

GATEKEEPERS OF OUR HOME

THERE IS SO MUCH INFORMATION NOW ON HOW TOXIC AND DANGEROUS THE PRODUCTS WE ARE CLEANING OUR HOMES WITH ARE.

WE ARE BUYING PRODUCTS THAT WE ASSUME ARE SAFE, BECAUSE THEY ARE ON SALE IN THE SHOPS,

WE HOPE/TRUST THAT THE BIG BRANDS AREN'T HIDING ANYTHING FROM US. BUT SADLY THEY ARE.

WE ARE PAYING MONEY TO BUY PRODUCTS TO MAKE OUR HOMES SAFE, WHEN IN FACT, WE ARE ONLY BRINGING PRODUCTS INTO OUR HOME ENVIRONMENT, THAT MAKE IT MORE UNSAFE.

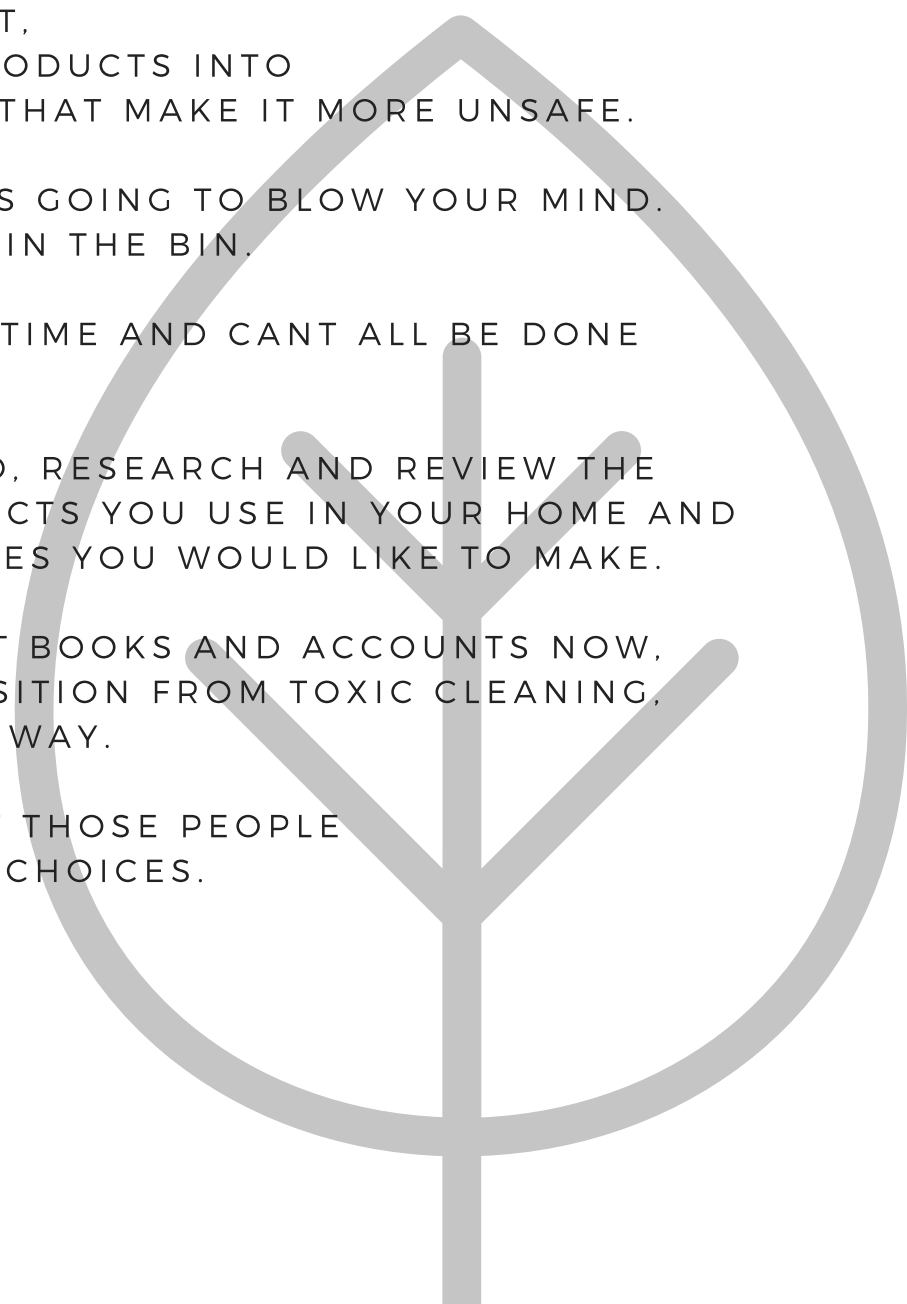
IF YOU ARE LIKE ME, THIS IS GOING TO BLOW YOUR MIND. YOU'LL WANT TO THROW IT IN THE BIN.

BUT THESE CHANGES TAKE TIME AND CANT ALL BE DONE OVERNIGHT!.

I ENCOURAGE YOU TO READ, RESEARCH AND REVIEW THE CURRENT CLEANING PRODUCTS YOU USE IN YOUR HOME AND THEN DECIDE WHAT CHANGES YOU WOULD LIKE TO MAKE.

THERE ARE SO MANY GREAT BOOKS AND ACCOUNTS NOW, THAT WILL HELP YOU TRANSITION FROM TOXIC CLEANING, TO A MORE NATURAL, SAFE WAY.

