

Tips and Tricks

Clean and Green by Trudy Stewart, 2010 OEFFA Conference

Always, Always, Always use clean bottles and mark what's in them.

Remember all you really need to clean your home is baking soda and vinegar. The other recipes and essential oils just make it more fun.

Most all essential oils are antiseptic and disinfectants the citrus family especially. So have fun mixing and matching. For cleaning purposes essential oil properties will stay good forever but the scent strength may fade. It takes years though!

Club soda is a very effective window cleaner and spot remover for carpet stains if used immediately.

For candle wax on carpet, cover area with a brown bag, set an iron to a low setting and run the iron over the bag. The wax melts and absorbs into the paper. The only thing that may be left behind is a stain from the color of the candle.

Purchase a pumice stone (yep like the one for your feet). It's the best toilet scrubber ever. It scrubs off the stains and deposits without scratching the bowl.

Another idea for closet deodorizers is to push a bottle of cloves into an orange. Hang to dry and place in closets. Cedar oil on cotton balls works well also.

Placing $\frac{1}{4}$ to $\frac{1}{2}$ cups of baking soda in your rinse water will soften clothes.

Placing $\frac{1}{4}$ vinegar in rinse water will help eliminate static.

Add a small piece of material with your favorite scent on it into the dryer to scent your clothing.

For dishwashers, use 2 T baking soda to 2T borax in place of commercial cleaners. Or mix 50/50 in big batches and use 4T at a time.

For scented candles, Light candle and when a little wax melts put a few drops of your favorite oil into the melted wax. Essential oils are not true oils so they won't flame up.

For some more scented vinegars...

use 50 drops peppermint oil to 1 gallon vinegar (energizing)

or 75 drops lavender to 1 gallon vinegar (calming)

or 75 drops tea tree oil to 1 gallon vinegars (disinfecting)

Essential Oil Tips

Essential oils are not true oils. They are extracts of plant materials distilled down into concentrated forms, which can then be used for various purposes.

When you consider that 80–90% of the drugs in use today come from plant sources it gives you an idea of the incredible potential of these oils.

Suggested oils for kitchen cleaning are:

Lemon – for grease cutting and uplifting scent why do you think commercial cleaners use it?

Peppermint – for antibacterial and uplifting scent

Eucalyptus – for antibacterial, disinfecting and calming scent

Pine – If you like pine sol make your own!

Bergamont – antibacterial, disinfecting, and bactericide, plus its my favorite

Suggested oils for the bathroom are:

Tea Tree oil – it's your bathroom friend kills mold mildew and leaves an earthy scent

This bathroom blend is from Valerie Ann Worwoods Complete Book of Essential Oils and Aromatherapy it's great!

5 drops bergamont

10 drops lavender

5 drops cinnamon

10 drops lemon

10 drops citronella

I add it to 1 cup baking soda in a parmesan cheese shaker and store with my towels when I'm not using it's wonderful smelling and a powerful cleaner.

Suggested oils for the bedroom are:

Jasmine – studies have shown people have slept better when this oil is present in the bedroom.

Yling Ylang – also a great relaxing oil plus having antibacterial properties.

Take your favorite oil 10–20 drops to 1 cup of vodka or alcohol (no don't drink it) place in a clean bottle and use as a mattress and/or pillow spray.

If you have a cold place a few drops of eucalyptus oil in a potpourri warmer or use the scented candle method (put a few drops in warm wax of candle). It really helps open your sinuses.

For halls and open areas consider light floral oils or change with the seasons.

Most Important Have Fun!!