

Green Cleaning

For Beginners

A complete guide
to making
natural cleaning
products for
every room in
your home



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Sustain Your Life



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Should any reader choose to make use of the information contained in this book, this is their decision. It is recommended that the reader also obtains his or her own independent advice.



*“We may not be able to change the world
but we can always change our
immediate environment”*


Contents

Introduction	5
Cleaning Kit	6
Our All Purpose Cleaning Recipes	7
Kitchen & Dining	8
Living/Lounge Room	9
Bathroom & Laundry	10
Floors	12
Cookware & Furniture Polish	13
Bedrooms	14

Introduction

With the world full of toxic chemicals, you can still choose to clean your house and workplace in a safer way.

Over time commercial cleaning products can build up in the body and cause a number of health problems, you may think using them will keep away the common cold but really, you are filling your body with chemicals worse than the common cold.



Hi from Shannon & Steve, we are glad to have you here!

Here are our best, simple, and effective cleaning recipes that you can make at home using safe ingredients. It can make your home and workplace a safer place to be for you, your family, and your employees.

Get your children and family members to assist as more hands make light work, getting your children to help may instil a level of cleanliness in them for later in life (you also get to show them safe ways to clean)

If you have a house cleaner get them to use these products, they may even use them in their own home, then you have done a good deed for the environment and their family.



Remember you will be doing nature a great honour through reducing your chemical use.

When you care for yourself, you care for nature.

Visa/Versa

When you care for nature, you care for yourself.

Everything is connected and it's a win/win situation!



Let's begin!

Shannon Laver

Cleaning Kit

You do not have to get top of range products for this either, which will save you a large amount of money compared to commercial cleaning products. The only cleaning agents that have to be top shelf are the essential oils, as fake ones will not have the antibacterial benefits.

If in doubt that these will give a thorough clean and you choose to purchase commercial products always choose environmentally friendly products. They still do the cleaning in the same way without the chemical effect or residue.

Cleaning Kit	
Wash cloths- soft and abrasive Scrub brush Bottle brush Tooth brush Old rags and socks- cut up clothes or linen you no longer use	Towels just for cleaning Gloves Broom and mop Spray bottles x4 Bucket x2 Toilet brush Vacuum cleaner
Cleaning Agents	
Bicarbonate soda Distilled vinegar & apple cider vinegar Distilled water Washing soda Beeswax Oil- linseed, sunflower or olive Natural soap flakes or enviro friendly dish liquid Cornflour Salt Lemons	Essential oils- Lavender, lemon, tea tree, eucalyptus, rosemary, peppermint Herbs- Lemon balm & thyme, rosemary, chamomile, sage, lavender, mint Soft drink or citric acid powder Toothpaste Vodka, not for drinking on the job ;)



Our All Purpose Cleaning Recipes

All Purpose 2

Using a spray bottle add
1tsp of dish liquid **or**
2tbs soap flakes dissolved in a little boiled water
½ tsp bicarb soda
1tbsp of vinegar
If using essential oils add them now, 5-6 drops. Mix slowly
Top with distilled water and shake. Release any built up air then reseal.

Give a small shake before use to re disperse any settled ingredients. Store away from heat.

All Purpose 1

Fill spray bottle with equal parts of distilled water and vinegar. Shake well. Vinegar smell disappears when dry.



How
Simple!

All Purpose 3

Lemon and bicarb soda.
Just sprinkle the Bicarb and squeeze lemon juice to make a strong scrub for heavy build up

All Purpose Cleaning Dough

To clean places that cannot get wet such as the TV screen, use this cleaning dough.

6tbsp flour
3tbsp vinegar
1tsp salt

Tip out onto a floured surface and knead well. Wrap in cling wrap and store in the fridge.



Kitchen & Dinning

The kitchen is one of the most important rooms to keep clean, as this is where we prepare and eat our food. If we do not regularly clean this room, it can result in serious health hazards such as food poisoning. Cleaning the kitchen using commercial chemicals can actually taint our food even further so it is wise to choose human friendly cleaning options; by choosing them, you also benefit the greater environment.

