



Remove & Replace

MASTER CHECKLIST

*List of chemicals with toxic chemicals and
easy ways to replace them with non-toxic,
safe alternatives*

Below are some easy replacement ideas and homemade recipes you can use to replace toxic, synthetic fragrances with natural, healthy scents in your home.

<i>Toxic Household Products</i>	<i>Healthy Replacements</i>
Wax Melts and Air Fresheners	<p>Diffuser + Essential Oils (premade blends are a great way to get a more complex scent)</p> <p>My Favorites: Stress Away, Valor & Peace & Calming</p>
Scented Candles	<p>Diffuser + Essential Oils</p> <p>Natural beeswax candles with lead-free wick</p> <p>Best Natural Candles: Root Legacy</p>
Dryer Sheets	<p>5" squares of cotton t-shirts soaked in vinegar and few drops of essential oils. (Use them 2-3 loads before washing them and starting over). Store in a sealable glass container</p> <p>or</p> <p>Wool Dryer Balls with a few drops of essential oil</p>
Laundry Soap	<p>1 cup Arm & Hammer Washing Soda 1 Cup Borax 1 Cup Grated Bar Soap (Castile, Zote or Fels Naphtha).</p> <p>Use 1-2 tbsp per load</p>
Household All Purpose Cleaners	<p>Concentrated Non-Toxic Cleaner + Essential Oils (Lemon, Lavender or Purification Blend)</p> <p>Favorite Concentrated Cleaner: Thieves Household Cleaner</p>
Dish Soap	<p>½ cup warm water mixed with 2 cups of liquid castile soap (+ 3-4 essential oil)</p> <p>Best Essential Oils for the Kitchen: Lemon, Grapefruit & Orange</p>
Foaming Hand Soap	<p>4 parts water 1 part pure liquid castile soap 3-4 drops child-safe essential oil (Lavender is great to start) Mix in a foaming hand soap dispenser</p>
Liquid Hand Soap	<p>½ Cup water ¼ cup castile soap 2 tbsp carrier oil (almond or jojoba) 1 tsp of guar gum 15 drops essential oil of choice (lavender, orange or lemon) Mix in a hand soap dispenser</p>

Bonus Recipes

For the simple recipes below, I use [Thieves Household Cleaner](#), which is a concentrated solution. Not only is it a non-toxic product, but it's derived from plants, which means it's actually beneficial to our health. It's highly effective in supporting the immune system and overall good health. This cleaner can replace EVERY SINGLE cleaner in your home. And the best part is it costs just \$.03/ounce (most store bought cleaners cost around \$.05 - \$.11 per ounce).

GET YOUR THIEVES HERE

Thieves Cleaner

RECIPES

USE TO CLEAN COUNTERS, WOOD, TILE, TOILETS, CABINETS, GLASS, MIRRORS, WALLS, LINOLEIUM, CARPETS AND MORE!!!

MATTRESS CLEANER

1 CAPFUL CLEANER
15 DROPS PURIFICATION
5 DROPS LAVENDER
5 DROPS TEA TREE

ALL PURPOSE CLEANER

1 CAPFUL CLEANER
3 CUPS WATER

SINK & TILE SCRUB

1 CAPFUL CLEANER
1/2 C BAKING SODA
5 DROPS LEMON
3 DROPS THIEVES

GLASS & MIRROR

1 CAPFUL CLEANER
5 DROPS CITRUS FRESH
1 TSP WHITE VINEGAR
4 CUPS WATER

DEGREASER

1 CAPFUL CLEANER
1 CUP WATER

HARDWOOD FLOORS

1/4 C CLEANER
1/2 C OLIVE OIL
5 DROPS PINE
1 GALLON HOT WATER



I'm so excited you're here and ready to remove unhealthy toxins and chemicals from your home. This recipe book is all you need to get started in making your own safe alternative cleaning solutions. **This is a great place to start your Healthy House Journey.**

Healthy Cleaning Essentials

(if you want to make ALL 22 of these recipes, this is what you will need)