I LIKE TO THINK I'M ONE OF THOSE PEOPLE HELPING YOU MAKE GOOD CHOICES.



BY INTRODUCING MORE NATURAL WAYS TO CLEAN OUR HOMES, WE WILL:

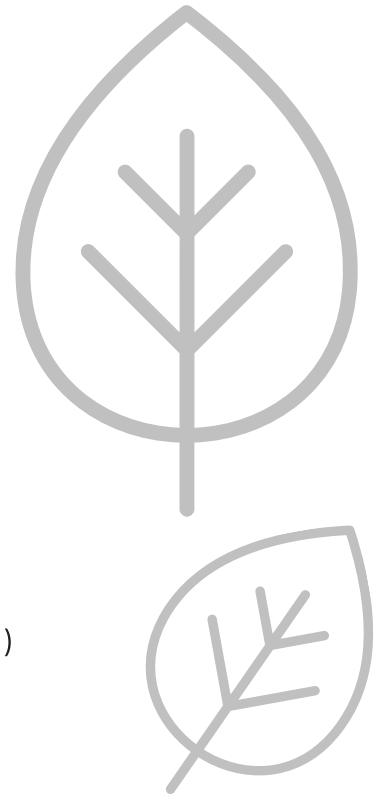
BE KINDER TO OUR ENVIRONMENT
CREATE A CLEAN TOXIC FREE HOME
IMPROVE AIR QUALITY
DECREASE RESPIRATORY PROBLEMS AND SKIN ALLERGIES
SAVE TIME AND MONEY.

TOXINS TO DITCH:

PHTHALATES
CHLORINE (SODIUM HYPOCHLORITE)
PHOSPHATES
(SYNTHETIC) FRAGRANCES
DYES
FILLERS
ISOTHIAZOLINONES
BROMINATED FLAME RETARDANTS
BISPHENOLS
TRICLOSAN

STORE CUPBOARD MUST HAVES:

- CITRIC ACID
- SODIUM BICARBONATE
- SODIUM PERCARBONATE (OXYGEN BLEACH)
- SODA/WASHING CRYSTALS
- CORNFLOUR
- ESSENTIAL OILS.
- SALT
- FRESH LEMONS
- WHITE VINEGAR
- CASTILLE SOAP (DR.BRONNERS)
- SALS SUDS (DR.BRONNERS)



THE HOMEYHAVEN HAS TAKEN EVERY CARE IN RESEARCHING THE RECIPES IN THIS GUIDE. ALTHOUGH THESE RECIPES HAVE BEEN CAREFULLY MADE AND CHOSEN NOT TO VASUE DAMAGE, CAREFUL CONSIDERATION SHOULD BE APPLIED TO THE TYPES OF SURFACE MATERIALS THEY ARE BEING USED ON. THE HOMELYHAVEN IS NOT RESPONSIBLE FOR ANY REACTION TO SKIN, SURFACES OR CLOTHES USING THESE PRODUCTS. THOUGHTS AND OPINIONS EXPRESSED IN THIS GUIDE ARE ALL MY OWN.

CLEANING VS DISINFECTING

CLEANING **REMOVES** GERMS, DIRT, AND IMPURITIES FROM SURFACES OR OBJECTS.

CLEANING WORKS BY USING SOAP AND WATER TO **PHYSICALLY** REMOVE GERMS FROM SURFACES.

DISINFECTING WORKS BY USING **CHEMICALS** TO **KILL** GERMS ON SURFACES OR OBJECTS.

WE NEED BACTERIA IN OUR HOMES.

GOOD BACTERIA HAS SUCH A PART TO PLAY IN A HEALTHY HOME AND HEALTHY FAMILY.

BUT BECAUSE OF THE MAGIC GENIUS OF MARKETING TEAMS, EVERY TIME WE HEAR THE WORD BACTERIA WE WANT TO ATTACK IT WITH OUR ANTIBACTERIAL SPRAYS.



NATURAL SURFACE SPRAY ALTERNATIVES

CASTILE SOAP AND VINEGAR ARE A GOOD START. IF DIY ISN'T SOMETHING YOU WANT TO START OFF WITH SOME PRODUCTS I SUGGEST TRYING ARE:

THE BIO D RANGE, KINN LIVING RANGE, YOUNG LIVING THIEVES NATURAL PLANT BASED CLEANER

BEST ESSENTIAL OILS FOR CLEANING AND DISINFECTING

CINNAMON, THYME, TEA TREE, OREGANO, PEPPERMINT, EUCALYPTUS , CLOVE AND LEMON.

I ALSO ADORE THE THIEVES BLEND (YOUNG LIVING OIL).



CASTILE SOAP

CASTILE SOAPS ARE MADE FROM VEGETABLE OILS, TRADITIONALLY OLIVE OIL.

I USE DR.BRONNERS CASTILE SOAP AND ITS MADE PRIMARILY FROM A MIX OF ORGANIC COCONUT OIL, OLIVE OIL, HEMP OIL, JOJOBA AND PEPPERMINT OIL.

I HAVE TRIED A FEW OTHER CASTILE SOAPS, BUT FOUND THEY HAVE TOO "OILY" OF A SMELL. EVERYONE IS DIFFERENT THOUGH!

CASTILE SOAP IS SUCH A VERSATILE PRODUCT AND CAN BE USED FOR CLEANING YOU HOME AND FOR YOUR BODY!



