



# KINFOLK SOAP

## Low Tox Cleaning Guide



Cleaning may not be the most exciting thing in the world but we all have to do it.

When our home is clean and tidy it helps us feel calm, more in control and less frazzled. It makes sense for our health, and the health of the planet to find the safest, most eco friendly ways to do it.

Over the last few years we have been trying to be as plastic free and low tox as we can. This has meant lots of bottled tomatoes, pickles and chutneys, making our own bread, growing veggies and last, but certainly not least, ditching the supermarket plastic bottles of chemical cleaners.

What we have found is that we have more money in our pocket, a nice warm glow from feeling a bit more self sufficient and there is a lot less rubbish in our bin.

What I love about these low tox cleaning options is that our home and clothes are clean and fresh and no one had to wear a mask or hazmat suit to achieve it.

Have you looked in the cupboard under your sink lately ? It's often a chemical storm in there - not safe for you, your children or pets.

In our cleaning supplies you will find bicarbonate of soda, lemons, lots of vinegar, dishwashing detergent, citric acid, a few essential oils and a stack of microfibre cloths.

All of these things can be bought from bulk food stores, supermarkets, hardware stores or soap making suppliers. It's a whole lot cheaper and involves far less plastic and packaging.





If we think back a couple of generations no one was using chemicals to clean their homes.

Slick advertising has changed our thinking and conned us into believing the stronger the smell the more effective the clean.

Your home doesn't have to smell like a 'tropical breeze' to be clean.

In fact, you're often adding nasties to your home with these products - which is counter productive to the whole cleaning process !

If you want a clean home, more money in your pocket, less exposure to harsh and unhealthy chemicals, to reduce your waste and to not be manipulated into buying unnecessary products read on.....

# LAUNDRY



This recipe makes around 8 litres of laundry detergent. Yes, you read that correctly - 8 LITRES.

All for the princely sum of about \$2.80

It works a treat and saves you a lot of money. The average 'eco' laundry liquid is around \$9 per litre so for a little effort you save about \$70.

It takes about 15 minutes to make and will have you stocked up for ages.

It's made with Kinfolk Soap Flakes which are a powerhouse of cleaning goodness. We make our soap flakes from natural soap ingredients and the cleaning super power of soap nuts. Soap nuts come from the Sapindus Mukorossi tree and are naturally high in saponins.

# Laundry Liquid Recipe

1 cup Kinfolk Soap Flakes

1/2 cup Washing Soda \*\*

1/2 cup Borax \*\*

Optional : essential oils

Optional : 1 cup oxiblexach (more info about this on page 10)

Mix the soap flakes, borax and washing soda together in a large saucepan with 1.5 L hot water.

Stir over medium heat until dissolved.

Pour into bucket and top with 6 litres of water. Mix well to combine.

You can add some essential oils here if you like - tea tree, eucalyptus or lemon are all good options.

Decant into containers leaving some room at the top to shake bottle before use.

Use 1/4 - 1/2 cup per large load.

\*\* Borax and Washing Soda can be purchased from supermarkets and hardware stores

# Super Gentle Laundry Liquid for babies, children or sensitive skin

2 cups hot water

1 cup bicarbonate of soda

1 cup liquid castille soap (or you can dissolve 1/4 cup of Kinfolk Soap Flakes in a cup of hot water)

10 drops essential oil

Mix all ingredients together until well combined.

Shake before use

1/4 cup per load



## Fabric Softener

Adding 1/2 cup of white vinegar to your wash works well as a fabric softener.

It's a simple and super cheap way to fluff those towels. It is also safe for all septic systems and free of perfumes.

If you're looking for something a bit more luxurious try this ...

2 cups of hair conditioner (this can be the cheapest one you can find, you can also buy a hair conditioner base in bulk from bulk food stores or soap/cosmetic making suppliers )

3 cups white vinegar

6 cups hot water.

Mix together well and use 1/4 cup per load.

This makes 2.5 litres for about \$3





## Laundry Booster Powder

If you have the need for some extra oomph for sports uniforms, work clothes etc we have you covered.

1 cup bicarb

3/4 cup borax

1/2 cup oxy bleach

Mix together well. Place in airtight jar.

Add 1 - 2 tablespoons to wash. For stubborn stains mix with a little water to make a paste, rub into stain, leave for an hour then wash as usual.

This powder has the added benefit of being a great washing machine cleaner.

To clean your machine (which you should do every few months along with cleaning the filters) simply place 1/2 cup of booster powder into your washer and run on a hot cycle to clean your machine.

The difference between chlorine bleach and oxygen bleach.

Chlorine bleach - this is the kind you find in mould killers, domestos and laundry bleach. It's an incredibly harsh chemical which can damage lungs, skin and eyes and increases the risk of lung disease.

Oxygen bleach, aka sodium percarbonate, is made from sodium carbonate (also known as soda ash) and hydrogen peroxide. It works by releasing oxygen once it is exposed to water. This release of oxygen lifts stains and dirt off whatever you're cleaning. The only by-product is soda ash, water and oxygen meaning it's much safer for you and the environment.