- [Empty Spray Bottles](#)
- [Vinegar](#)
- Baking Soda
- [Washing Soda](#) (in the laundry aisle)
- [Castile Soap](#)
- [Rubbing Alcohol](#)
- [3% Peroxide](#)
- Cornstarch
- [Citric Acid](#)
- [Olive Oil](#)
- Essential Oils
 - [Lavender](#)
 - [Lemon](#)
 - [Tea Tree](#)
 - [Orange](#)
 - [Thyme](#)
 - [Peppermint](#)
- [Microfiber Cleaning Cloths](#)



Kitchen Disinfectant

RECIPE:

- 2 Cups Hot Water
- ¼ Cup White Vinegar
- ¼ tsp Tea Tree Oil
- ½ Lemon Oil

Mix the ingredients into a spray bottle and clean normally. You may have to shake the bottle to mix the ingredients every now and then.



Stainless Steel Cleaner

YOU WILL NEED:

- Vinegar (mixed with an equal amount of water)
- ¼ Cup Olive Oil
- Microfiber Cloth
- 4-5 drops Lemon Oil (optional)

First you will need to clean the surface with the water & vinegar mixture to cut through the grease and grime. Dry your appliance with a soft cloth. Next, you will mix the olive oil and lemon oil together and apply it evenly to your surface. Buff the appliance with your microfiber cloth and watch it shine.



Dishwasher Detergent

RECIPE:

- 1 cup washing soda (can substitute baking soda)
- ¼ cup citric acid
- ¼ cup course salt
- 10 – 15 drops of citrus essential oil (orange, grapefruit or lemon are antibacterial as well)
- White Vinegar (in place of a rinse aid)

Mix the first three ingredients together in an air tight container. Add your essential oil and mix it up again. Use 1 tsp for a normal dish load and 1 tbsp for a really tough load



Oven Cleaner

RECIPE:

- 1 tbsp Castile Soap
- 1 ½ cup baking soda
- 2-4 drops Lavender essential oil (optional)
- ½ white vinegar

Mix the ingredients together and add water little by little to create a paste you can easily spread on to your oven. Spread the mixture on your oven and let it sit 6-8 hours. Next, fill a bowl with clean water and use a scrubber or sponge to wipe off the grime and cleaner. Repeat until your oven is clean. (You may have to change your water throughout the process).



Glass Stove Cleaner

RECIPE:

- ½ cup baking soda
- 1 tsp Castille soap
- Kitchen towel

Mix warm water and Castile soap in your sink or a large bowl. Soak your dish towel in the soapy mixture. Next, sprinkle the baking soda over your stove top. If there's a really dirty area, use extra baking soda. Wring out the towel, but make sure it's still very wet. Lay it on top of your stove top and leave it for AT LEAST 15 minutes. Lastly, clean off your stove with the dishtowel and buff with a dry towel.

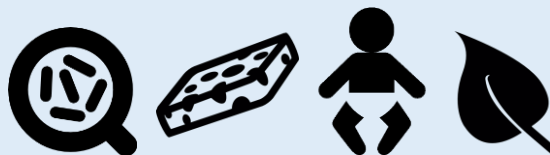


Floor Cleaner

RECIPE:

- 1 cup water
- ¾ cup vinegar
- ¾ cup rubbing alcohol
- 2-3 drops Castile soap
- 5 drops each of lavender, orange, tea tree and peppermint essential oils

Mix ingredients together and spray on floor. Wipe up with a microfiber cloth. You can use this mixture in a spray mop.



Granite Cleaner

RECIPE:

- ¼ cup rubbing alcohol
- 3 drops Castile soap
- Water
- 5-10 drops essential oil (optional: lavender, grapefruit or orange)

Pour rubbing alcohol in a 16 oz spray bottle. Add Castile and essential oil and fill the rest of the bottle up with water. Shake your mixture gently and spray on granite and wipe off.



Tough Degreaser

RECIPE:

- 2 cups warm water
- 2 tablespoons baking soda
- 2 teaspoons Castile Soap
- 20 drops Lemon Essential Oil

Mix all the ingredients together in a spray bottle. Spray on your surface and with down with a wet towel. Finish the job off by shining the surface with a dry towel.



