DIY Sanitizers, Cleaners, Soaps, Cold Aids and Body Products

Clorox Spray Sanitizer

Quart Bottle

- 1-1/2 ounces (3 tablespoons) of bleach
- 4 cups filtered water

Carefully pour the bleach into a spray bottle and add the water.

Larger Batches of Mail and Packages

- 3/4 cup chlorine bleach
- 1 gallon of water

Spray mail and let air dry.

It's important to mix the solution on the day it's to be used for peak strength.

(March 4 2020) https://standeyo.com/NEWS/20_Health/20_Health_Index.html#anchor

DIY Hand Sanitizers

Hand Sanitizer with Aloe & Isopropyl

- 2/3 Cup Rubbing Alcohol (at least 60% alcohol)
- 1 Cup Aloe Vera Gel
- Mixing Bowl
- Spoon
- Funnel
- Mini Travel Size Bottles
- Optional: Add a few drops of lavender, vanilla, or another essential oil for scent.

Note: Found this too runny so added an additional 1/4 cup of aloe vera. Perfect. Mixed using a mini wire whisk which worked better than stirring. Added 25 drops orange EO and 5 drops vanilla EO.

https://upnorthlive.com/news/local/diy-how-to-make-your-own-hand-sanitizer
**Non-Toxic Hand Sanitizer with Witch Hazel**

- 1 oz Witch hazel
- 1 oz Coconut oil
- 1/4 tsp Vitamin E oil
- 6 oz Aloe vera
- 12 drops Lavender essential oil
- 12 drops Tea tree essential oil
- 4 drops Lemon essential oil
- 1 small Spray bottle

Melt the coconut oil in a double boiler

Add the vitamin E and essential oils to the coconut oil

Stir well

Add the aloe vera and witch hazel and stir again

Pour the mixture into the bottle and give it a good shake before using

Shake then spray directly onto your hands when needed

Make sure you do a patch test before trying any new products

https://theecohub.ca/diy-non-toxic-hand-sanitizer/

**Hydrogen Peroxide Hand Sanitizer**

The sanitizer: 3% solution hydrogen peroxide.

How it works: When hydrogen peroxide comes in contact with bacteria, it oxidizes, causing the bacteria to decompose.

How to use: Keep a small, dark-colored spray bottle in your bag (exposing it to light will cause it to oxidize). Spray on hands and allow to foam. Wipe or shake dry.

Common concerns: Some kids may not like the tickling sensation when the peroxide foams.

You must store it in a dark colored bottle and away from any source of light. Spending time exposed to sunlight will oxidize it.

https://mom.com/momlife/9630-5-homemade-hand-sanitizers

The HIV virus, in some studies, though not researched quite enough to be conclusive, is structurally changed by hydrogen peroxide or ozone (depending on the study) and then becomes inoperable and unable to replicate.

After rinsing off your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria.

Use as a vegetable wash or soak to kill bacteria. There are several credible references about the use of hydrogen peroxide on fruits or vegetables. Research published by the Journal of Food and Science in 2003 showed effective results of using hydrogen peroxide to decontaminate apples and melons that were infected with strains of E.coli.
Optional Essential Oil Additives

2 drops each of cinnamon, clove, rosemary, and eucalyptus essential oils; 5 drops lemon (or other scent) essential oil.

Cinnamon, clove, rosemary, and eucalyptus essential oils all have antimicrobial properties, and combining them makes the sanitizer more potent against a variety of germs.

https://mom.com/momlife/9630-5-homemade-hand-sanitizers

Gel Essential Oil Sanitizer

- 5 ounces aloe vera gel
- 1 ounce witch hazel
- 8 to 10 drops of any antimicrobial essential oil listed above

The essential oils do the cleaning, and the higher concentration of aloe vera gel gives this sanitizer the same gel consistency as commercial sanitizers.

https://mom.com/momlife/9630-5-homemade-hand-sanitizers

Kid-Safe Essential Oil for Additives

Plant Therapy KidSafe Germ Destroyer Synergy Essential Oil 30 mL (1 oz) 100% Pure, Undiluted, Therapeutic Grade

https://www.amazon.ca/Plant-Therapy-Destroyer-Essential-Therapeutic/dp/B00O7ZHJN0/ref=sr_1_2?keywords=Germ+Destroyer+Synergy+Essential&qid=1583547495&sr=8-2

White Vinegar Sanitizer in a Pinch

5% solution white vinegar

Vinegar is an antibacterial agent that can be effective to kill some bacteria and viruses, including the flu, S. aureus and E. coli.

Vinegar is not a registered disinfectant, however, and does not kill dangerous bacteria like staphylococcus.

It's also nontoxic, nonpolluting, and edible.

Keep in a small spray bottle in your bag. Spray on hands so the entire surface of hands is wet. Rub all over, then wipe or shake dry.

Alcohol has long been used as an antiseptic. Ethyl alcohol in particular is effective against a wide range of bacteria, and also some viruses, namely those known as "enveloped viruses." These viruses — including influenza and coronaviruses — are enveloped in a lipid membrane that can be disrupted by alcohol and other disinfectants, thus inactivating the virus. Alcohol may not be helpful, however, against viruses that lack this envelope, such as norovirus.


DIY Sanitizing and Cleaning Wipes

Sanitizing Wipes

- 1 cup distilled water,
- 1/4 cup of rubbing alcohol
- 1/4 teaspoon dish detergent
- 1 roll paper towels
- 15 or more drops of tea tree oil
- Empty sanitizing wipe container

Cut the roll of paper towels in half, remove the core, pop off the lid of the empty sanitizing wipe package, insert the paper towels, and pour the mixture over.

Allow it to sit for at least 30 minutes to soak all the liquid up. You may need to turn the container upside down several times to make sure the paper towels are completely saturated.

Pull the towel out of the center of the role, threaded through the lid, and you've got more packages of wipes.
Cleaning Wipes and Canister

- One-pound empty coffee canister with plastic lid
- Paper towel roll
- Sharp knife
- 1/2 cup vinegar
- 1/4 cup filtered water
- 1/4 cup rubbing alcohol
- 1 teaspoon liquid dish soap
- 10 drops essential oil (optional)
- Spray paint (optional)
- Needle
- Scissors

Either leave the can as is, or give it a quick coat of spray paint, inside and out, for a fun look and to keep the inside of the can from rusting.

Cut the paper towels in half using a sharp serrated knife, and squish them into the painted can.

Mix together the vinegar, dish soap, rubbing alcohol, and water in a small bowl. You can add several drops of essential oil to the wipes, which personalizes the cleaner and boosts its antibacterial powers.

Slowly pour the liquid over the paper towels. Once they're saturated, carefully remove the cardboard center, and pull a paper towel from the middle.

Press a craft needle through the center of the plastic lid several times, and then fit the scissors through to cut a circle from the center, around one half-inch in diameter.

Now feed the paper towel through the hole in the plastic lid, and secure it to the painted coffee can. Not only are these wipes great at cleaning and disinfecting your home, but they also look seriously cute adorning countertops. Simply add a few drops of water to the canister as needed to keep wipes moist.

DIY Fruit and Vegetable Cleaners and Disinfectants

Apple Cider Vinegar & Food Grade Hydrogen Peroxide

Tests demonstrated strong antimicrobial effects clearing virtually all e-coli, salmonella, or shigella bacteria present on contaminated food items and surfaces. This combination was hence found to be more effective than chlorine bleach and all commercial kitchen cleaners that were tested.

3% food grade hydrogen peroxide (FGHP)

2 spray bottles

Fill one spray bottle with FGHP, and the other bottle with ACV. You may optionally make a 2-to-1 concentrate of the ACV, combining 1 part vinegar for every 2 parts water.

Start by spraying your produce with the ACV solution to cover the surface of the fruit or veggie, and then move on to spray with the FGHP. Finally, rinse the produce under cold water and you’re done.

Spraying methods generally work best with produce like apples, apricots, capsicums, celery, cucumbers, nectarines, peaches, pears, plums, rhubarb, starfruit, tomatoes, and zucchini.

Delicate leafy greens as well as berries, cherries, grapes, chili peppers and the like, can be submerged in a bowl of water with 1 tablespoon of apple cider vinegar for every cup of water. Allow to soak for 5 minutes, then take out and scrub with a dedicated brush and rinse.

Lemon and Saline Solution

This method is great for berries, grapes, cherries, and similar-sized fruits. But you can still wash bulkier fruits and leafy vegetables this way as well.

- Juice of half lemon
- 2-4 tablespoons of Himalayan crystal salt or Celtic sea salt

Submerge produce in the sink or basin, and allow to soak for the allotted length of time outlined below.

- Fruits generally eaten without removing skin/peel – 5 minutes
- Berries, grapes, cherries, etc. – leave in the sink or basin for 2 minutes
- Leafy green vegetables – leave in the sink or basin for 3 minutes
- Vegetables (excluding leafy greens) – leave in the sink or basin for 5 to 10 minutes

https://grapegate.com/how-to-clean-your-fruits-and-vegetables-naturally/

Sea Salt - Natural Disinfectant

1 teaspoon of sea salt for every cup of water used to fill a container or sink. Stir the mixture with a serving spoon or other appropriate kitchen utensil.

Place all fruits and vegetables in the sink or container and let them soak for at least 2 minutes. A vegetable scrub can be used to further remove pesticides to a gently brush the produce exterior.

Rinse the vegetables with fresh water and store them in the refrigerator.