Garbage

When you take out the garbage, you can sprinkle bicarb soda in the bottom of the bin before you replace the (biodegradable) bag.

You can also wipe over the bin with **all-purpose cleaner 1**.

Fridge

You should not use disinfectants in the fridge as it can taint your food. Clean using a solution of bicarb and warm water. Do the same for your microwave, dishwasher and oven.

Wipe over using vanilla essence in warm water for a fresh and non chemical smell.

Don't forget to put a ½ cup of bicarb in the fridge to absorb any growing smells, change once a month. (option put a drop of lemon essential oil in the bicarb cup)

Must be high quality essential do to do this!

Dish Liquid

Using an empty dish liquid container or sauce bottle

Grate ¼ cup of soap flakes and place into container

Add 2 cups of distilled hot water (not boiling)

Mix until dissolved and wait until cool

Add ¼ cup glycerine

10 drops of essential oil- lemon or peppermint

Mix well, but slow, as you do not want to create a heap of bubbles. Store away from heat. The essential oils and distilled water will prevent bacteria growth; rosemary oil is also good for this. Alternative bacteria busters are olive leaf extract and colloidal silver.



Living/Lounge Room

The most common area of the home, most of us spend a majority of our time here out of all the other rooms of the home. By keeping this area clean, we reduce the risk of ill health.

Tables

Wipe over coffee tables or high traffic benches using **all-purpose cleaner 1 or 2** If you have a wooden, slate or marble coffee table see our floor section for specific care.

Toy Box

Wipe down all toys with the **all-purpose cleaner 1** as you put them away, this will reduce germ build up and is safe for children.

Dusting

Dust surfaces using a damp, but not wet, washcloth. You can purchase special dust cleaning cloths and all you need to do is wipe and wash for later use. Feather dusters do not pick up all dust; they just push it around in the air only to settle again.

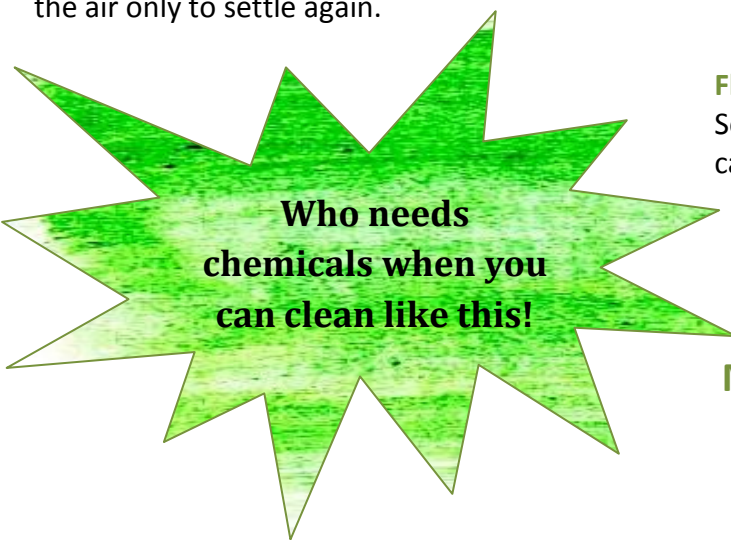
Natural Antibacterial Air Freshener

Using a spray bottle add

- 1 cup of distilled water
- 1 oz of vodka
- 10-20 drops of essential oil- eucalyptus, lavender, rosemary, or lemon.

Anti-Bac Blend- 4 drops eucalypt, 4 drops Lavender, 4 drops rosemary. It will smell as if you are walking in a forest!

Shake well and spray around the room, can use on fabric furniture and carpet but test a small patch for dye run before you apply liberally.



**Who needs
chemicals when you
can clean like this!**

Floors

See our section on special care for specific floor types.

Many more recipes to come!

Bathroom & Laundry

These are the main rooms we use to keep ourselves clean and if it is not clean, it can make it difficult to really keep ourselves clean. They are the most common rooms for mould growth and other common germs. Rest assured that our tips and recipes will lighten the load.