Bathroom Cleaner

RECIPE:

- 2 Cups Hot Water
- ¼ Cup White Vinegar
- ¼ tsp Tea Tree Oil
- ½ Lavender Oil

Mix the ingredients into a spray bottle and clean normally. You may have to shake the bottle to mix the ingredients every now and then.



Toilet Bowl Cleaner

RECIPE:

- 1 Cup Vinegar
- 1/4 Cup Baking Soda (handful)

Pour the vinegar into your toilet and add the baking soda. Let it sit for at least 10 minutes and then scrub with a toilet brush.



Window & Mirror Cleaner

RECIPE:

- ¼ cup White Vinegar
- ¼ cup Rubbing Alcohol
- 1 tbsp cornstarch
- 2 cups warm water
- 8-10 drops essential oil (optional: lemon, orange or grapefruit are great)

Use as normal window and mirror cleaner.



Dryer Sheets

RECIPE:

- 5 inch squares of cotton t-shirts (or if you don't mind spending a little, [wool dryer balls](#))
- 5 drops of essential oil (lavender, grapefruit and lemon are favorites for laundry)

Put essential oil on cloth and throw it into the dryer. They can be used for 2-3 loads (add 3 drops of oil before each use). Wash them and do it again. We recommend getting several cloths ready and keeping them in a sealable glass container.

(or if you don't mind spending a little, use [wool dryer balls](#) with essential oils added to them)



Laundry Soap

RECIPE:

- 1 cup Arm & Hammer Washing Soda
- 1 Cup Borax
- 1 Cup Grated Bar soap ([Zote Soap](#), [Fels Naptha](#) or [Castile Bar Soap](#) is perfect)

Mix ingredients together and store in an air tight container. Use 1 tbsp per load or 2 tbsp for a really tough load of laundry.

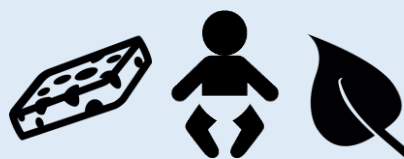


Fabric Softener

RECIPE:

- 1 gallon white vinegar
- 25 – 30 drops of Essential Oil (we love lavender for laundry)

Mix the ingredients and add ¼ cup to the rinse cycle of your washing machine.



Carpet Stain Remover

RECIPE:

- 2 tsp baking soda
- 1.5 castile soap
- 1.5 tsp vinegar
- 1 cup warm water

Sprinkle baking soda over stain and let sit for 10 minutes. Vacuum the baking soda. Mix the remaining ingredients and dab the stain with a white cloth soaked in the solution. Use another dry cloth to blot the carpet dry.



Carpet Cleaner for Machines

RECIPE:

- 1 gallon hot water
- 1 tablespoon Castile Soap
- 1 ½ tablespoon vinegar
- ¼ cup 3% peroxide

Fill your machine with hot water and leave space for the other ingredients. Add the remaining ingredients and clean your carpet like normal.



House Bug Spray

RECIPE:

- 1 cup water
- 1 cup vinegar
- 1 tsp Castile soap
- 15 drops peppermint essential oil

Mix the ingredients into a spray bottle and spray around baseboards or anywhere there are bugs, ants or spiders. You may have to shake the bottle to mix the ingredients every now and then.



Stuffed Animal Disinfectant

RECIPE:

- 1 cup vinegar
- 1 cup water
- 6 drops tea tree oil
- 6 drops thyme oil

Mix the ingredients into a spray bottle and spray onto stuffed animals. Letting them dry in natural sunlight is a great way to get them disinfected, but not necessary.



Dusting Spray

RECIPE:

- 1 cup water
- ¼ cup vinegar
- 2 tablespoons olive oil
- 10 – 15 drops essential oil of your choice (lavender, orange and grapefruit smell great!)

Mix the ingredients together in empty spray bottles. Shake before use. Spray directly onto surface and wipe with a microfiber cloth.



Upholstery Refresher

RECIPE:

- 1 cup water
- ¼ cup vinegar
- ½ tablespoon baking soda
- 8-10 drops lavender essential oil

Mix the ingredients into a spray bottle and spray on your upholstery. You may need to shake the bottle to remix the ingredients for each use.