CASTILE SOAP USES:

WASHING UP LIQUID/HANDWASH

MIX WITH BAKING SODA FOR A GOOD ABRASIVE CLEANER FOR STUBBORN SHOWER DOORS/KITCHEN SINKS.

WASH YOUR MAKE UP BRUSHES IN IT.

BODY/HAIR WASH.

FRUIT/VEGETABLE WASH.

FLY/ANT SPRAY.

SO SO MANY MORE!

DID YOU KNOW?

SOAP KILLS 99% OF GERMS AND BACTERIA.

ANTIBACTERIAL HANDWASH KILLS 99.9% OF BACTERIA & GERMS.

I THINK I WILL STICK TO OLD FASHIONED SOAP/CASTILE SOAP AND SAVE MY HANDS FROM DRY & CRACKED SKIN!

DISH LIQUID|HANDWASH

125ML CASTILLE SOAP

375 ML COOLED BOILED WATER

4 DROPS LEMON EO

4 DROPS THIEVES EO

4 DROPS ORANGE EO

1 TBSP WITCH HAZEL

MIX WELL TOGETHER IN YOUR DISPENSER.

ALTERNATIVELY FOR DISH LIQUID YOU CAN USE SALS SUDS AND DILUTE WITH WATER.



DIY CITRUS SURFACE CLEANER

PEEL FROM 4 ORANGES.
250ML VINEGAR.

PACK THE ORANGE PEELS INTO A JAR AND TOP UP WITH VINEGAR.
LEAVE FOR 4 WEEKS (OCCASIONALLY GIVE THE JAR A SHAKE).
STRAIN THE MIXTURE, PLACE IN A SPRAY BOTTLE
AND TOP UP WITH EQUAL AMOUNT OF WATER.



GREAT ON KITCHEN/BATHROOM SURFACES.
NOT SUITABLE FOR MARBLE/STONE.

SOAP BASED GENERAL CLEANER

300ML GLASS SPRAY BOTTLE
2 TBSP CASTILE SOAP

15 DROPS ESSENTIAL OIL, CITRUS OILS WORK BEST,

MIX THESE ALL TOGETHER AND TOP UP WITH COOL, BOILED WATER.

MOULD AND MILDEW

CASTILE SOAP 1 PART
WATER 2 PARTS
20 DROPS TEA TREE OIL

COMBINE IN A SPRAY BOTTLE, SPRAY ON THE
MOULD PATCH AND LEAVE FOR 30 MINS.

CLEANING PASTE

A GREAT ALTERNATIVE TO CIF!

1 TBSP CASTILLE SOAP
1 TBSP BAKING SODA
MIX IN A PASTE AND RUB OVER AREA.
WIPE OFF WITH A MICROFIBRE CLOTH.

LIMESCALE

WHITE VINEGAR AND A HARD BRUSH/TOOTHBRUSH.

SOAK OR SPRAY THE VINEGAR ON THE AREA AND LEAVE FOR 1-2 HOURS.
FOR TAPS/SHOWER HEAD, SOAK A LITTLE CLOTH IN VINEGAR
AND TIE AROUND THE TAP/SHOWERHEAD. REAPPLY IF NEEDED.

NATURAL DESCALER FOR BATHROOMS AND TAPS

4 TSP CITRIC ACID
500ML WARM WATER
10 DROPS CITRUS ESSENTIAL OIL

MIX IN SPRAY BOTTLE. SPRAY OVER SHOWER DOORS/TAPS, LEAVE FOR
15 MINS THEN WIPE OFF AND POLISH OFF WITH DRY CLOTH. STORE IN
A COOL DARK CUPBOARD.

OXYGEN/PURE BLEACH

WHAT IS IT?

SODIUM PERCARBONATE / OXYGEN BLEACH IS A SAFE AND NON-TOXIC, BIODEGRADABLE DISINFECTANT, THAT IS YOUR BEST ALTERNATIVE TO HARSH CHLORINE BLEACH.

WHEN DISSOLVED IN WATER IT RELEASES OXYGEN, WHICH ACTS AS A POWERFUL STAIN REMOVER AND DEODORISER. IT BREAKS DOWN HARMLESSLY TO OXYGEN, WATER AND SODIUM CARBONATE.

IT IS A GREAT ALTERNATIVE TO CHLORINE BLEACH IN THE BATHROOM

DISSOLVE IN WARM WATER TO SAFELY CLEAN AND DISINFECT THE LOO AND CLEAN DRAINS.

ALSO USE TO EASILY AND SAFELY CLEAN AND BLEACH SINKS, BATHS, CUPS, MUGS.

DIRECTIONS FOR USE:

TOILETS: 1 TBSP INTO 1 LTR OF BOILING WATER,

SINKS/DRAINS: 2TBSP INTO A SINK OF HOT WATER AND LEAVE TO SIT FOR 30 MINS. RINSE.

TEA STAINS: 1TSP IN A MUG OF BOILING WATER. LEAVE FOR 10MINS, RINSE.

LAUNDRY:1-2TBSP IN YOUR LOAD OF LAUNDRY, AS A STAIN BOOSTER.