The solution of sea salt is a natural disinfectant.
Fruit and Vegetable Cleaning Spray

- 1/4 cup vinegar
- 4 cups distilled water
- Large spray bottle

Mix above ingredients together in a large spray bottle. Shake to distribute.

To use, arrange fruits and vegetables on a dish towel and liberally spray. Allow produce to sit for 10 minutes, and then rinse. The vinegar naturally cleans fruits and veggies, removing any unwanted coatings from items. And giving your produce a splash washes everything down the drain.

Large Quantities

If you've got a big batch of items to clean, clear out your sink, give it a good cleaning, and then fill halfway with water. Mix in 1 cup of vinegar and add the produce. Let soak for 10 minutes, then rinse and pat dry.

https://www.popsugar.com/smart-living/Homemade-Fruit-Vegetable-Cleaner-31045807

Hydrogen Peroxide

- 1 Tablespoon of 3% hydrogen peroxide
- 1 gallon of filtered water.

Combine ingredients, soak, scrub, rinse and dry.

Castile Soap

- 1 teaspoon castile soap
- 1 gallon of filtered water
- 7 drops citrus essential oil GRAS, optional (food grade)

Combine ingredients, soak, scrub if necessary, rinse and dry.

Apple Cider Vinegar

Apple cider vinegar removes pesticides and bacteria.

Mix 1 part ACV to 10 parts water.

Spray or soak and let the produce sit for about 5 minutes, scrub if necessary, rinse and set aside to dry.
DIY Cold & Flu Aids - Cough Syrup, Lozenges & Vapor Rub

Grandma’s Homemade Cough Syrup

- 3/4 cup raw organic honey
- 1/4 cup extra virgin olive oil
- 3 lemons - juiced (I'd be tempted to try limes since loathing lemon taste)

Add all ingredients to a small bowl & whisk to combine. Heat over low heat until steaming when ready to use. Remove from the heat & let it cool.

Store it in a mason jar or other container with a tight fitting lid. Store it in the fridge for 3 months, or on the countertop for 1.5 months.

Olive Oil: Making a homemade cough syrup using olive oil will help you combat your cough as well as reduce inflammation in the throat.

Honey: Honey helps with coughs, particularly buckwheat honey. In a study of 110 children, a single dose of buckwheat honey was just as effective as a single dose of dextromethorphan in relieving nocturnal cough and allowing proper sleep. You can use any type of honey you have on hand though.

Lemon: Because everyone knows that lemon & honey is the one of the best throat soother combinations.

https://www.mrshappyhomemaker.com/grandmas-homemade-cough-syrup/

BEST Homemade Cough Syrup EVER

- 8 tablespoons honey (or better yet, Manuka honey) - a study at Penn State College of Medicine concluded that honey can work better to cure a cough than over-the-counter drugs as it helps soothe and coat irritated membranes
- 1 1/2 teaspoon Ginger (fresh or ground) - spicy ginger works as an expectorant, helping loosen and expel mucous from the lungs
- 1 1/2 teaspoon Pepper - excellent for coughs as it helps chest congestion and mucous
- 1 1/2 teaspoon Thyme (fresh or ground) - as well as having anti-microbial properties, it also relaxes the muscles of the trachea and bronchi, opening up the airways
- 3 tablespoons warm filtered water

Mix honey with the warm water.

Add in thyme, pepper and ginger.

Whisk quickly for roughly two minutes or until the texture is even and consistent.

This can keep for several weeks in a cool, dry location and in a well sealed container. The quantity will get you through a few days.

If taste is still very important to you, try adding a few squeezes of lemon.

Homemade Throat Lozenges

- 1 cup of sugar
- 1/2 cup of filtered water
- 1 tablespoon of lemon juice
- 1 tablespoon of honey
- 1/2 teaspoon of ground ginger
- 1/4 teaspoon of ground cloves

Add the sugar and water into the pot, then cut a lemon in half and add the tablespoon of lemon juice into the pot. The lemon juice will provide some vitamin C.

Add the honey and ginger into the mix. The honey is antibacterial, soothes the throat, and is a cough suppressant. The ginger helps maintain the immune system, is an anti-inflammatory, helps with pain relief, and alleviates nausea. Next, add ground cloves to reduce phlegm, which are also a great source of antioxidants.

Now turn on the heat and stir the ingredients together, then stir again once it starts to simmer. Once simmering, put the stove on low heat and continue simmering for 15 to 20 minutes, stirring regularly along the way.

Let the pot cool off while you line a baking sheet with parchment paper. Your liquid should now be thick and syrupy, ready to pour.

Cover the dots with powdered sugar to keep them from sticking together, making sure to cover each lozenge evenly.

Transfer your cooled-lozenges onto a plate or tin and use them whenever your throat starts to tickle or writhe in pain.

You can even add a few of these drops to a cup of hot water, let them dissolve, and enjoy them as a drink!

If you are big on essential oils, you can add 10 drops of Thieves, 7 drops of lemon, and 3 drops of Eucalyptus Globulus to 1 cup of honey at 300 degrees, then let them cool on parchment paper. You can even add these essential oils to the first recipe to reduce the amount of sugar used.


(Note: Best to always use organic sugar to avoid GMOs. Additionally, sugar will lower your immune system; keep this into account. Possible alternative might be organic stevia crystals.)
Herbal Cough Drops (Sugar-Free)

- 1 cup of water infused with herbs. I used slippery elm, coltsfoot, cinnamon, elderberry and chamomile
- 1 1/2 cups of honey
- A candy thermometer (not necessary but very helpful!)
- a medium size saucepan
- Silicon candy molds (not needed but helpful)

Boil 2 cups of water and infuse with desired herbs. I used about ¼ cup of each herb for a really potent cough drop, but as little as 1 tablespoon of each herb is effective. To infuse: Pour boiling water over herbs. I put herbs in a muslin bag to make straining easier. Let steep for 20 minutes and strain out herbs (or remove bag).

Pour 1 cup of the herb infused water and 1.5 cups of honey into a medium saucepan and turn on medium high heat. (save the extra liquid and mix with equal parts raw honey for a simple cough syrup)

Stir the honey/herb mixture over medium high heat until it reaches 300 degrees. If you don’t have a candy thermometer, this usually takes about 30 minutes and can be tested by dropping a drop of the mixture into ice water to see if it immediately hardens. It should harden to the point that it breaks if dropped on the counter. You can also tell because the mixture will start to foam and separate. At this point, it is vital to remove it from the heat quickly so it does not burn.

Pour into candy molds, or pour into a large baking sheet that has been greased with coconut oil or that has a silicon baking mat on it.

Let cool until it can be touched and molded and immediately and quickly form into lozenges with your hands (you might need help to do this quickly enough).

Put finished cough drops/lozenges on a silicon mat or piece of parchment paper to cool.

When completely cool, I toss in a mixture of powdered slippery elm and stevia to keep from getting sticky in humidity.

Use as needed for coughing, congestion or sore throat.

https://wellnessmama.com/7719/herbal-cough-drops/
Honey, Elderberry & Ginger Throat Lozenges

Ginger and elderberry decoction

- 2 cups of filtered water
- 60 g / 2 oz fresh ginger, grated
- 2 tablespoons elderberries (dried)

For the actual lozenges

- 1/4 cup of ginger and elderberry decoction (see above)
- 1/4 cup coconut sugar
- 1/4 cup honey
- 1/4 teaspoon cream of tartar
- 1 cup iced water

First, you must make a ginger and elderberry decoction. Place all ingredients in a saucepan and bring to a boil. Simmer for about 8-10 minutes and then strain and reserve the liquid. Store the liquid in a clean, sealed jar. Use the liquid to make tea, lozenges or to add to a cold drink such as soda water.

Making the actual lozenges. Lightly coat a 12-piece silicone mold (I used a silicon ice tray) with some coconut oil.

Place the decoction liquid, coconut sugar, honey and cream of tartar in a saucepan over medium heat and stir until it comes to a gentle boil. Once boiling, do not stir. Leave to gently boil for about 20-30 minutes.

At about the 25-minute mark, begin to test the mixture to see if it’s ready. You do this by dripping a small amount with a teaspoon into some iced water to see if it immediately hardens to toffee.

Continue to gently boil and test until the mixture comes to the ‘hardened cracking’ stage when dripped into iced water. When this stage has been reached, take off the boil and evenly pour the mixture into the silicone mold.

Place the mold in the fridge or freezer and allow to chill. Turn out the mold and store the lozenges in a glass container in the fridge. Separate the layers with some baking or parchment paper to prevent from sticking.

All of the ingredients used in the lozenge such as the ginger, elderberry and honey have been used for their antibacterial, antimicrobial and inflammatory properties.

Elderberries are used to boost the immune system and to provide antioxidant support. They are packed with vitamin C, vitamin A and quercetin. They have been used traditionally throughout Europe and North America as a treatment for colds and flu because of their antiviral activity and to help shorten the duration of a cold.

Honey is traditionally used for treating colds and sore throats. The antibacterial, antimicrobial properties of honey make it well suited for this purpose. It is soothing and calming on the throat and oesophagus. The prebiotics and oligosaccharides in honey can enhance the immune system.

Ginger is great for boosting the immune system and contains zinc, which is essential for immune system functioning.

https://irenamacri.com/homemade-lozenges-ginger-honey-elderberry/
Homemade Thieves Throat Drops

- 1 cup raw unfiltered honey (local if possible)
- 8 drops Thieves Young Living Essential Oil
- 4 drops Lemon Young Living Essential Oil
- Quart sized or slightly smaller saucepan
- 1 candy thermometer
- Silicone candy molds or parchment paper

Pour the honey in the saucepan and set to slightly over medium heat.