General Cleaner

Wipe over benches, bath, shower floor, and tiles using **all-purpose cleaner 2**

Wiping down tiles after you shower or bath can prevent grime and mould build up. Always use the fan in the roof or regularly open a window to dry the room after having a bath or shower.

For grime on tiles cut a lemon and rub on tiles, leave for 15 mins then use abrasive cloth to wipe.

Sink & Bath Cleaner

Using a small bowl or old butter container add 1 cup of bicarb soda ½ cup of dish liquid- add any essential oils to this before you mix- lemon is great! ½ cup of water. Mix well and apply to sink, bath and shower floor. Use an abrasive cloth to scrub, if grime is heavy use a scrubbing brush. Rinse off when done.

Glass & Mirror Cleaner

All-purpose cleaner 1. Use a damp washcloth to clean then wipe using newspaper to dry. A squeegee is a great option for a quick, streak free dry.

Mould Killer

In a spray bottle put
1 cup of vinegar
1 cup of warm water
1 tbsp of bicarb soda
5-10 drops of tea tree
Give a good shake and spray on the mould, let sit for 10-20 mins then scrub using a scrubbing brush. Rinse when done.

It Works!

Simple Fabric Softener

Add 1tbs of vinegar or Epsom salts to rinse water

To freshen up your dryer put a few drops of essential oil on a cloth and add to towels when drying.

To remove washing powder or liquid build up in your machine wash some towels using a hot wash once a month.

Drain Cleaner

Keep your drains smelling fresh with this

Sprinkle down the drain a solution of

¼ cup of bicarb soda
¼ cup of salt
Follow with 4-5 cups of boiling water.

Clean all hair from drain, use an old coat hanger to get big clumps out.



Toilet Cleaner - for heavy build up

For built up grime in toilet bowl sprinkle ¼ cup of citric acid in the bowl and let sit for 10-20 mins. Scrub using toilet brush.

Alternatively pour a bottle of soft drink into a bucket and soak some paper towel in it. Pull out the paper towel and place all around your toilet, let it sit for ½ -1 hour. Wipe what you can with the paper towel and dispose in the rubbish or compost. Clean as normal.

Any stains can be rubbed using a pumice stone. The stone softens in water and will not scratch.

Washing Liquid

Using an old liquid or milk container add
¼ cup fine grated natural or aromatherapy
10-12 cups of hot-warm distilled water
4 tbsp of washing soda
1tbsp of salt
10-12 drops of essential oil- tea tree, eucalyptus or lavender.

Shake well, release any built up pressure and reseal. Store away from sunlight.

Washing Powder

4 cups of fine soap flakes
4 cups of washing soda
½ -1 cup of fine salt
Mix and store in an airtight container.
Use ½ - ¾ cup per wash

Use gloves when handling washing soda as it can be a skin irritant when used straight. Follow instructions on packaging.

Cloth Nappies

Scrape the bulk of it in the toilet and soak soiled nappies in a bucket of hot water with ¼ cup of bicarb soda. Wash as normal. Tip this water out in the garden or on your lawn.



Floors

Floors are a high traffic area and we bring in germs from our shoes. Even if we take our shoes off at the door, your floors will still need a mop at least once a week. Mop your floors according to floor type.

Wood Floor

3-4 tbsps of herbs- chamomile for light coloured floors, sage for dark coloured floors. Pour over 1-2 cups of boiling water and let it seep for 15-20 mins.

Put 2 tbsps of oil and 1 tsp of soap flakes into a bucket and fill with warm to hot water. Add herbal water.

Be sure to wring out your mop so you do not saturate the floor, if it gets too wet wipe over with a towel.

Slate or Stone

Fill a bucket with hot water and add $\frac{1}{4}$ cup of bicarb soda.

You do not need to use disinfectants or washing agents as it will leave a tainted film over your floors and start to discolour.

Marble

Never use bleach on marble as it will start to crystallise. Follow the same as tiles omitting the vinegar. You can polish up marble using a bicarb paste then wipe off.