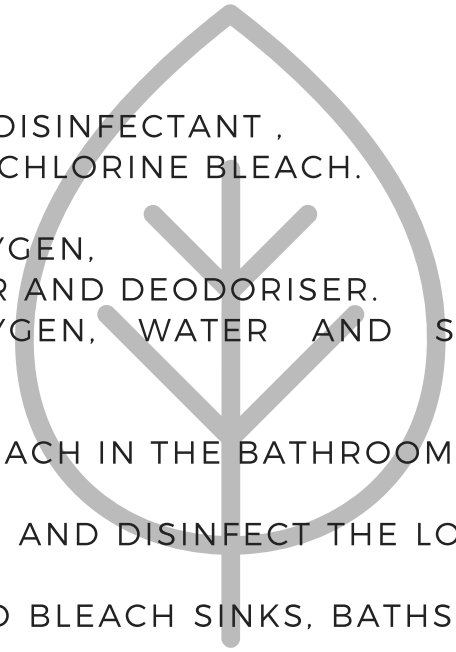
NEVER MAKE UP A BOTTLE OF SODIUM PERCARBONATE, AS IT IS A ACTIVE SOLUTION, AND COULD EXPLODE. THE SOLUTION REMAINS ACTIVE FOR 5 HOURS.

TOILET FIZZ

FOR GENERAL FRESHENING BETWEEN CLEANS

6 TBSP BAKING SODA
2 TBSP CITRIC ACID
2 TBSP SODIUM PERCARBONATE
3 DROPS PEPPERMINT
3 DROPS LEMON

MIX WELL TOGETHER AND STORE IN AIRTIGHT JAR. KEEP A LITTLE EYE ON IT THAT IT DOESN'T GO HARD IN THE FIRST 12 HOURS. KEEP BESIDE TOILET, USE A LITTLE SPRINKLE WHEN NEEDED!





DIY DISHWASHER TABS

8 TBSP BAKING SODA
8 TBSP SODA/WASHING CRYSTALS
4 TBSP DISHWASHER SALT
4 TBSP VINEGAR
6 DROPS LEMON EO
6 DROPS ORANGE EO

MIX ALL TOGETHER,
THEN PACK TIGHTLY INTO A ICECUBE TRAY.
LEAVE FOR 24 HOURS IN AIRING CUPBOARD TO HARDEN.
POP OUT AND STORE IN AIRTIGHT CONTAINER.

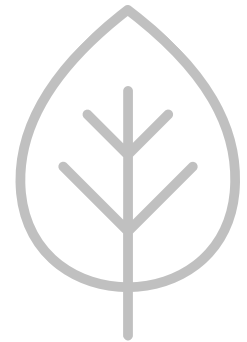
TOP TIPS FOR BEST RESULTS

- RINSE YOUR DISHES BEFORE PUTTING INTO THE DISHWASHER.
- CHECK YOUR FILTER AND WATER JETS ARE CLEAN AND CLEAR.
- USE WHITE DISTILLED VINEGAR FOR RINSE AID. OR THIEVES CLEANER PER INSTRUCTIONS.
- DON'T OVERFILL YOUR MACHINE
- IF YOU NOTICE A WHITE RESIDUE ON YOUR DISHES MAYBE REDUCE A LITTLE OF THE BICARB, AND YOU CAN ALSO PUT A TSP OF CITRIC ACID IN ALONG WITH THE DISHWASHER TAB..

DISHWASHER DETOX

WHITE DISTILLED VINEGAR
1/2 LEMON

MAKE SURE DISHWASHER IS EMPTY.
PLACE 25ML OF WHITE DISTILLED VINEGAR IN A BOWL AND
PLACE BOWL IN TOP RACK OF DISHWASHER.
POP HALF A LEON IN CUTLERY BASKET..
RUN ON A LONG, HOT CYCLE.
ONCE FINISHED LEAVE FOR 30 MINUTES, THEN REMOVE BOWL AND GIVE
DISHWASHER A WIPE AROUND, INCLUDING THE SEALS AND DOOR.



MICROWAVE DETOX

SMALL BOWL OF WATER
1/2 A LEMON

POP THE LEMON IN THE BOWL OF WATER AND PLACE IN YOUR MICROWAVE.
SET TIMER FOR FIVE MINUTES, THEN LET THE BOWL SIT FOR A FURTHER FIVE
MINUTES AFTER IT FINISHES.
REMOVE BOWL AND WIPE AROUND THE PLATE, TOP AND SIDES.

THE LAUNDRY ROOM

A LOT OF PEOPLE DON'T REALLY EVEN EVEN THINK ABOUT LAUNDRY POWDER (UNLESS YOU HAVE SKIN ALLERGIES IN YOUT HOME ALREADY).

BELIEVE ME WHEN I SAY,
I FOUND IT HARD FOR A COUPLE OF MONTHS WITH THIS SWAP!

NORMAL DETERGENT AND SOFTENERS ARE SADLY A POTENT COCKTAIL OF EVERYTHING WE SHOULDN'T BE PUTTING NEAR OUR SKIN.
ITS ALSO THE CAUSE OF YUCKY AND SMELLY WASHING MACHINES.

DETERGENTS CAN ALSO BE BULKED UP WITH TINY PIECES OF GLASS (YIP THATS WHAT CAUSE THOSE TINY HOLES IN YOUR CLOTHES) .
THE REASON WHY YOU NEED SOFTENER?
IS BECAUSE DETERGENT MAKES YOUR CLOTHES HARD...NOTHING ELSE±

WHAT YOU WANT FROM A LAUNDRY DETERGENT?