Cook the honey until it gets to 300 degrees. This is important, because if it doesn’t get to 300 the lozenges won’t get hard, but if it gets too hot the honey can start to burn. The honey will look similar to this.

When it gets to 300 degrees, remove from heat and let it cool. Don’t cool it in the fridge or it will start to harden unevenly. When the honey begins to set, add in the oils and stir. Spoon the mixture into silicone molds or onto parchment paper. Do this as quickly as possible because the longer the honey cools, the more stiff and taffy like it will get. Make sure you don’t use wax paper, as the lozenges will stick.

Once they’re cooled (it only takes a few minutes), wrap in parchment paper to keep the lozenges from sticking together, or if you’re like me and this step sounds too complicated, I find they don’t stick to each other if you keep them in the freezer in a ziplock bag.

http://smileyoilcrew.com/2016/02/08/homemade-thieves-throat-drops-recipe/

(Note: Whichever EOs you use be sure they’re high quality GRAS rated for internal use.)

Homemade Vapor Rub

- 1/4 cup olive oil
- 1/4 cup coconut oil
- 1/4 cup grated bees wax
- 20 drops peppermint essential oil
- 20 drops eucalyptus essential oil
- Glass jar

Pour the olive oil, coconut oil and beeswax into a jar.

Place a saucepan with 2 inches of water over medium low heat.

Place jar in saucepan and allow oils to melt. Stir to combine.

Once combined, allow to cool slightly and add in essential oils.

Pour mixture into metal tins or storage containers and allow to set.

To save containers, choose a jar you can store your homemade vapor rub in later. Fill a saucepan with two inches of water and place over medium-low heat.

Then, set the jar in the saucepan and wait for the oils to melt. Stir to combine. Once you mix all of the ingredients together, allow to cool and add in the essential oils.
Peppermint essential oil is used for muscle pain relief, sinus care, fever reducing, headache help, nausea relief and so much more. Eucalyptus essential oil functions as an expectorant, helping to cleanse the body of toxins, making it great for relieving symptoms of the cold and flu. It has also proven helpful with sinus and respiratory problems.

https://draxe.com/beauty/homemade-vapor-rub/

**KILL A VIRUS WITH HYDROGEN PEROXIDE!**

As we continue to battle cold and flu season I wanted to share something I do on myself and my daughters at the very first sign of an illness. It’s cheap, safe and simple and in my experience, it has ward off many an illness! What is it? Hydrogen Peroxide in the ear. Sounds crazy but there is scientific data supporting that viruses often enter the body via the ear. Many natural doctors claim patient after patient have been able to dodge flu and colds by using this method of defense. So amidst all the flu epidemic I hope I can arm you with another natural, safe method that could save you much discomfort as we await warmer weather!

According to Dr. Mercola-

"In 1928, Dr. Richard Simmons hypothesized that the cold virus entered your body through the ear canal and not the nose. His theory was dismissed by the medical community.

However, in 1938, German researchers had great success using hydrogen peroxide in the ear canal to treat colds and the flu. Although the data was vastly ignored by the medical community, I’ve treated many patients who experienced great results with this treatment.

You must start treatment in the first 24 hours to have a significant impact on reducing the length of the cold."

**DIRECTIONS:**

1. Lay on your side
2. Using 3% hydrogen peroxide, wet a cotton ball and drip into the ear. You will hear crackling—reminds me of rice crispies and milk. I personally enjoy the sensation and find it comfortable. My children however do not and whine the entire time!
3. Allow the crackling to subside then drain the HP from the ear. This typically takes 5-10 minutes. I hold a clean cotton ball to my ear to drain.
4. Repeat on the opposite ear.

Just yesterday my youngest came home with a fever. You better believe that once I got her in bed I put HP in my ear in hopes to ward off the bug her body was clearly fighting! As I stated, it’s a cheap and simple practice that could save you from falling ill. I mean as a mother—if I go down—the whole ship sinks. For real.

**HERE** is a great article that breaks down natural remedies when the cold or flu strike.

As a side note-Hydrogen Peroxide also helps clean out the ear canal. Sticking Q-tips in the ear isn’t the best practice but the HP method is much more effective. Read more [HERE](https://jenniraincloud.com/kill-a-virus-with-hydrogen-peroxide/). Try it and enjoy a much cleaner, clearer ear canal!

Always use [3% Hydrogen Peroxide](https://jenniraincloud.com/kill-a-virus-with-hydrogen-peroxide/). You can find it anywhere!
DIY Body Products

Homemade Body Lotion for Women

- 1/2 cup almond oil (or jojoba oil, or any other liquid oil)
- 1/4 cup coconut oil
- 1/4 cup beeswax
- 1 tsp vitamin E oil (optional)
- 2 tablespoons shea butter (or cocoa butter, optional)
- Essential oils (optional)
- Vanilla extract (optional)

Combine the almond oil, coconut oil, beeswax, and shea or cocoa butter if using, in a double boiler or a glass bowl on top of a simmering pan of water.

Stir occasionally as the ingredients melt.

When all ingredients are completely melted, add the vitamin E oil if using and any essential oils or scents like vanilla.

Pour into a glass jar or tin for storage. Small mason jars work perfectly for this. Note: This will not pump well in a lotion pump!

Use as you would regular lotion. This lotion is ultra-moisturizing and oilier than water-based lotions, so you won’t need to use as much. It also has a longer shelf life than some homemade lotion recipes since all ingredients are already shelf stable and no water is added. Use within 6 months for best moisturizing benefits.

A little goes a long way! This lotion is incredibly nourishing and is also great for diaper rash on baby, for eczema, and for preventing stretch marks.

https://wellnessmama.com/3765/homemade-lotion-recipe/

Homemade Body Lotion for Men

- 1 cup grapeseed oil (or sweet almond oil)
- 1/4 cup mango butter (or shea butter)
- 2-3 tablespoons beeswax (grated or in pellets)
- 50-60 drops essential oils (optional, see notes below for inspiration)
- 3/4 teaspoon vitamin E oil (optional)

In a heat-safe glass bowl, combine the grapeseed oil, mango butter, and beeswax. 2 tablespoons beeswax makes a thinner lotion that will work in a pump bottle, while 3 tablespoons yields a thicker lotion more suitable for a jar.

Fill a saucepan 1/3 full of water. Perch the glass bowl on top of the saucepan.

Heat pan over medium heat, stirring occasionally with a metal spoon until all the ingredients are melted.

Remove the pan from the heat and add the essential oils and vitamin E if using.

Pour the mixture into a mixing bowl and put it in the fridge to cool.
After about 30 minutes the mixture should be opaque and semi-solid. You don’t want it to be hard, but if it’s too soft it won’t whip. Using a stand or hand mixer whip the mixture until it’s white and creamy. Transfer the finished lotion to a glass container or lotion pump and store it in a cool, dry place. This lotion has a shelf life of about 12 months, especially if vitamin E oil is used.

Notes

Don’t freak out that there’s some floral essential oils in these blends! The lavender and geranium really help round out the smell and overall don’t feel feminine when used with the more robust and woody oils.

Masculine essential oil scent blend options:

Blend #1 - 20 drops cedarwood, 5 drops lavender, and 15 drops tea tree essential oil (good for sensitive or irritated skin).

Blend #2 - 25 drops patchouli and 25 drops sweet orange essential oil (good for oily or dry skin).

Blend #3 - 10 drops myrrh, 10 drops geranium, and 30 drops sandalwood essential oil (good for dry, sensitive or irritated skin).

If you prefer a stronger scent the essential oil blends above can safely be doubled.

https://wellnessmama.com/423391/mens-lotion-recipe/

Underarm Deodorant

- Jar of virgin coconut oil
- Sandalwood essential oil (optional)
- Tissues, or coffee stir stick or similar

Using a tissue, or stir stick and clean hands, take a small amount of coconut oil and rub your underarm area with the coconut oil.

Using 1 drop of sandalwood essential oil for each underarm, rub the area with clean hands, taking note not to touch the bottle to your skin, to prevent contaminating the bottle. Not only does it smell nice, it naturally works with your body to reduce odor.

(Note: The antiviral, antibacterial, and antifungal properties of the medium chain fatty acids/triglycerides (MCTs) found in coconut oil have been known to researchers since the 1960s. Research has shown that microorganisms that are inactivated include bacteria, yeast, fungi, and enveloped viruses. Much of this research is highlighted in the writings of Dr. Mary Enig Ph.D, and can be found here. https://coconutoil.com/coconut-oil-offers-hope-for-antibiotic-resistant-germs/)
Lip Balms

Beeswax, Shea Butter & Coconut Oil

- 3 tablespoons Beeswax Pellets
- 2 tablespoons Shea Butter
- 4 tablespoons Coconut Oil or other liquid oil such as Almond Oil, Olive Oil or Grapeseed Oil
- Essential Oil (10-20 drops) or Flavor Oil (1/2 dram)
- Empty Lip Balm Tubes

Melt the beeswax, shea butter, and coconut oil, stirring well after each one.

Stir in the essential oil or flavor oil.

Carefully pour into pots or tubes and allow to cool before using. A 30ml syringe works well for this.

https://www.happinessishomemade.net/10-minute-diy-lip-balm/

Beeswax & Coconut Oil

- 1 Tablespoon Yellow Beeswax Pellets
- 1 Tablespoon Coconut Oil
- For Peppermint: 3 drops 100% Pure Peppermint Essential Oil
- For Lemon: 5 drops 100% Pure Lemon Essential Oil
- Empty Lip Balm Tubes

Makes 6 lip balm tubes.