# BATHROOM CLEANING

Spray Cleaner for tiles, shower screens and floors.

In a 500ml spray bottle mix together-

1 -2 tablespoons dishwashing liquid  
depending on quality. \*\*

Fill with white vinegar

10 drops essential oil (optional)

Mix well and you are ready to use.

\*\* I use Aldi Tandil Ultra Dishwashing Liquid -  
rated by Choice as the most effective and best  
value at \$1.59 per bottle.



This bath and tile cleaner costs about 30 cents per bottle to make. It's saving you a stack of money and think of all those plastic bottles you aren't buying !

Tip : Get a microfibre/spray/squeegee bottle like the one below, fill with bath and tile cleaner and keep in the shower. Spray and clean while you're in the shower to save time.



# Toilet Cleaning Powder

2 1/2 cup bicarbonate of soda

1 cup citric acid

1/2 cup oxy bleach

20 drops lemon/tea tree/eucalyptus essential oil

Mix together and place in airtight container.

To use : place 2 -3 tablespoons of mixture into toilet bowl and leave to fizz and do its work for 15-30 minutes.

Clean as usual and flush to rinse.





## Window Cleaning

This simple and effective cleaner will have your windows sparkling in no time.

1 cup white vinegar

1 teaspoon dishwashing liquid

3 cups hot water

Mix together in a spray bottle.

Spray over windows or mirrors, wipe with cloth, , squeegee and allow to air dry or rub dry with newspaper

## Floor Cleaner

One of the best things I've bought for cleaning is my steam mop. It's perfect for timber or tiled floors and means you can clean your floors without any chemicals at all.

If the floor is particularly grubby I make up a spray bottle with 1 cup vinegar, 1 teaspoon dishwashing liquid and fill with water. I spray this on sticky or high traffic areas before steam mopping. This mix works equally well with a standard mop.



# Upholstery & Carpet Cleaner

Anyone with children or pets knows you need an effective upholstery and carpet cleaner in your arsenal

Mix together

2 cups water

1/2 cup dishwashing liquid

1/2 cup hydrogen peroxide

Test in an inconspicuous place first.

Spray onto stained area or pour onto cloth and dab on.

Work getly to remove stain

Blot dry with clean white cloth





## Stop the Dust Spray

Use this spray to clean and polish furniture/hard surfaces. You'll notice a big reduction in dust and it will make your home smell so good.

Mix together

2 cups water

1 cup vinegar

2 tablespoons olive oil

20 drops orange essential oil

10 drops patchouli essential oils

Spray onto cloth or surface and wipe away dust. The oils in this spray deter dust.



## Kitchen Cleaning

I have made dishwashing soap in the past. It works well for dishes but for convenience sake I find a bottle of dish washing liquid lasts me a long time and I can easily refill it at the bulk foods store when needed.

For an easy to make, super cheap, super effective kitchen bench spray recipe read on....



## Kitchen Bench Spray

Fill spray bottle with vinegar  
2 tablespoon dishwashing liquid  
20 drops lemon oil (optional)

Mix together in a spray bottle and use as usual for kitchen, fridge, sink cleaning



## Microwave Cleaning

This is, hands down, the easiest way to clean your microwave.

In a heatproof bowl or jug mix together  
2 cups water

1 tablespoon dishwashing liquid

Juice of a lemon or two.

( Once squeezed, place the lemon  
halves into the jug too )

Place the jug into the microwave and  
heat for 5 min on full power.

Allow to sit and steam for 15 mins

Wipe clean



## Sparkly Sink Paste

I'm no cleaning obsessive but I do love a clean sink



Make a paste with :

1/4 cup bicarbonate of soda and

2 tablespoons of dish washing liquid.

Paint onto sink and scrub scrub scrub.

Rinse clean, spray with your kitchen cleaning spray and wipe over with a microfibre cloth.

So shiny !

## Oven Cleaner

Have you looked at the warning label on oven cleaners lately ?

There are scary warnings about lung, eye & skin damage. Burns, inhalation injuries and risk of blindness.

No thank you ! Not in my house.

And then, after loading up on these toxins, you are supposed to use the same oven to cook your food. That is crazy !



Fear Not ! We have an alternative  
for you ...

Make a paste using 3 parts bicarbonate  
of soda and 1 part water.

Paint onto all surfaces of your oven.

Set your oven to a low tempeature for 5  
minutes to warm then turn off.

Leave 12 hours or overnight.

Spray all over with vinegar and watch it  
fizz and melt away grime.

Leave for 30 mins then wipe/rinse clean





For more information about our MultiPurpose  
Soap Flakes or to view our other products  
please visit

[kinfolksoap.com.au](http://kinfolksoap.com.au)

If you have any questions or tips to share get in  
touch

[kinfolksoap@gmail.com](mailto:kinfolksoap@gmail.com)

Follow us on FB and Instagram  
[@kinfolksoap](https://www.instagram.com/kinfolksoap)







So there you have it.

I hope you find these recipes and tips helpful.

From our family to yours,

Kinfolk Soap