ONE THAT CLEANS YOUR CLOTHES BUT IS ALSO FREE FROM:

- PHOSPHATES · SULPHATES · CHLORINE · DYES
- FRAGRANCES · FILLERS · PHTHALATES · BLEACH · AMMONIA
- OPTICAL BRIGHTENERS · NOT TESTED ON ANIMALS

BEFORE YOU START WITH A NATURAL DETERGENT I RECOMMEND YOU GIVE YOUR WASHING MACHINE A GOOD DETOX FIRST!

WASHING MACHINE DETOX

1. TAKE OUT YOUR LAUNDRY POWDER DRAWER.

IT SHOULD JUST PULL OUT AND SOAK IN A SINK WITH SOME WASHING UP LIQUID.

GET A SOAPY CLOTH, COVER YOUR HAND WITH IT, THEN GET STUCK INTO THAT HOLE WHERE YOUR DRAWER CAME OUT.

(IF YOU HAVE A STEAMER YOU COULD ALSO STEAM CLEAN INSIDE THE DRAWER SPACE).

2. CLEAN INSIDE THE MACHINE RUBBER, AGAIN I'D USE A MILD SOAPY CLEANER.

SALS SUDS IS PERFECT OR JUST DISH LIQUID.

GET CLEANING THAT SEAL, YOU MIGHT HAVE SOME STAINING, SADLY THAT'S THERE TO STAY!

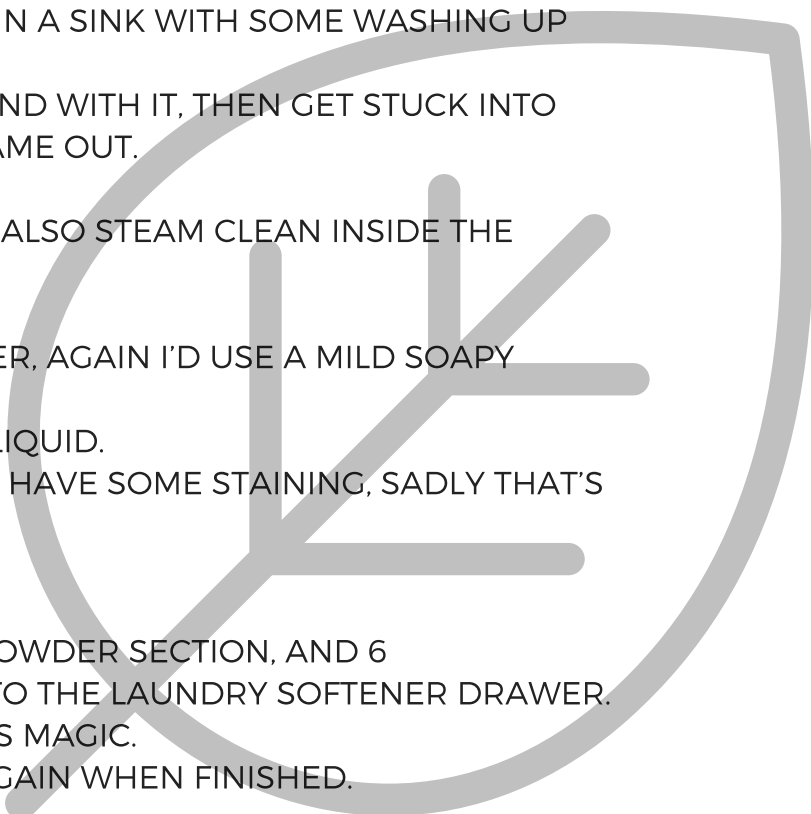
3. NOW IT'S TIME FOR A DETOX WASH.

POP 3 TBSP BAKING SODA INTO THE POWDER SECTION, AND 6

TABLESPOONS OF WHITE VINEGAR INTO THE LAUNDRY SOFTENER DRAWER.

PUT ON A 90C WASH AND LET IT DO ITS MAGIC.

RUB AROUND THE DOOR AND SEAL AGAIN WHEN FINISHED.



THE LAUNDRY PRODUCTS

SO YOU HAVE DETOXED YOUR MACHINE, NOW ITS TIME TO SWITCH YOUR PRODUCTS

A LOT OF THESE PRODUCTS ARE UNSCENTED, YES UNSCENTED.

PLEASE ALLOW ME A MOMENT TO RE-PROGRAMME YOUR MIND, TO WHAT CLEAN ACTUALLY IS.

CLEAN IS NOT A SCENT.

CLEAN IS THE REMOVING OF DIRT, BACTERIA, STAINS FROM YOUR CLOTHES.

ONCE YOU GRASP THIS THE JOURNEY WILL BE EASY, AND AFTER A COUPLE OF MONTHS, THE SMELL OF THE CLEANING AISLE WILL GIVE YOU A SORE HEAD.

I ALSO WILL GO FAR ENOUGH TO SAY YOU WONT NEED FABRIC SOFTENER..I HAVEN'T USED ANY IN OVER 2 YEARS, AND MY CLOTHES ARE SUPER SOFT..

BRANDS I RECOMMEND ARE BIO D, KINN LIVING, NORWEX.

YOU CAN ALSO TRY ECOEGGS AND SOAPNUTS.

MANY LOCAL REFILL SHOPS OFFER A SELECTION OF REFILLABLE DETERGENT.