Natural Carpet Deodoriser

Ground $\frac{1}{4}$ cup of dry herbs into a fine powder- lavender, lemon balm or thyme, rosemary or mint.

Add $\frac{1}{2}$ cup of bicarb soda
 $\frac{1}{2}$ cup of cornflour

Place in a salt or pepper shaker and shake well.

Sprinkle this over your carpet and leave for 15-20 minutes then vacuum. When using a deodoriser on carpet be sure to clean your vacuum filter often as it can cause a blockage and make your vacuum over heat.

Tiles & Lino

-Fill a bucket with hot water

-Add $\frac{1}{2}$ cup of vinegar and 1tbsp of dish liquid or

-2tbsps of dissolved soap flakes



Cookware & Furniture Polish

Silverware Polish

Bicarb soda and a little water
Or Toothpaste
Or Ash from cigarettes or fire place

Bring water to the boil in a pot, place aluminium foil at the bottom. Put in your silverware then sprinkle bicarb soda in, it will bubble. Once bubbles have stops remove silverware and wash well.

Brass Polish

¼ cup of flour
¼ cup salt
Vinegar to mix into paste. Use a rag to polish

Basic Polish

½ cup of oil
½ cup of vinegar
2tbs lemon juice
Pour into an old jar and shake well. If it does not seem to be mixing together use a bar mix.

Dip the edge of a cloth into solution and rub over furniture.

Copper Polish

Tomato sauce on a rag
Or lemon juice and salt

Beeswax Polish

- 15gm beeswax
- 60ml oil
- 1tbsp lemon juice or
- 5 drop of lemon essential oil

Pour all ingredients (except for essential oil) into a Pyrex jug and place into a pot of simmering water, use a egg ring to keep it off the bottom of the pot. Wait until beeswax has melted then remove from heat. Once it has cooled a little add the essential oil. Stir well and pour into an old tin or container, keep in fridge to solidify.

Works well!

Wood Polish

You can wipe over wood with tea water, dry it off and then use straight oil or beeswax polish to buff it up.

Bedrooms

The room we sleep in, if not kept clean we can make ourselves sick during our sleep. Stay on top of it with these easy ideas.

Wipe down surfaces using **all-purpose cleaner 1**

Spray room using **natural air freshener**

Change bed sheets, turn and flip the mattress over. Spray mattress using **natural air freshener**. Wait until dry before making the bed again.

Use the **natural carpet deodoriser** in the floor section, and then vacuum the room. Make sure you get under the beds.

Give a small spray of **all-purpose cleaner 1** in your wardrobe and over your clothes, this will help prevent any musty smells.

During winter put an open box of bicarb soda at the bottom of your wardrobe and sprinkle in your draws. This will help prevent musty and mouldy smells.



Conclusion

We have come to the end of this book. We hope you enjoy making your own cleaning products and use them all the time. You can now clean without choking on any strong chemical smells and know what ingredients you are using!

Be sure to share these tips and advice with people you know so they can save money as well!



How Using Natural Products Benefits the World

You now know the benefits of using natural products, but have you thought about...

Where they end up after you use them?

Making your own products can reduce contamination to the land and waterways, producing healthier food and animals!

When you purchase commercial products, do you ask yourself
How they were made?

Making your own products can reduce the need for animal testing!

What we do to nature, we do to ourselves.

And remember...

You are making a big contribution to the world with every natural product you use!

About Us

We are ordinary people wishing to do extraordinary things.



Shannon Laver

**Earth Warrior, Blogger, Avid Gardener,
Mother & Friend**

Shannon's mission is to teach and provide you tools to create a healthy and sustainable lifestyle.

She combines all her knowledge and wisdom then shares it with you to manifest health, wealth, and a greener future.

With [Sustain Your Life](#), she aims to help people learn, create, and lead sustainable lives.



Steven Cross

**(behind the scenes) Earth Warrior, Garden Guru, Father
& Friend**

Steven's mission is to teach you how to create an enjoyable and sustainable garden.

He combines his knowledge and shares it with you and the world so we can all make good use of our land.

To find out more about us visit - [Here](#)

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