



Super Quick & Simple Cleaning Spray (& Dishwasher Rinse Aid)

When I want to make a cleaning spray easily and quickly I simply do the following...

INGREDIENTS:

- $\frac{1}{4}$ Lemon Juice
- $\frac{1}{4}$ White Vinegar
- $\frac{1}{2}$ Water
- A few drops of essential oils for extra germ killing, and to help reduce the strong vinegar smell - lemon, tea tree, or DoTerra On Guard.

METHOD:

1. Combine all the ingredients into a spray bottle
2. Shake
3. Use - I use ours as both a surface cleaning spray and a rinse aid for our dishwasher.

Citrus-Infused Cleaning Spray

This recipe is still super simple, but takes a while to prepare (two - three weeks). That said, the reward is great - there is no strong vinegar smell at all - just a delicious, citrus aroma.

INGREDIENTS:

- Peel from citrus fruit - I've used Oranges, Grapefruit and Satsumas so far
- 250ml-500ml White Vinegar
- Water
- A few drops of essential oils for extra germ killing - tea tree, or DoTerra On Guard.

METHOD:

1. Place your left-over peel in a glass jar - I've either used a storage jar or an old olive jar
2. Cover the peelings with White Vinegar
3. Leave for two - three weeks. (The one I left for three weeks smelt amazing!)
4. After three weeks sieve the liquid into a jug - you need to catch any of the bits of fruit and pith
5. Pour into the spray bottle
6. Top up with water
7. Add a few drops of essential oils if you wish
8. The ratio should be about 50:50 citrus vinegar to water, but I just add as much water as I have space and dilute further once I've used some up.

Linen Spray Recipe

I made this blend to freshen up our pillows and mattress to give them an added freshness on top of having clean sheets. I used lavender because I am in love with this essential oil and I find it calming and relaxing, the Tea Tree and On Guard to ward off any nasties.

INGREDIENTS:

- 80 drops Lavender essential oil
- 80 drops Tea Tree / DoTerra OnGuard essential oil - or a blend
- 2 tbsp rubbing alcohol (or vodka, or I used gin ;-))
- Filtered or distilled water
- 500ml spray bottle, preferably glass

METHOD:

1. Combine the alcohol and essential oils in the spray bottle, and give it a good shake to combine.
2. Let sit for 15 minutes for scents to combine.
3. Shake again.
4. Add water until almost full, leaving about ½ inch of space at the top.
5. Cap the bottle and shake again to combine.

USE:

1. Shake the bottle well before each use to make sure the oils are still combined with the alcohol and water.
2. The spray is safe for most fabric types, but test a small patch of fabric if you have any concerns.
3. The linen spray can be used on bedding, clothing, fabric-covered furniture, etc., for a fresh scent.
4. With the alcohol, this spray will last for months without the need for refrigeration.