PERSONAL POSITIVES FOR YOUR HOME:

- IMPROVED AIR QUALITY.
- WASHING MACHINE STAYS CLEAN AND SMELLS CLEAN.
- NO HOLES IN OUR CLOTHES.
- NATURALLY SOFTER CLOTHES
- WE ARE NOT POLLUTING OUR WATERWAYS.
- REDUCED OUR PLASTIC WASTE.
- SAVE MONEY



STAINS & WHITES

SAL SUDS BY DR BRONNER IS FAB ON STAINS. I POP A LITTLE ON THE STAIN AND LEAVE FOR 15/20 MINS, THEN POP IN THE WASH.

DIRTY CUFFS AND NECKS OF SHIRTS. LIGHTLY WET THE AREA, A LITTLE SQUIRT OF SALS SUDS AND THEN SPRINKLE WITH BICARBONATE OF SODA. LEAVE FOR 30MINS/1 HOUR THEN WASH.

WHITES. SOMETIMES THEY WILL NEED AN EXTRA LITTLE LOVE (BECAUSE OF THE LACK OF OPTICAL WHITENERS). BEST TO GIVE THEM A SOAK FOR A FEW HOURS OR OVERNIGHT BEFORE THE WASH IN A SINK OR WARM/BOILING WATER AND 2 TBSP OF SODIUM PERCARBONATE. YOU CAN ALSO PUT A FEW TBSP OF SODIUM PERCARBONATE IN THE DRUM OF A WHITE WASH.

I FIND A 90C WASH IS BEST, BUT LOWER TEMPS WILL WORK.

NATURAL OVEN CLEANING

CLEANING YOUR OVEN. PROBABLY THE MOST HATED JOB TO DO IN YOUR HOUSE.

THAT'S WHY WE EITHER IGNORE IT, OR PAY SOMEONE £50 TO DO IT.

BUT BELOW IS HOW YOU CAN DO IT NATURALLY AND TOXIN FREE!

STEP BY STEP GUIDE

TRAYS AND PANS:

- TAKE OUT ALL THE TRAYS, RACKS, AND EVEN THE SIDE RACKS OUT OF THE OVEN.
- FILL UP YOUR SINK WITH HOT WATER AND ADD SOME LAUNDRY POWDER (I USE A SCOOP OF LAUNDRY POWDER AND A TEASPOON OF CITRIC ACID)
- PUT YOUR TRAYS IN THE SINK AND LEAVE FOR AN HOUR. THEN TAKE AN OLD TOOTHBRUSH AND RUB THE GRIME AWAY. STUBBORN STAINS MAKE TAKE A SECOND APPLICATION.
- FOR STUBBORN STAINS, RUB WITH A BAKING SODA PASTE, AND LEAVE TILL YOU CAN SEE ITS GOING TO SHIFT.

THE INSIDE:

THIS CAN TAKE A COUPLE OF ATTEMPTS, DEPENDING ON HOW DIRTY IT IS, BUT STICK WITH IT, BECAUSE IT REALLY WORKS!

- I FIND ITS BEST IF YOUR OVEN IS SLIGHTLY WARM (LITERALLY SWITCH ON LOW FOR A FEW MINS AND SWITCH OFF AGAIN).
- CREATE A PASTE WITH BAKING SODA AND WATER. ABOUT 8 TABLESPOONS, ADDING A LITTLE WATER AT A TIME, THE PASTE NEEDS TO BE THICK ENOUGH TO STICK TO THE WALLS OF YOUR OVEN.
- SMEAR THIS PASTE ALL OVER THE SIDES AND BOTTOM OF THE OVEN (DON'T GO NEAR THE BACK OR THE ELEMENT).
- LEAVE FOR 6-12 HOURS, THEN WASH OFF.

OVEN DOOR:

A LITTLE BAKING SODA PASTE AND LEAVE FOR 30 MINS. RUB OFF.

THERE YOU HAVE IT.

A NON TOXIC, NATURAL WAY TO CLEAN YOUR OVEN, AND NO WORRIES ABOUT ANY TOXIC FUMES ON YOUR FOOD.

THE MORE YOU KEEP ON TOP OF CLEANING YOUR OVEN, THE EASIER THIS JOB BECOMES.



NATURAL SCENTED HOME

LOSING THAT "CLEANING SMELL" FROM OUR HOMES, CAN BE ONE OF THE HARDEST ISSUES TO GET USED TO WHEN IT COMES TO NATURAL CLEANING.

WE ASSOCIATE CLEAN WITH SMELL.

BUT ARE ALL WE ACTUALLY JUST MASKING AN ODOUR RATHER THAN REMOVING IT?

SYNTHETIC FRAGRANCE IS EVERYWHERE IN OUR HOMES.

WE WASH OUR CLOTHES IN IT. WE SHOWER IN IT, WE SPRAY IT ON OUR BODIES AND THAT'S BEFORE WE EVEN LIFT AN AIR FRESHENER OR LIGHT A CANDLE.

BELOW ARE A FEW SUGGESTIONS ON HOW TO HAVE A NATURAL FRAGRANT HOME...

PLANTS

THE NATURAL AIR FRESHENER!

AIR-PURIFYING HOUSEPLANTS ARE GREAT FOR SUPPLYING HEALTHY OXYGEN IN THE SURROUNDING AIR.

THEY ALSO HAVE THE UNIQUE ABILITY TO ABSORB HARMFUL PARTICLES .

