

Essential Oil Recipes: Natural Recipes for Toxic-Free Living

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✓ Verified Book of Essential Oil Recipes: Natural Recipes for Toxic-Free Living

Summary:

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Cleaning with Natural Ingredients Saves Time, Space and Money

Making your own natural cleaning recipes is not time-consuming or expensive. In fact, quite the opposite is true. It only takes a minute or two to fill a spray bottle with vinegar and water and add a few drops of essential oil. Bingo— instant glass and appliance cleaner! Having done that, there's one less aisle to visit in the supermarket. The majority of commercial cleaners are quite expensive. A typical spray or foam cleanser for the bathroom, for instance, can cost \$4 or more. A natural alternative, on the other hand, will cost pennies to make. You can buy essential oils for an average of \$3 to \$5 per half fluid ounce. Because you only use 5 to 30 drops of the oil (depending on the formula), that half-ounce goes a long way. Other all-natural ingredients such as vinegar, baking soda, water and castile soap are also inexpensive. You will marvel at the amount of uncluttered space that becomes available in the area where you store cleaning supplies. According to Debra Lynn Dadd, author of Toxic Free, the average kitchen is home to 30 or more commercial products, the laundry room six! Many of the herbal formulas you will be making are multipurpose, so the number of cleaning products you store will be greatly reduced— an immense help to those of us with only a little bit of space under the sink or in a closet. Ingredients for Natural Cleaning Recipes:

Baking soda: Otherwise known as bicarbonate of soda, you can find this ingredient in any supermarket, usually in the baking supplies aisle. Citrus seed extract: Usually made from grapefruit seed, this natural preservative is a powerful antimicrobial agent. Often sold as grapefruit seed extract, it is available at health-food stores or by mail order. Essential oils: Read about selecting essential oils in "Essential Oils 101" at the end of this article. These natural cleaning recipes include lime; sweet orange; rosemary, eucalyptus or tea tree; thyme; lemon or lemongrass; and peppermint or citronella; all are available via health-food stores or mail order.

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