanent marker** – Avoid mystery mixtures!

Core Ingredients

- Baking soda
- Beeswax (for furniture polish - 0.15 oz)
- Coarse salt
- Distilled or filtered water
- Distilled white vinegar
- Essential oils (phthalate-free) or dried herbs (optional)
- Liquid castile soap (unscented or scented)
- Hydrogen peroxide
- Isopropyl alcohol (70%)

- Lemon balm
- Local honey (antibacterial for body wash)
- Microfiber cloths
- Organic jojoba oil
- Super washing soda
- Vegetable glycerin

Optional Additions

- Essential oils: Lemon, fir, lavender, tea tree
 - Real lemon juice
 - Fresh rosemary, mint, lavender, sage, thyme, or oregano
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Chapter Two: Ingredient Guide & Safety Tips

What NOT to Mix

- **Vinegar + Castile Soap** – Causes curdling.
- **Vinegar + Baking Soda** – Fun science experiment, not a pre-mixed cleaner.
- **Vinegar + Hydrogen Peroxide** – Releases harmful fumes.
- **Bleach + Anything** – Especially vinegar, alcohol, or ammonia (dangerous gases!).

Ingredient Benefits

- **Castile Soap** – Non-toxic, biodegradable, and safe on most surfaces.
- **Vinegar** – A natural deodorizer; avoid on granite or stone.
- **Isopropyl Alcohol (70%)** – Great disinfectant; avoid on rubber, vinyl, or painted wood.
- **Hydrogen Peroxide** – Effective disinfectant for laundry and surfaces.

Safety Musts

- Use clean, new containers to prevent unwanted reactions.
 - Label everything clearly.
 - Follow dilution guidelines to prevent irritation.
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Chapter Three: Recipes & Instructions

1. All-Purpose Cleaner with Castile Soap

- 1 cup distilled water
- 1 Tbsp unscented liquid castile soap
- 10-15 drops essential oil

Instructions: Mix in a spray bottle. Use on kitchen counters, appliances, painted surfaces, tile, wood, and more. Wipe clean with a damp cloth.

2. Heavy-Duty Cleaner (Disinfectant)

- 1 cup distilled water
- 1/2 cup isopropyl alcohol (70%)
- 1 tsp castile soap
- 10 drops each lemon & fir essential oils

Instructions: Mix and store in a glass spray bottle. **Do NOT mix hydrogen peroxide with vinegar.**

3. Vinegar Bathroom Cleaner & Scrub

Vinegar Infusion:

- 1/4 cup fresh rosemary, mint, lavender, sage, thyme, or oregano
- 1 1/2 cups distilled white vinegar
- Equal part distilled water

Instructions: Infuse herbs in vinegar for two weeks, strain, and mix with water.

Toilet Bowl Scrub:

- 1/2 cup baking soda
- 1/2 cup Vinegar Infusion

Instructions: Pour into the toilet, scrub, and flush.

4. Furniture Polish

- 1 tsp lemon balm
- 1 oz organic jojoba oil
- 0.15 oz beeswax

- 20-25 drops lemon essential oil (optional)

Instructions: Melt beeswax with jojoba oil over low heat. Stir, add essential oil, store in a jar. Buff onto wood surfaces.

5. Liquid Laundry Detergent & Fabric Softener

Laundry Detergent:

- 112 oz hot distilled water
- 1/4cup super-washing soda
- 1/4 cup baking soda
- 1/4cup liquid castile soap
- 1 tsp lavender essential oil (optional)

Fabric Softener:

- 6 cups distilled white vinegar
- 1 cup baking soda
- 15 drops essential oil (optional)

Instructions: Store separately. Use 1/3 cup detergent and 1/2-1 cup softener per load.

6. Dishwasher Cubes

- 1 cup super-washing soda
- 1 cup baking soda
- 1 cup coarse salt
- 3/4 cup distilled white vinegar

Instructions: Mix, press into an ice cube tray, and let dry for 24-48 hours.

7. Liquid Body/Hand Soap

- 1/3 cup liquid castile soap
- 1/3 cup local honey
- 1/3cup organic jojoba oil (or avocado/almond/coconut oil)
- 30-50 drops essential oil

Instructions: Mix well, store in a glass pump bottle, and shake before using.

Chapter Four: Trusted Sources & Resources

Learn More

- **EWG (Environmental Working Group):** www.ewg.org
- **Dr. Bronner's:** www.drbronner.com
- **Books:** *Homemade Beauty* by Annie Strole
- **Local Markets:** Check for phthalate-free soaps and candles.

Bonus Recipe: Citrus Vinegar Cleaner

- 1 orange peel
- 1 quart white vinegar
- Optional: cinnamon stick, cloves, rosemary, sage, thyme, lavender, peppermint

Instructions: Infuse vinegar with citrus peels in a glass container for two weeks. Strain and use as a natural degreaser! May be stored for a couple of months like this. Or in the refrigerator up to 6 months. Uses; full strength for tough stains, dilute to 1 cup water, 1 cup solution in spray bottle for all purpose cleanser, window cleanser.

That's it! Simple, effective, and safe DIY cleaners for a healthier home.