BEST PLANTS ARE:

FERNS, ENGLISH IVY, MONSTERA, PEACE LILY, CALATHEA, AND ARECA PALM ,

ODOUR BUSTERS.

OPENING WINDOWS DAILY IS THE FIRST AND BEST ODOUR ELIMINATOR.

BICARB OF SODA IS YOUR NEXT FRIEND.

SPRINKLE IN SHOES, ON CARPETS, ON MATTRESSES, ON VOMIT, BOTTOM OF RUBBISH BINS AND A BOWL EVEN IN YOUR FRIDGE!

DIY REED DIFFUSER:

DISTILLED WATER 1 PARTS
VODKA/PURE ALCOHOL 3 PART
CHOICE OF ESSENTIAL OILS 30 DROPS.

MIX TOGETHER IN A BOTTLE, AND ADD REED .

DIFFUSE.

I ADORE MY ULTRASONIC DIFFUSERS.

I REALLY ONLY USED TO BURN CANDLES BECAUSE I LOVED THE SCENT, BUT DIFFUSING NOT ONLY MEANS YOU HAVE A BEAUTIFULLY SCENTED SPACE, BUT YOU CAN CHOOSE DIFFERENT BLENDS THAT HELP YOUR EMOTIONAL WELL-BEING OR OTHER ALIMENTS,

PLEASE DO TREAT ESSENTIAL OILS WITH CAUTION AS THEY ARE VERY POTENT. ALSO MAKE SURE YOU USE OILS THAT HAVE BEEN SUSTAINABLY SOURCED. SEEK ADVICE ON OILS AROUND PREGNANT WOMEN, YOUNG CHILDREN AND PETS.



I HOPE YOU ENJOYED MY GUIDE TO NATURAL CLEANING.
I HAVE LOVED COMPILING EVERYTHING THAT I HAVE LEARNT INTO ONE DOCUMENT.
I FULLY UNDERSTAND WHEN YOU ARE STARTING ON THE ROAD TO NATURAL
CLEANING THERE IS SO MUCH RESEARCH AND READING TO BE DONE.
PERSONALLY I DON'T THINK I'LL EVER STOP RESEARCHING.
THERE ARE SO MANY RECIPES AND NEW PRODUCTS TO TRY.

AS YOU FINISH READING THIS, CAN I JUST URGE YOU TO **TRY THINGS**.

IF THEY DON'T WORK OUT, TRY SOMETHING ELSE.
YOU MAY FIND THAT WHAT WORKS FOR ONE, MAY NOT WORK FOR YOU,
PROMISE ME THOUGH, NOT TO GIVE UP AND REACH FOR THOSE TOXIC PRODUCTS
AGAIN,
I GUARANTEE YOU, THERE IS A NATURAL ALTERNATIVE THAT WILL WORK.

AS ALWAYS I LOVE TO HEAR FROM YOU AND OPEN TO YOUR DMS AND EMAILS.

Laura J xx

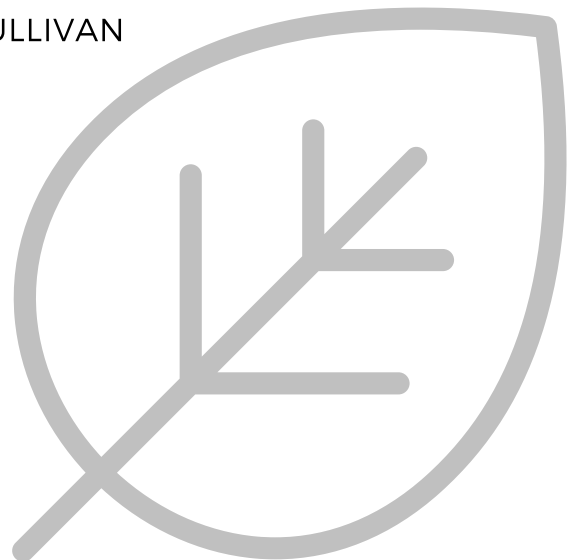
FURTHER READING

LIVE GREEN & CLEAN GREEN BY JEN CHILLINGSWORTH

NATURAL HOME CLEANING BY FERN GREENE

CLEAN MAMAS GUIDE TO A HEALTHY HOME BY BECKY RAPINCHUK

THE ART OF NATURAL CLEANING BY REBECCA SULLIVAN



FLOORS

I'LL BE THE FIRST TO ADMIT, IT WAS EITHER DISPOSABLE ANTIBACTERIAL FLOOR WIPES OR A BIG BUCKET FILLED WITH FLOOR CLEANER AND BLEACH.

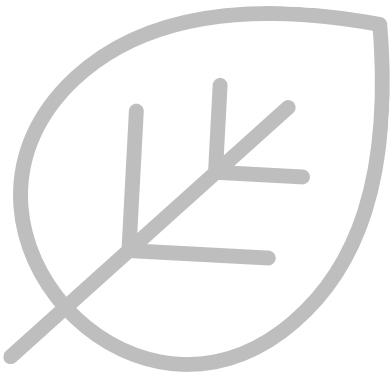
WHEN IT CAME TO WASHING FLOORS.

NOW MY CHOICE OF FLOOR CLEANERS IS BETWEEN MY MICROFIBRE FLOOR MOP OR MY STEAM CLEANER.

BOTH. JUST REQUIRE WATER.

I ADD ESSENTAIL OILS (NORMALLY CITRUS ONES) FOR SCENT.