Place the beeswax pellets in a small glass bowl and microwave on high power for 45 seconds.

Add the coconut oil to the bowl, and return to the microwave for another 45 seconds.

Continue to microwave in 30 second increments until everything is completely melted.

Add the essential oils and return to the microwave for another 15 seconds.

Using a syringe, fill each lip balm container as full as you can without overflowing.

If it starts to harden before you're finished filling the tubes, return the glass bowl to the microwave for 15 seconds to keep it melted.

Once it solidifies (about 5 minutes) add your lip balm labels to the tubes

https://onelittleproject.com/homemade-lip-balm/

(Note: My preference would be to skip the microwave using a double boiler, or toaster oven that has a 'warming' option, and different essential oils - orange and vanilla or cacao sounds good.)
After-Bite Balm

- 4 Tablespoons coconut oil
- 1 Tablespoons beeswax pellets
- 10 drops lavender essential oil
- 10 drops melaleuca arternifolia (tea tree oil)

Small baby food container, empty lip balm containers, or other small airtight container

Melt and combine as for Lip Balms and put into containers.

https://thehappierhomemaker.com/diy-bug-bite-balm/

Bug Bite Relief Stick with Herbal Coconut Oil

3 tablespoons herbal infused coconut oil (directions below) or regular coconut oil

2 tablespoons beeswax pastilles

10 drops lavender essential oil

10 drops peppermint essential oil

4-5 empty chapstick tubes

It is a necessity your slow cooker have a ‘warm’ setting on it. Most cookers have a ‘low’ setting, but they are still too hot. We want to gently heat the herbs and oil, and if they become too hot, it will fry the herbs and leave you with an unpleasant result.

If you don’t have a slow cooker with a ‘warm’ setting, opt for another method of infusion instead, or just skip the herbs and use plain coconut oil.

Fill a small canning jar (I used half-pint size) half-way full with dried herbs.

My favorite herb options for this recipe are calendula, comfrey, chamomile, or plantain, as they all carry anti-itch or skin-soothing properties. I also prefer dried herbs, as they don’t contain the moisture of fresh herbs, which reduces the possibility of spoilage in the final product.

Melt the coconut oil, and pour it over the dried herbs until it covers them by at least several inches (more is fine, too). Place the lids on the jars.

Place a towel in the bottom of your crockpot, place the jars on the towel. Add water to the crockpot until it comes about halfway up the sides of the jars.

Set the slow cooker on the “warm” setting and allow it to sit for 12-24 hours. Strain the oil using a fine-mesh strainer, discard the herbs, and store the infused oil in a cool, dark place.

To Make the Bug Bite Relief Sticks:

Using a double boiler (like this one), slowly melt the coconut oil and beeswax.

If you don’t have a double boiler, simply use an oven-safe container to hold the wax/oil and place it in a small saucepan of water. An old tin can works great for this, especially since it can be tough to clean the beeswax off your regular kitchen utensils.

It shouldn’t take long to melt the beeswax, and I usually pull it off the oven as soon as it’s melted all the way. No need to let it simmer or get too hot.
Allow the beeswax/coconut oil mixture to cool slightly, then mix in the essential oils.

Pour the mixture into empty chapstick tubes. If you don’t have chapstick tubes handy, a small tin or ointment container will work just fine too.

Allow the tubes to harden, label, and directly apply as needed to any annoying mosquito bites or insect bites you may be dealing with.

You can print the labels on sticker/label paper (waterproof is best).

https://www.theprairiehomestead.com/2015/06/homemade-bug-bite-relief-stick.html

Mosquito & Bug Spray

- 30 drops geranium essential oil
- 30 drops citronella essential oil
- 20 drops lemon eucalyptus essential oil
- 20 drops lavender essential oil
- 10 drops rosemary essential oil
- 1 tablespoon vodka or rubbing alcohol
- 1/2 cup natural witch hazel
- 1/2 cup water (or vinegar)
- 1 teaspoon vegetable glycerin (optional)

Place essential oils in a glass spray bottle. Add vodka or alcohol and shake well to combine.

Pour in witch hazel and shake to combine.

Add 1/2 teaspoon vegetable glycerin if using. This is not necessary but helps everything stay combined.

Add water and shake again. Shake before each use as the oils and water will naturally separate some over time.

There are some concerns about putting these directly on the skin, especially on children. I prefer to use this recipe on clothing or gear instead of directly on the skin.

Vinegar of the Four Thieves Insect Repellent

- 1 32-oz bottle of apple cider vinegar
- 2 tablespoons each of dried sage, rosemary, lavender, thyme, and mint
- Quart-size or larger glass jar with airtight lid

Put the vinegar and dried herbs into large glass jar. Seal tightly and store on counter or place you will see it daily. Shake well each day for 2-3 weeks.

After 2-3 weeks, strain the herbs out and store in spray bottles or tincture bottles, preferably in fridge.

To use on skin, dilute to half with water in a spray bottle and use as needed.

Use whenever you need serious bug control!
Note: This mixture is very strong and has antiviral and antibacterial properties. It can also be used as a tincture for any illness. For adults, dose is 1 tablespoon in water several times a day. For kids over two, the dose is 1 teaspoon in water several times a day.

**Other Simple Insect-Repelling Ideas**

Use a non-toxic, plastic-free insect-repelling band like these, which is easier to use on children and very effective.

Add vanilla extract to either of the above recipes, or just rub on the skin. You can also mix vanilla with witch hazel and water for a spray version.

Plant insect-repelling herbs in your yard. I grow lavender, thyme, mint, and citronella near our patio and we use these fresh plants as bug repellent in a pinch.

Rub lavender flowers or lavender oil on your skin, especially on hot parts of body (neck, underarms, behind ears, etc.) to repel insects.

Rub fresh or dried leaves of anything in the mint family all over skin to repel insects (peppermint, spearmint, catnip, pennyroyal, etc. or citronella, lemongrass, etc.). Basil is also said to repel mosquitoes and I’ve used fresh basil leaves in the garden with great success before.

https://wellnessmama.com/2565/homemade-bug-spray/

**Pets Natural Deterrents for External Parasites**

(If using essential oils, have a spare collar which you can lightly dab essential oil onto instead of the dog itself, and remove once indoors.)

Depending on where you live, you either have seasonal pests, or they’re a problem year-round. There are some situations in which natural pest repellents just don’t get the job done.

For example, when I’m hiking in the woods with my dogs here in the Chicago area, even though we all have robust immune systems, we wind up with ticks — not because we’re unhealthy, but because deep in the woods, there are just so many ticks they can’t be entirely avoided.

If you live in an area like Florida where fleas are a problem, you may have no choice but to use topical chemical pest products on your pet. In this case, I recommend regular detoxing with a natural agent like milk thistle to support your pet’s liver while it’s dealing with chemical pest control products.

You can also experiment by replacing your dog’s traditional pesticide collar with an essential oil collar. Try to use safer, more natural pest deterrents during times when your dog will be hanging around your home and immediate neighborhood.

Then if you go hiking in the woods, or you go on a camping trip where ticks are abundant, you can switch to something stronger. A good rule of thumb: when the parasite risk is low, keep chemical deterrents to a minimum. When the risk is higher, go for the more potent stuff to keep your pet safe.
Pest Deterrents Versus Preventives

I like to think of deterrents as all-natural, and preventives as the chemical pesticides conventional veterinarians recommend. Pest deterrents don't cause cancer, seizures or liver toxicosis. Pest preventives are pesticides, which means they're toxins. Sometimes they're necessary, but it's important to realize they can have significant side effects.

Preventives are supposed to prevent ticks and fleas. Deterrents reduce the likelihood of getting fleas and ticks, but they're not a guarantee. I mention this because many people tend to think natural flea and tick products will prevent all pests, and that's not the case. Regardless of what product you use, you should be checking your pet and yourself frequently if you're in a tick endemic area.

If I had to choose between a flea infestation and ticks, I'd pick the fleas. Fleas are gross and disgusting, but the worst-case scenario from fleas is something like a tapeworm infection. Ticks, on the other hand, can spread life-threatening infections.

In April of 2009, the Environmental Protection Agency (EPA) issued an advisory about "spot-on" chemical pesticide products. These are products applied to the neck or back of dogs and cats as a flea and tick preventive.

The advisory was issued due to a significant increase in reported adverse reactions – everything from mild skin irritation to seizures and death. In 2008, over 44,000 reactions presumed to be tied to spot-on products containing harsh pesticides were reported by pet owners, veterinarians, and other animal caretakers. And the 44,000 reported incidents in 2008 was a significant jump from the 28,000 the prior year, and included 600 deaths.

All-Natural Homemade Pest Deterrent for Dogs

You can actually make an all-natural pest deterrent for your dog very easily at home. It will help him avoid a good percentage of the pests he encounters, though not all of them. The recipe: mix 8 ounces of pure water with 4 ounces of organic, unfiltered apple cider vinegar and 10 drops of neem oil.

Neem oil is not an essential oil. It's an expelled or pressed oil, and it's safe for cats (I have a pest deterrent recipe for kitties I'll give you in a second). Neem oil is effective because fleas and ticks hate it. It's also great for animals who are very sensitive to smells. Catnip oil can also be used as a pest deterrent, since it has been proven to be as effective as diethyltoluamide (DEET), the mosquito and tick spray humans use that has a number of toxic side effects.

