



RECIPE

Natural Laundry Detergent



Ingredients

- ½ c. Epsom Salt
- 1 ⅓ c. Baking Soda
- 1 ½ c. Washing Soda
- ¼ c. Sea salt
- 20 drops, essential oil of choice

Preparation

1. **Place all ingredients except essential oil in a jar w/ lid.** Shake gently to mix thoroughly.
2. **Add desired essential oil while mixing with a spoon.** I enjoy rotating lemon, rosemary, or orange.
3. **Use 2-3 teaspoons per load.** Safe for both whites and colors.

Tips

Baking soda will just about clean anything. I use it in my laundry, surface cleaner, and baths. Buy yours in bulk at places like Costco.



RECIPE

General Cleaner



Ingredients

- 2 c. water
- ¼ c. vinegar
- 2 Tbls. Baking soda
- 10 drops, Tea tree essential oil
- Spray bottle

Preparation

4. **Place all ingredients in a spray bottle.** Shake gently to mix thoroughly.
5. Use as a glass or surface cleaner, for appliances or the toilet bowl.

Other Considerations



Inspection Areas

6. **Hepa air filters for home and vacuums**
7. **Remove carpets if possible**
8. **Inspect pipes under sinks** looking for leaks or moisture, which leads to mold.
9. **Remove scented candles, air fresheners** known to contain [QUAT's](#). Use an essential oil diffuser instead but use care with pets.
10. **Inspect pilot lights**
11. **Furniture materials (off-gassing)**
12. **Cosmetics**
13. **Replace your body lotion with a neutral oil** like almond or sunflower oil instead