

# NATURAL NEST

*Non-Toxic*

HOUSE CLEANING



*DIY Cleaning Recipes*

# Clean House Essential Oil



## blends

### Clean & Fresh

3 drops Lemon, 2 drops Peppermint, 3 drops Eucalyptus

### Clean Air

3 drops Lavender, 3 drops Eucalyptus, 3 drops Tangerine

### Clean kitchen

2 drops Lime, 2 drops Lavender, 1 drop Lemon, 1 drop Rosemary

### Spring Cleaning

3 drops Lemon, 2 drops Lavender, 2 drops Rosemary

### Warm House

4 drops Lemon, 2 drops Rosemary, 1 drop Vanilla Oleoresin

### Cozy Home

3 drops Lavender, 2 drops Bergamot, 2 drops Frankincense

### Time to purge

4 drops Lemon, 2 drops Lemongrass, 2 drops Peppermint

### Sparkly Clean

3 drops Eucalyptus, 2 drops Orange, 2 drops Lime

### Recharge

3 drops Juniper, 3 drops Grapefruit, 2 drops Fir



# DIY House Cleaning Recipes



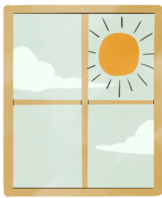
## Carpet Freshener

### Ingredients:

15 drops essential oil of choice  
1 cup baking soda

### Instructions:

Pour baking soda into glass jar. Add essential oils. (Ex: lemon and tea tree, lemongrass, rosemary or lemon) Sprinkle on carpet and let sit a minimum of 15 minutes or overnight then vacuum.



## Window Cleaner

### Ingredients:

2 cups Distilled Water  
1/3 cup Vinegar  
1/3 cup rubbing alcohol  
10 drops Lemon Essential Oil

### Instructions:

Combine essential oil with alcohol in 16oz glass spray bottle. Add distilled water and vinegar and shake to combine.



## Dishwasher Deep Clean

### Ingredients:

2 cups Vinegar  
8 drops Lemon essential oil

### Instructions:

Take out grate at bottom of dishwasher and wash in sink then return to dishwasher.  
Pour 2 cups of vinegar into small glass bowl.  
Add lemon essential oil.  
Place bowl in the top rack of dishwasher facing up.  
Close the dishwasher and select the hottest cycle.  
Run for a full cycle with only the container inside.



## Tea Tree Shower Spray

### Ingredients:

3 oz water  
1 oz high proof alcohol  
30 drops Tea tree  
15 drops Lemon  
15 drops Rosemary

### Instructions:

Pour the alcohol into the 4 oz glass spray bottle.  
Add the essential oils and gently stir. Add the water. Close the bottle and shake well. Spray in bathroom and shower stall! Use after every shower to discourage germs and mold from accumulating.

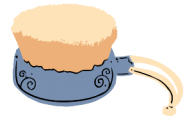
## Kitchen and Bathroom Cleaning Scrub

### Ingredients:

10 drops Pine  
10 drops Eucalyptus  
10 drops Lemon  
1 cup Baking Soda  
3 tablespoons Castile soap  
1 tablespoon White Distilled Vinegar

### Instructions:

Combine essential oils and Castile soap.  
Add vinegar. Mix with baking soda.  
Add more vinegar or Castile soap to smooth consistency to liking. Use as abrasive scrub to help remove soap scum, buildup and grime.



## Toilet Bowl Cleaner

### Ingredients:

1/4 cup Castile soap  
1/2 cup Baking soda  
1 cup warm water  
1/4 cup Vinegar  
10 drops Tea Tree essential oil

### Instructions:

Mix all ingredients in small bowl and stir.  
Transfer to squeeze bottle.  
To use, squirt around toilet and scrub with brush.



## Washing Machine Cleaner

### Ingredients:

1 cup vinegar  
1 cup baking soda  
15 drops Tea Tree essential oil  
10 drops Lemon essential oil

### Instructions:

Combine essential oils and vinegar in a cup.  
Add baking soda directly to drum of empty machine and close door. Add vinegar mixture to the bleach cup.  
Run a wash cycle with extra rinse. Once cycle is complete, open and wipe out inside of door, drum, and gasket. Leave the door open to dry