If you want to add some extra punch to your dog's pest recipe, go with five drops of lemon, lemongrass, eucalyptus or geranium oil. I use geranium oil quite a bit because I find it very effective. In fact, I use it in my Dr. Mercola natural flea and tick products. If you have a dog who comes in contact with ticks, adding the extra punch of one of the essential oils I listed can be very beneficial.

You can store your homemade pest deterrent in the fridge, which is what I do. Before my dogs head out in the morning, I mist them with it, being careful to avoid their eyes. The active ingredients, especially the oils in the recipe, dissipate in about four hours, so you may need to reapply it several times throughout the day.
All-Natural Homemade Pest Deterrent for Cats

My recipe for cats is very similar to the one for dogs. Mix 8 ounces of pure water with 4 ounces of organic, unfiltered apple cider vinegar, plus 10 drops of neem oil and 10 drops of catnip oil. Cats and essential oils can be tricky, so we want to leave essential oils out of the kitty recipe.

Neither neem nor catnip oil are truly essential oils — they're distillates, so we're safe using those. Catnip oil works to deter mosquitoes as well. Cats aren't prone to heartworm, which is a mosquito-borne disease, but dogs are. So those are two easy, all-natural recipes you can use to deter pests and as a bonus, they also make your dog or cat smell wonderful! You can use them during flea season, tick season and all summer long, and feel good that you're not using pesticides on your pet.

Don't Forget Those All-Important Tick Checks!

If you spend a lot of time outdoors like I do, it's important to check your pet and yourself for ticks every night during tick season. Don't forget to check around your dog's eyes, the base of the ears and tail and between the toes.

Use a flea and tick comb to naturally exfoliate your pet's skin while pulling off or exposing pests. I also just saw a great suggestion to use a lint roller as soon as your pet comes indoors to grab any ticks that are on top of the coat, before they burrow in and attach to the skin. Bottom line: absolutely nothing takes the place of physically checking for ticks.

DIY Laundry Products & Dish Soap

All of these DIY laundry products are safe to use in standard and high-efficiency washers because the formula is low-sudsing.

Eco-Friendly Liquid Dish Soap

- 2 1/2 cups boiling water
- 1 tablespoon Borax
- 1 tablespoon washing soda
- 2 tablespoons white distilled vinegar
- 1/2 cup liquid castile soap
- 10 drops essential oil (optional)
- Mixing bowl
- Measuring cups and spoons
- Whisk
- Plastic or glass container

Measure and add the Borax and washing soda to the mixing bowl along with the liquid castile soap and white vinegar. We used lavender castile soap, which gave our dishwashing liquid a light floral scent. Vinegar helps clean dishes and is a natural antibacterial.

Boil the water and then slowly add in the ingredients, using a whisk to gently incorporate. You can also add a few drops of your favorite essential oil at this time to personalize the scent of the liquid dish soap.
Let the soap come to room temperature before adding to your container. It will thicken as it cools.

This eco-friendly liquid dish soap does a great job at cleaning baked-on pans and leaves glasses spotless. It doesn't suds a ton and isn't harsh on hands.


**Powdered Laundry Detergent**

- 1 cup soap flakes or bar of pure soap (ivory, fels naptha, zote) or 5.5-ounce bar of pure soap to make about 1 cup of flakes with a cheese grater
- 1 cup baking soda
- 1 cup washing soda (sodium carbonate)
- 1/2 cup Borax

In a large, resealable container, combine soap flakes, baking soda, washing soda (sodium carbonate) and borax. Washing soda is caustic to the skin and you should wear rubber gloves.

Mix ingredients well. Keep dry. Use 1/2 cup of mixture per load of laundry in a standard top load washer. Use only 2 tablespoons in a high-efficiency top- or front-load washer.

If you can't find washing soda, you can make your own washing soda from baking soda.

The detergent recipe can be easily doubled. Store in an airtight container. Transfer smaller amounts to a decorative canister to keep handy near the washer.

To boost the cleaning power of your homemade detergent, increase the amount of borax used in the formula.

**Liquid Laundry Detergent**

- Bar of pure soap or 1 cup soap flakes
- 1 cup baking soda
- 1 cup washing soda (sodium carbonate)
- 1/2 cup borax
- 2 gallons filtered water
- Resealable 3-gallon container

Using a regular cheese grater, grate the bar of pure soap or use one cup soap flakes.

Add the grated soap to a large saucepan with 4 cups of water. Stir continually over medium-low heat until soap dissolves and is melted.

In a large, resealable container, combine melted soap flakes, baking soda, washing soda (sodium carbonate), borax and two gallons of hot water. Washing soda is caustic to the skin and you should wear rubber gloves.

Stir the detergent mixture until everything is dissolved. Cover and allow to sit overnight to thicken. If using directly from the large container, use 2 tablespoons of your homemade liquid detergent per load. This is appropriate for both HE washers and standard top load washers.
For easier use, fill a smaller container with one half liquid soap mixture and the other half water. Shake well before each use. Use 1/4 cup per load which equals two tablespoons of detergent and 2 tablespoons of water.

A glass beverage dispenser, like those used for iced tea or lemonade, makes a decorative container for your liquid detergent. It is easy to dispense and refill.

**Gentle Wool Wash**

- 4 cups pure soap flakes
- 4 cups boiling water
- 1 cup denatured alcohol
- 1 tablespoon essential oil like lavender or eucalyptus (optional)
- Large glass or plastic mixing bowl
- Whisk or blender
- Large resealable storage container

Place the soap flakes and boiling water in a large mixing bowl and mix well with the stick blender or whisk. Or, you can do this in an electric blender.

Add the denatured alcohol and essential oil (if using), mixing very well.

Pour the mixture into the large preserving jar. Leave the jar overnight and it will set to a firm jelly.

To use, rub a small amount into stains or dissolve one tablespoon of wool wash in lukewarm water. Swish or soak the garment in warm water following all the steps for hand washing and then rinse well.

**Laundry Bleach Pen**

- 3/4 cup filtered water
- 3 tablespoons corn starch (thickener)
- 4 to 7 tablespoons chlorine bleach
- Small saucepan
- Small plastic squirt bottle with a pointed tip
- Small label

In a small saucepan, mix water and corn starch together until starch is dissolved.

Bring to a boil, stirring continuously until the mixture becomes translucent and pudding-like. Let cool completely.

Add bleach by the tablespoon until you have the consistency and strength you desire. The gel will thin a little bit after sitting.

Place in a clean, empty squirt bottle and clearly label.

Make in small batches. The product will lose potency after 3 months.

Bleach solution can be used to create designs on colored fabrics.
Laundry Fragrance Enhancer

- 1 cup Epsom salts (magnesium sulfate)
- 10 drops essential oil(s) in the scent(s) you choose
- Resealable plastic storage container

To Epsom salts add the essential oil. You can add more drops of oil if you like a stronger scent or less for just a hint of fragrance.

Stir the oil into the salts well and store it in an air-tight container.

When you're ready to do a load of laundry, add 1/4 cup of the scented salts to the washer along with your laundry detergent. Add the salts directly into the washer drum—do not use an automatic dispenser. The scented salts are safe to use in both standard and high-efficiency washers.

As with any cleaning or laundry product, be sure to label your scented salts and store them out of reach of children.

This laundry fragrance enhancer makes a great gift. Present it in a pretty container with a coordinated measuring scoop. Be sure to include the directions—and maybe the recipe.

Laundry Fabric Softener

- 1/2 cup baking soda
- 4 cups filtered water
- 3 cups distilled white vinegar
- 5 to 10 drops essential oil in your favorite scent (optional)
- One gallon or larger plastic jug

Pour baking soda into a one-gallon or larger jug.

Add 1 cup water to jug, stir or agitate to dissolve the baking soda. Add the remaining 3 cups of water.

Slowly add the 3 cups of white distilled vinegar. Do not pour quickly or the baking soda and vinegar may react and fizz out of the bottle!

If you would like, add favorite essential oil for fragrance.

Safe for use in both standard and front load washers. Add the mixture directly to the washer's fabric softener dispenser. You can also add it manually to the final rinse cycle—use about 1/2 cup per load.

Adding essential oil for fragrance is optional. The baking soda and vinegar do the actual fabric softening by helping to remove any detergent residue. Even if you don't add the oil, you won't smell like a pickle!

It is a perfect choice for those with chemical sensitivity to perfumes and dyes and is safe to use on all fabrics including children's sleepwear.
Laundry Starch and Sizing

- 2 cups cold water
- 1 tablespoon corn starch
- Spray bottle

Place water in the spray bottle. Add corn starch and shake well until cornstarch is dissolved.

If you like a heavier starch for shirt collars and cuffs, just add 1 teaspoon additional corn starch to the water until you get the stiffness you desire.

To use your homemade starch, give the bottle a shake before each use. Store in the refrigerator between ironing sessions.

Always use the steam feature of your iron when using homemade starch.

Let the starch absorb into the fabric for at least 30 seconds before ironing.

Clean the bottom of your iron after each use.

White marks on clothes when ironing means you are probably ironing too soon after applying the spray starch. It's also possible that you may need to add a little more water to your homemade mixture.

If you have a washer full of table linens or shirts that you plan to iron, add some crispness to the entire batch by adding corn starch to the rinse cycle. Simply dissolve 2 tablespoons of corn starch in 1 cup of cold water. Add to the rinse cycle or if you have automatic dispensers, pour the diluted corn starch into the fabric softener dispenser. Dry clothes as usual but iron them while they are still damp. Remember to use this method only when all of the laundries in the washer load will be ironed.