IF YOU WANT TO USE A TRADITIONAL MOP AND BUCKET BELOW IS A DIY FLOOR CLEANER RECIPE:



CITRUS & PINE SOAPY FLOOR CLEANER

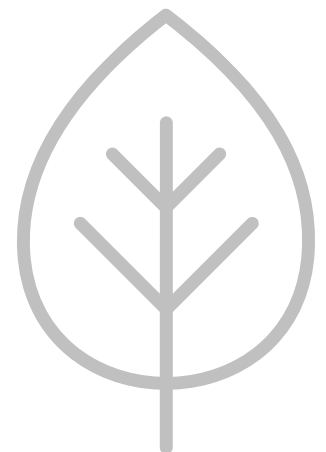
1 LITRE HOT WATER
50ML CASTILE SOAP
5 DROPS PINE ESSENTIAL OIL
5 DROPS LEMON/ORANGE
ESSENTIAL OIL

FLOOR SPILLS

CUT UP OLD TSHIRTS OR TEA TOWELS AND KEEP IN A BASKET UNDER THE SINK.

KEEP A SPRAY BOTTLE FILLED WITH:
100ML WHITE VINEGAR
400ML WATER
5 DROPS ORANGE ESSENTIAL OIL
5 DROPS LEMON ESSENTIAL OIL

WIPE AND SPRAY AND TINY SPILLS DURING THE DAY AND JUST THROW THE RAGS INTO THE LAUNDRY WASH!



CARPET FRESHNER

JAM JAR OR FLOUR SHAKER
FILL WITH BICARBONATE SODA
CHOICE OF ESSENTIAL OILS (LEMON, LAVENDER & PEPPERMINT WORK WELL, TOGETHER OR SEPERATE) 12 DROPS IN TOTAL.

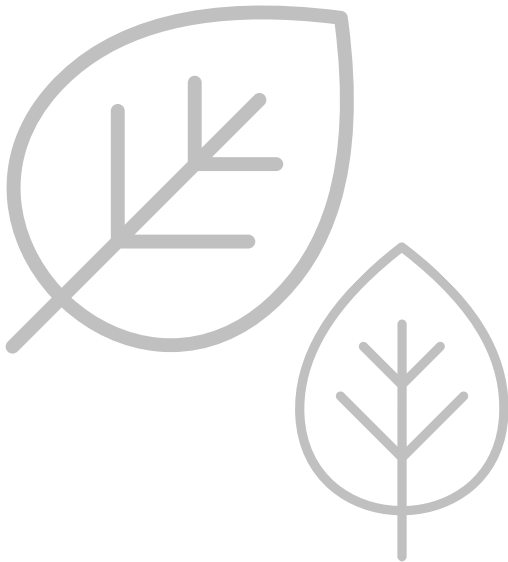
SPRINKLE ON CARPETS (OR MATS/MATRESSES)
LEAVE FOR 1 HOUR THEN VACUUM TO REMOVE THE POWDER.

DUSTING

I WAS A FAN OF THE DISPOSABLE DUST WIPES. I REMEMBER THE CHECKOUT LADY IN THE SUPERMARKET YEARS AGO TELLING ME WHAT A WASTE OF MONEY THEY WERE AND TO GO GRAB A TIN OF POLISH AND A PACK OF YELLOW DUSTERS. FAST FORWARD 4 YEARS AND THEY HAVE NOW BEEN DITCHED TOO!

I USE A MICROFIBRE DUST MITT. TRAPS THE DUST RATHER THAN JUST MOVING IT AROUND THE SURFACE!

IF YOU WANT ANOTHER DUSTING SOLUTION, A DAMP MICROFIBRE CLOTH WILL ALSO WORK.



WINDOWS & MIRRORS

I HATED CLEANING WINDOWS, TRULY HATED THE JOB.

I ALSO DON'T LIKE NEWSPAPER AND VINEGAR SO THAT NATURAL METHOD WAS NEVER GOING TO WORK WITH ME EVEN THOUGH LOADS LOVE IT!

I WAS A KITCHEN ROLL AND WINDOW SPRAY GIRL.

WHEN WE MOVED INTO OUR NEW HOME 4 YEARS ABOUT MY MUM BROUGHT ME A SET OF CLOTHS TO CLEAN OUR WINDOWS WITH, AND I TOOK VERY LITTLE NOTICE OF THEM. TO BE HONEST, MUM CLEANED OUR WINDOWS WHEN WE MOVED IN AND THOSE TWO CLOTHS SET UNDER MY SINK FOR 6 MONTHS AND WEREN'T USED AGAIN!

ONE DAY I HAD RAN OUT OF WINDOW SPRAY AND TOOK THEM OUT AND REALISED HOW BRILLIANT THEY WERE.

THESE TWO CLOTHS ARE LIKE PEANUT BUTTER AND JELLY! USED TOGETHER THEY CLEAN AND SHINE LIKE NOTHING IVE EVER USED AND WITH THE AID OF GOOD H2O! THEY ARE NORWEX CLOTHS, BUT THERE MIGHT BE OTHER SIMILAR ON THE MARKET.



VISIT OUR WEBSITE

WWW.THEHOMELYHAVEN.COM

TO PURCHASE YOUR
NATURAL CLEANING PRODUCTS

AND FOR

MORE INFORMATION ON OUR WORKSHOPS.

YOU CAN FOLLOW US ON INSTAGRAM