Fabric Refresher

- 1 cup baking soda
- Hot water
- 10 to 12 drops of your favorite essential oil
- 24-ounce plastic spray bottle

Pour baking soda into a spray bottle.

Add hot water to fill the bottle.

Add drops of essential oil—as much or as little as you'd like.

Shake bottle well to dissolve the baking soda.

Shake bottle well before each use. If the spray nozzle is clogged, simply rinse under hot water. Hold the spray bottle at least 8 to 12 inches away from the garment or fabric. Spray lightly in sweeping motions. Do not over wet fabric or spray too close as it may leave residue on the fabric.

Allow the fabric or garment to dry thoroughly before using. It should hang in a breezy spot, away from direct sunlight. Putting on a damp garment can result in excessive wrinkling. Storing a damp garment can lead to mold or mildew.

https://www.thespruce.com/diy-laundry-products-2145722
Dryer Sheets

- 4 cleaning sponges about 1/2-inch thick
- 2 cups filtered water
- 1 cup fabric softener
- Serrated knife

Cut the sponges in half with the serrated knife.
Mix the water and fabric softener in a resealable bowl with lid.
Submerge the sponges into the mixture.

When ready to dry laundry, wring out 1 sponge and place in the clothes dryer just like dryer sheets. Once dry, place the sponge back into the bowl, close the lid and store.
Replace the water and fabric softener every 2 - 3 months.

Dryer Balls

Dryer balls are added to wet laundry as it is loaded into an automatic dryer to fluff clothes and speed drying time. Many folks find that no fabric softener is needed to keep clothes static-free. The wool balls capture static and make clothes more static-free. After a few uses, you will see pilling on the surface of the balls. This is not attractive but it will not reduce the effectiveness of the dryer balls.

You make them yourself by using leftover wool yarn and some hot water and even recycle wool sweaters that are no longer wearable.

- 100 percent wool yarn or 100 percent wool fabric strips
- A small amount of cotton string
- An old sock or pantyhose

Go for 100 Percent Wool: The fabric or yarn to make dryer balls must be 100 percent wool or other animal hair (cashmere, alpaca) that will shrink or felt when exposed to hot water. The natural hair has barbs that latch onto each other to create a more solid finish. This will provide the density you need for the ball to hold its shape. The natural fibers also help to control static much better than synthetic fibers.

Prepare Dryer Ball Materials

If you are going to use old woven or knit wool fabrics (old coats and sweaters), cut the garment into thin strips or ribbons to begin the construction process.

Wind Up a Ball

Wind the wool yarn or fabric strips into a ball. Start by wrapping around your fingers and be sure to switch directions often to get a ball that is equally round. Wrap tightly and in an orderly fashion until you have a ball about the size of a tennis ball, around two and one-half inches in diameter. It is best to make several balls before proceeding to the next step. Be sure to secure the end of your yarn by running it under several strands of yarn. This can be done with a large needle or a crochet hook.

Create a Sack of Balls
When the balls are the correct size, put them into an old sock or the leg of pantyhose, using the cotton string to tie off between each one.

**Soak and Felt in Hot Water**

Add the filled sock or pantyhose to a pan of hot water and bring it to a boil. Once boiling, remove the pan from the heat source but allow the balls to soak until the water is cool. The hot water will cause the wool to shrink and felt. If you are using anything other than white or natural colored wool, you may see some dye transfer. Some dyed wool yarn or fabric is not colorfast. This will not be a problem when the balls are finished for use in the dryer.

**Dry the Core**

Next, squeeze any excess water from the balls and put the sock of balls in the dryer to dry on high heat. When dry, cut the strings between the balls and remove them from the sock or pantyhose. The balls will be smaller (due to felting) and should look fuzzy. You should be not be able to unwind them. These balls become the core of your final dryer balls.

**Finish the Ball**

Using the ball cores, begin the wrapping process again with the wool yarn or fabric strips. Keep wrapping until the ball is around three and one-half inches in diameter. This is slightly bigger than the final product.

Repeat the hot water soak and drying process. Your dryer ball is now finished.

**Repeat and Use**

Repeat Steps two through five until you have as many dryer balls as you want and you are finished! The balls will last for years to come. Simply add two or three to each dryer load of wet laundry.

https://www.theprojects.com/make-homemade-dryer-balls-2145708

**DIY Household & Cleaning Products**

https://www.thespruce.com/uses-for-rubbing-alcohol-1389041

**Make Your Own Ice Packs**

All you need is rubbing alcohol, water and 2 freezer bags. Mix together two parts water and one part rubbing alcohol in one of the freezer bags. Press out any excess air and seal the bag securely to make sure it doesn't leak.

Use the second freezer bag to double bag your mixture to minimize the potential for leakage.

Freeze the ice pack until the rubbing alcohol and water form a gel. The mixture will get slushy without freezing solid. This allows the ice pack to mold to the shape of your body to more effectively treat injuries.

Steer clear of these common errors when using your DIY gel ice pack.

*Iceing an injury too long:* Because ice constricts the blood vessels, it can reduce the blood flow to the injured area and slow the healing process. Apply the ice pack for no more than 10 minutes at a time.
Applying ice directly to bare skin: Used incorrectly, ice may cause frostbite and damage to the delicate tissues of the skin. Always wrap ice packs in a towel or place them in a thick sock before applying them to an injury. If you're crafty, you can also try sewing cloth sleeves to cover your gel ice pack.

Not elevating the injury: Remember the "E" in RICE. If you're using your gel pack on an injury, elevate the affected body part if possible.

Make Your Own Glass Cleaner

Combine rubbing alcohol with water and vinegar, and you'll have a glass cleaner that performs just as well as anything you can buy at the store. Use 1 cup rubbing alcohol, 1 cup water, and 1 tablespoon vinegar, combine in a spray bottle and you're good to go. Combining ingredients is the secret to making a homemade glass cleaner that cleans well without streaking, just like the store-bought formulas. Just be careful not to use vinegar products on stone surfaces.

Clean Mirrors

Bathroom mirrors have a way of collecting a buildup of hairspray and splashes of toothpaste. Just spray the mirror with rubbing alcohol and wipe it clean. It'll take off all the gunk and leave you with a streak-free shine. You can also use rubbing alcohol to remove hairspray from your bathroom sink, floor, hairbrushes, and any other styling tools.

Remove Grime

Wipe cellphones, computer keyboards, and other high-use gadgets down with a rag that's been lightly moistened with rubbing alcohol to remove all that built-up dirt and grime from the keys and to keep germs to a minimum.

Degrease Your Kitchen

Tackle that grease buildup on your stove, countertops, and cabinets by wiping them down with a sponge or rag that's been soaked in rubbing alcohol. You can even add a few drops of a fragrant oil or lemon juice to it if you want to have a better scent.

Safe for most non-porous surfaces. You can clean metal and glass surfaces and many countertops with vinegar. You should avoid using vinegar on marble, wood, and porous tile, and you don't want to leave a puddle of it in contact with stainless steel for hours.

Remove Water Spots and Fingerprints

Rid faucets and stainless steel sinks of water spots by wiping them down with rubbing alcohol. If you have stainless steel appliances, you can also use it to remove fingerprints and smudges.
Make Your Own Room Spray

Freshen the air in your home with an all-natural room spray that you made yourself. Start with rubbing alcohol and add any fragrance you like.

- Small spray bottle
- Rubbing alcohol
- Filtered water
- 20-30 drops essential oil

Fill the bottle up approximately 3/4 the way with water, and 1/4 the way with rubbing alcohol. Make sure to leave a little room at the top to add the essential oils. After you add the essential oil, place the lid back on the bottle and shake well to combine.

Keep Car Windows Frost-Free

Scraping frost off your windshield is one of the biggest irritants of winter in a cold climate. Rubbing alcohol can keep the frost away. Just mix one part rubbing alcohol together with eight parts water and apply the solution to your car windows to prevent frost from forming on them. To maintain effectiveness, repeat the process each time you wash your car and after heavy rainstorms.

DIY Cleaners with Baking Soda

Baking soda's inexpensive; an effective sanitizer, stain remover, and deodorizer; chlorine-free and safe for use around kids and pets; safe for most surfaces. Do a test on a small area before cleaning on a new surface. Plastic and the surfaces of some appliances (particularly newer stoves--check the owner's manual) are prone to scratching, even from something as mild as baking soda.

General-Purpose Scouring Powder

All you need for a basic scouring powder is baking soda, and you can always add scrubbing power or scents as needed.

Sprinkle baking soda onto a damp sponge or cloth.

Rub it into the surface you wish to clean.

Rinse with water, and you're done!

Strengthen Your Powder with One of These Methods

1. Make a paste of baking soda and water. Allow it to sit on the stain for a couple of hours before scrubbing.
2. Add one tablespoon of borax to 1/3 cup baking soda and mix well.
3. Pour a little distilled white vinegar on the stain and scrub with baking soda.
4. Grate 1/2 bar of soap and mix with 1 cup baking soda to create a sudsy cleaner.

If you notice a film on the surface after rinsing, use diluted vinegar to do a secondary rinse and wipe it dry. This is a common issue on stainless steel.

Baking soda is a mild abrasive and a natural disinfectant. It's tough on stains and germs, but easy on your house.
Add Scents to Your Scouring Powder

- Pulverize dried herbs and add one tablespoon to 1/2 cup baking soda.
- Old coffee grinders are perfect for grinding herbs. A mortar and pestle work as well.
- The herbs should be small enough so they won't build up and clog your drain.
- Add three to eight drops of essential oils to 1/2 cup baking soda and mix well.

Feel free to use any combination of scents (in dried or oil form) that you like and switch them up for the season. Maybe lavender and rosemary are best for springtime freshness while cinnamon and clove are better for the holidays and winter months.

As an added benefit, many herbs and essential oils have natural antibacterial, antimicrobial and antifungal properties.

Store your finished scouring powder in a clean glass jar with a tight-fitting lid and be sure to label it. This also makes a fun (and cheap) gift!

Try some of these scents:

- Citrus zest or essential oil: lemon, orange, grapefruit or lime
- Lavender: dried flowers or essential oil
- Rose: dried petals from your garden or essential oil
- Rosemary: dried leaves or essential oil
- Basil: dried leaves
- Mint: dried leaves
- Tea tree: essential oil with a refreshing, very clean scent
- Cinnamon: ground
- Clove: ground

[https://www.thespruce.com/make-your-own-scouring-powder-1387938](https://www.thespruce.com/make-your-own-scouring-powder-1387938)

Drain Cleaner

Just pour half a box of baking soda down the drain, and then pour vinegar over the top to create a foaming action. Allow the foam to settle and then repeat until all the baking soda is gone. The foaming reaction cleans out grime and clogs and is a natural deodorizer.

Unlike store-bought drain cleaners, you don't have to worry about this one damaging your pipes. It's tough on clogs, not your plumbing. Use it to clean your kitchen drain or your bathtub drain. You can even use it to fix a clogged toilet.

For maximum effect, allow the drain to sit unused for a while after cleaning.

Run hot water down the drain the first time you use it. This should help to remove any dirt or debris that was loosened by your drain cleaner.

Get in the habit of pouring baking soda down your kitchen drain before you go on vacation so you won't come home to a stinky drain. Follow up with the vinegar when you get home.

Keep Your Disposal Smelling Sweet

Stick some orange or lemon peels (grapefruit will work, too) down the drain and run the disposal. Be sure to break up the peels into small pieces. The citrus oils neutralize odors and sanitize the blades.
Get in the habit of grinding all of your citrus peels. They'll do your disposal better than your trash can. To keep your disposal smelling fresh, it's also a good idea to run ice through your disposal periodically. It'll help to dislodge stuck-on food and sharpen the blades at the same time.

Avoid putting foods down the drain, and you'll deal with far fewer drain odors, plus you'll enjoy a smaller water bill.

Get Cleaner Dishes

If your dishes aren't coming out as clean as they used to, the cause could be a clogged drain. Make sure your dishwasher is maintained properly and avoid a costly repair fee.

https://www.thespruce.com/homemade-drain-cleaner-1388132

Oven Cleaner

Commercial oven cleaners are some of the worst culprits when it comes to chemical fumes and inhaling those make an already difficult task that much more unpleasant. Don't avoid cleaning your oven, avoid the toxic sprays by turning to baking soda and water instead.

Baking soda is a simple chemical compound known as sodium bicarbonate. The natural mineral form is found in many mineral springs.

Getting the oven clean with a natural product is possible with baking soda. This natural cleaner has the strength to clean an oven and does a surprisingly good job, all while being an inexpensive cleaning agent. Baking soda does not have harsh fumes or caustic chemicals, the latter of which can make one queasy or worried about health effects. As a cleaning agent, baking soda paired with a little bit of water creates a paste that can remove rust, dirt, and other layers. The product can also absorb grease and grime.

Supplies Needed

- A full box of baking soda is required for cleaning the oven properly.
- Individuals will also need a spray bottle filled with tap water.
- A sponge or cleaning rag is necessary and a steel wool scrubber may be needed.
- For rinsing the oven, a bucket or bowl of clean water and a clean sponge is required.
- Include a small wastebasket handy for the residue and wear rubber gloves to protect hands and nails.
- Vinegar is helpful for cleaning oven racks.

1. Add a Thick Layer of Baking Soda

First, make sure the oven is completely cool before attempting to clean the oven. Then, remove the oven racks, which can be soaked in hot water and vinegar in the kitchen sink. After ensuring it is cool to the touch, it is safe to start sprinkling a thick layer of baking soda onto the bottom of the oven.

2. Spray the Baking Soda with Water

Using a spray bottle filled with water, spray the baking soda down until it is damp, but not saturated with water. Using tap water will do just fine. The water and baking soda together will help break down the food particles.

3. Continue Spraying Baking Soda
Every few hours, spray the baking soda down again with water to keep it moist. Continue this process over several hours, spraying water as the baking soda begins to dry out.

4. Scrape the Baking Soda Out of the Oven

Grab a kitchen wastebasket lined with a plastic garbage bag and position it next to the oven. Then, get a sponge or cleaning rag. With the sponge or rag, begin scraping the baking soda out of the oven, and then deposit it into the lined wastebasket. Food residue will be scraped out with the baking soda. Tougher bits may loosen up when using a steel, wool, or plastic scrubber.

5. Rinse the Bottom of the Oven Out

Use a clean bucket with water and a sponge to swab the remaining baking soda and residue out of the oven. Changing the water one or more times may be needed to rinse thoroughly.

The next time it's time to cook, the food won't have an added taste and smell of oven cleaner. The oven will also work more efficiently without food residue, saving on energy costs.


Carpet Cleaners

Whether you need to scrub out a tough stain or want to give your carpets a deep cleaning, between baking soda and vinegar, your carpet cleaning should be a breeze and create a better environment for your entire family.

Whenever testing out a new carpet cleaner, do a spot test in a discrete area before tackling the entire room.

- White vinegar
- Baking soda
- Hydrogen peroxide
- Water

Mix the white vinegar and baking soda to form a paste. Work the paste into the carpet stain with an old toothbrush, or something similar. Allow the paste to dry, and then vacuum up the baking soda. The stain should be gone.

For tough stains like wine or chocolate, use hydrogen peroxide instead. Just apply the hydrogen peroxide directly to the stain; allow it to sit until it stops fizzing and then dab the area with a clean rag to lift the spot. You may need to treat tough stains more than once. For best results, try to treat stains before they have time to set. For persistent or tricky stains, like ink, try other homemade cleaners designed to tackle tougher stains.

To make a cleaning solution for your steam cleaner, fill your steam cleaning machine with equal parts white vinegar and warm water; then simply clean according to the manufacturer's instructions.

Why This Works and Benefits

The acetic acid in vinegar dissolves stains and also neutralizes odors—just what you need to clean carpets. There are also many benefits to using a homemade carpet cleaner and cleaning solution. In addition to being inexpensive compared to store-bought products, they:

- contain no harsh chemicals
• contain no synthetic fragrances to irritate allergies or pollute your indoor air
• are effective sanitizers
• are effective deodorizers
• are effective stain removers
• are safe for use around pets and kids
• cut down on the number of bottles you have to buy and store

Additionally, you can use homemade carpet cleaners and cleaning solutions on wool rugs. (Most store-bought carpet cleaners are too alkaline for wool.)

As with any cleaner, avoid all contact with your eyes and prolonged contact with your skin. Vinegar and baking soda aren't toxic, but they could still be an eye irritant, and you should never ingest hydrogen peroxide. So, keep children and pets off the carpet that you're treating until it's dry.

Consult the owner's manual that came with your steam cleaner to make sure using a homemade cleaning solution won't void your warranty or rental agreement.

Use these recipes to clean upholstery, too. You can use these homemade solutions to remove stains from furniture and the interior of your car.

https://www.thespruce.com/homemade-carpet-cleaner-recipes-1388729

**Carpet Deodorizer**

Pets and other household odors can get trapped in your carpets, and you may become nose blind to the smell. Commercial deodorizers often only mask the odor and may irritate allergies. Baking soda neutralizes the smells and is even easier (and cheaper) to use.

**Cleaning with Lemons**

Lemon juice is another natural substance that can be used to clean your home. It can be used to dissolve soap scum and hard water deposits, and it's great for shining brass and copper. Lemon juice can also be used to treat stains given its natural bleaching qualities, but that can also be a drawback. It's a good idea to test it out on a hidden area first.

Lemon cleaning applications include:

• Mix lemon juice with vinegar or baking soda to make a cleaning paste.
• Cut a lemon in half and sprinkle baking soda on the cut section of the lemon. Use the lemon to scrub dishes, surfaces, and stains.
• Mix 1 cup olive oil with 1/2 cup lemon juice to use as a furniture polish for hardwood furniture
• Put a whole lemon peel or orange peel through the garbage disposal—it freshens the drain and the kitchen.
Cleaning Your Car

Cleaners for your car can be a big waste of money, and you might already have everything needed in your home.

Homemade Car Cleaners: Use baking soda to scrub your tires and clean your carpets. It's a great trick to save money while detailing your precious ride.

Copper and Brass Tarnish Remover

That same vinegar and baking soda combination that works so well on drains can be used as a paste to clean the copper and brass around your home. It's easy and works like a charm.

- Baking soda
- White vinegar
- A cleaning cloth

Mix baking soda and white vinegar together to create a paste. It'll fizz for a minute, but will quickly settle down. Then, rub the paste into the copper or brass object that you wish to clean, using your hands or an old toothbrush. Let it sit for 30 minutes or so. Then, rinse, and buff with a dry cloth, and enjoy that like-new gleam.

The acetic acid in the vinegar and the sodium in the baking soda work together to dissolve the tarnish. And the baking soda provides just the right amount of grit to scrub all that tarnish away, without scratching the surface of the piece that you're cleaning.

Be sure to use a soft cloth or brush. Stiff brushes, scouring pads and other scratchy tools could damage copper and brass.

If the object you're cleaning is badly tarnished, you may need to repeat the process to get all the tarnish off.

No vinegar? Use lemon juice instead. The citric acid in lemon juice works just as well as the acetic acid in the vinegar.

This homemade polish can also be used to clean bronze.

Do not use this method to polish lacquered copper or brass. Warm, soapy water should be sufficient. In fact, if the lacquer is in good shape, the metal shouldn't be tarnished anyway.

Consider wearing gloves while you're cleaning your tarnished pieces, so the oils from your hands don't get onto your cleaned copper or brass. The oils will quickly tarnish the freshly polished metal.

Other Removal Methods

If you don't have vinegar and baking soda on hand, you can also use ketchup to remove tarnish. Just grab the ketchup bottle from your fridge. Squirt some on the piece you want to clean and work it in with your fingers or a sponge. Let it sit for a little while, so it has time to go to work on all that tarnish. Then, rinse it off, and dry your piece thoroughly.

Another option: lemon and salt. Simply slice a lemon in half, sprinkle the cut side liberally with salt, and rub it over the surface of the piece you’re cleaning. Re-salt the lemon periodically, to maintain your scrubbing power. Then, rinse; dry; and you're done.
Is It Solid Copper/Brass or Copper/Brass Plate?

If a magnet sticks to it, it's plate. If it doesn't, it's solid copper or brass. Why does this matter? Because "plate" is just a thin layer over some other type of metal. If you're cleaning a plated piece, you'll need to be extra careful that you don't wear off the plate with all of your polishing. While it may not be an issue this time, it could become an issue over time with repeated cleanings.

How to Prevent Tarnishing

Want your copper to maintain that new, shiny sheen? If it's a piece of jewelry or a decorative item that you want to keep tarnish-free, consider applying Renaissance Wax, lacquer or another protective coating. This will keep the copper from being exposed to oxygen, so it won't tarnish. Just know that these types of finishes aren't appropriate for cookware. If you're trying to keep your pots and pans tarnish-free, here's what you should and shouldn't do:

- Don't touch the copper any more than necessary. The oils in your hands will cause it to tarnish.
- Dry your copper pots and pans as soon as you wash them. If you allow them to air dry, they'll tarnish.
- Don't put your copper kitchenware in the dishwasher. The harsh detergents will lead to tarnish.
- Regularly dust any copper pieces that you don't use often. If you allow dust to sit on the surface, it'll cause tarnish to form.

These best practices won't eliminate tarnish entirely, but they will cut down on how often you need to polish your pots and pans.

https://www.thepsrucer.com/baking-soda-homemade-cleaner-1387916

Silver Tarnish Remover

- Aluminum foil
- Table salt
- Baking soda
- Hot water
- Washtub or bucket

Start by placing a piece of aluminum foil at the bottom of a washtub or bucket. Then follow these simple directions.

Fill the container with hot water, preferably boiling water from a tea kettle or other container from which you can pour it safely.

Sprinkle in two tablespoons of table salt and two tablespoons of baking soda.

Drop your silver pieces into the water. When they settle on the aluminum foil, they should not be touching each other.

Allow your silver to soak for 2 to 3 minutes, or as long as 5 minutes for heavily tarnished items.

Carefully remove your silver items—do not drag them across the foil—and rinse them. The tarnish should now be gone.
You may need to soak badly tarnished silver a second time. Alternatively, you can use only baking soda or salt to make your silver-cleaning solution. Avoid using washing soda as it is more likely to etch your items than baking soda.

When salt, baking soda, aluminum foil, and water are combined, they create a chemical reaction known as ion exchange. During this process, the tarnish on the silver (silver sulfide) is converted back into silver, and the sulfide becomes aluminum sulfide on the foil. If your silver is tarnished enough, you'll see brown tarnish on the aluminum foil.

This method will not only remove tarnish that occurs by contact between silver and air; it will also remove factory-applied patinas. If you want your items to retain their patina, invest in a bottle of silver polish.

Silver restorer Jeffrey Herman also warns that the surface of silver items soaked this way will have a rougher surface when viewed under a microscope and may tarnish more quickly. You might also see lighter and darker areas on the item, as pure silver replaces sterling silver and patina.

You should also take care not to scratch your silver items by dragging them across the aluminum foil. For these reasons, you may want to use a silver cleaner that requires buffing rather than soaking.

https://www.thespruce.com/frugal-silver-cleaner-1388736

Rust Remover

Remove Rust with Vinegar

Submerge the rusted object in undiluted white vinegar. If the object is too large to do so, liberally spray or dab vinegar over the rusted area.

Allow the vinegar to soak in for at least 30 minutes. If you're dealing with a lot of rust, a longer soak will probably be necessary. If that's the case, start with a couple of hours. Then, check on your progress.

Pull your object out of its vinegar bath, and use a brush to scrub off any remaining surface rust. An old toothbrush or nail brush works great for this. Then, rinse the object off, and dry it thoroughly.

Repeat the process if any rust remains.

Remove Rust with Lemon Juice

Mix Borax and lemon juice together to form a paste. You also can use baking soda if you don't have any Borax on hand.

Apply the paste to the rust, and let it sit for at least 30 minutes (longer for rustier objects). If the paste starts to dry out, just spray a bit of water over it to re-wet it.

Use a brush (a toothbrush works great) to scrub the paste into the rusted object. The scrubbing should lift the rust right off. If you still see any rust, just repeat the process. Be sure to rinse and dry the object thoroughly before you use it again.

Remove Rust with Baking Soda and a Potato
Slice a potato in half and sprinkle the cut side with salt or baking soda. Then, rub the cut side of the potato over the rusted area. The acid in the potato will lift the rust, and the salt (or baking soda) will help scrub it away.

If you're trying to remove rust from your kitchen knives, plunge them into a potato, and let them sit while you go about your day. When you pull the knives out of the potato, the rust should wipe right off.

Wash and dry the object you cleaned before returning it to service.

**Tips and Warnings About Homemade Rust Removers**

Objects may appear black after being soaked in vinegar or lemon juice but should return to their original color after being rinsed in water.

These rust removers use mild acids and abrasives to remove rust. While they're less harsh than most store-bought rust removers, you should still take care when using them to clean antiques or other valuable items. Only you can decide when it's appropriate to use them.

Prevent surface rust by caring for your tools and equipment properly. Be sure to oil garden tools before storing them, hand-wash kitchen knives (instead of putting them in the dishwasher), and store belongings where they'll be protected from the weather.

**Grease Remover**

So what is the right cleaner? Vinegar. Just soak a sponge or rag in vinegar, and use it to wipe down the greasy surface. It'll cut through the grease and grime in one easy step.

Vinegar should only be used on non-porous surfaces such as metal, glass, or sealed countertops. If you don't like the smell of undiluted vinegar, you can dilute it with water. One part vinegar to two parts of water is a good place to start. You can even add a few drops of a fragrant oil or lemon juice to it if you want to have a better scent.

**Why Vinegar Works as a Grease Remover**

The acetic acid in vinegar eats through the grease, saving you scrubbing time and frustrations.

**Warnings and Precautions**

Do not use vinegar on marble. The acid in vinegar can damage it, and that would be a costly problem.

Test using vinegar on a small area before you use it on finished wood surfaces or tile. If the surface isn't fully sealed, you may see an effect. Better to only mar a tiny area than to clean the whole floor or furniture piece and then discover there is a problem.

As with any cleaner, you should avoid all contact with the eyes and prolonged contact with the skin. While vinegar is safe when you eat it, the acid in it can be an irritant to sensitive areas.
Mold and Mildew Remover

Store-bought mold and mildew removers aren't good for your lungs or your pocketbook. Skip those toxic cleaners and make your own highly-effective tub and tile cleaner.

DIY Mold and Mildew Remover

Making your own bathroom cleaner is easy. While this spray works wonders on mold and mildew, it is also an excellent all-purpose cleaner. It can be used to clean many surfaces in your home but can damage some materials like marble. Always test a spot before using.

If you like, add essential oils to create an aromatic cleaner.

- 1 part vinegar
- 1 part water

Combine the vinegar and water in a spray bottle and shake it to mix.

Warning

Do not use straight vinegar as it is acidic and can eat away at grout.

Another cleaning option: Soak a sponge in the vinegar/water solution, and wipe down any areas with mold or mildew growth.

Note: This solution will kill the mold, but it won't remove the mold stains. Just add a little elbow grease to get rid of the stains.

Why Does Vinegar Work?

Vinegar really is the ultimate green cleaner. Distilled white vinegar is the most common and cheapest available and often contains 5% acetic acid.

It is the high acidity that helps kill mold and mildew. It also inhibits future growth and can loosen rust and lime mineral deposits on your bathroom fixtures. At the same time, the vinegar cleaner will deodorize the bathroom.

Are you worried about the smell of vinegar? Don't worry a bit! As soon as the vinegar dries the smell goes away. That is why it is also a perfect fabric softener!

Benefits

Natural mold and mildew remover and growth inhibitor. As mentioned, acetic acid kills mold that stops it from coming back. The real benefit is that it does so naturally so you can feel good that your family is living in a healthier environment.