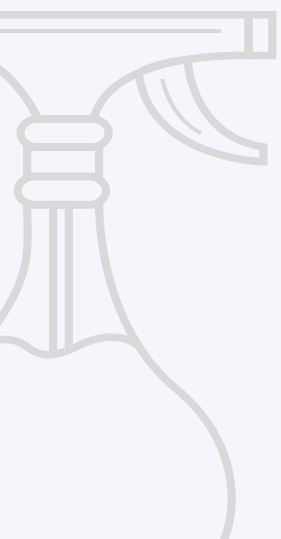


Your Complete Guide to ...
**DIY CLEANING
RECIPES**

Bougie on a Budget with Emily Sinclair



* RECIPE *

TITLE: ALL-PURPOSE CLEANER (VINEGAR)

* INGREDIENTS

1 CUP VINEGAR

1 CUP WATER

2 TBSP. LEMON JUICE

10 DROPS ESS. OIL

* DIRECTIONS

MIX WELL IN SPRAY BOTTLE

AND USE WITH CLOTH OR

SPONGE - GOOD FOR

COUNTERS, SINKS, TUBS, ETC.

NOTES:

* RECIPE *

TITLE: ALL-PURPOSE CLEANER (NON-VINEGAR)

* INGREDIENTS

2 CUPS WATER (HOT)

1/4 CUP CASTILE SOAP

2 TBSP. LEMON JUICE

10 DROPS ESS. OIL

* DIRECTIONS

MIX WELL IN SPRAY BOTTLE

AND USE WITH CLOTH OR

SPONGE - GOOD FOR

COUNTERS, SINKS, TUBS, ETC.

NOTES:

* RECIPE *

TITLE: RUST REMOVER

* INGREDIENTS

1/2 POTATO OR LEMON

TABLE SALT

OR

VINEGAR

* DIRECTIONS

DIP CUT END LEMON IN

SALT & SCRUB SURFACE

SOAK RUSTED ITEMS IN

VINEGAR FOR 5 HOURS &

RINSE

NOTES:

* RECIPE *

TITLE: COPPER POLISH

* INGREDIENTS

KETCHUP

TABLE SALT

* DIRECTIONS

MIX EQUAL PARTS OF

EACH INTO A PASTE-

LIKE MIX, THEN APPLY

TO TARNISHED COPPER.

LEAVE FOR AN HOUR,

WIPE AWAY.

NOTES:

* RECIPE *

TITLE: WOOD POLISH

* INGREDIENTS

1/2 CUP VINEGAR

1/2 CUP OLIVE OIL

1/4 CUP LEMON JUICE

* DIRECTIONS

MIX INGREDIENTS IN A
BOWL UNTIL IT FORMS A
THICK SOLUTION. APPLY
TO COTTON CLOTH, WIPE,
& REMOVE ANY EXCESS.

NOTES: BE SURE TO POLISH

WITH THE GRAIN!

* RECIPE *

TITLE: TOILET BOWL CLEANER

* INGREDIENTS

1 CUP WATER

1/2 CUP BAKING SODA

1/2 CUP CASTILE SOAP

3 TBSP. RUBBING ALCOHOL

A FEW DROPS ESS. OIL

* DIRECTIONS

MIX INGREDIENTS IN A SPRAY

BOTTLE OR CONTAINER &

APPLY TO BOWL. ALLOW TO

SIT FOR 20 MINS, SCRUB, &

FLUSH.

NOTES:

* RECIPE *

TITLE: MIRROR/GLASS CLEANER

* INGREDIENTS

1 CUP WATER

1 TBSP. VINEGAR

* DIRECTIONS

MIX INGREDIENTS IN A SPRAY

BOTTLE & WIPE DOWN MIRROR

WITH MICROFIBER CLOTH OR

CRUMPLED NEWSPAPER.

NOTES:

* RECIPE *

TITLE: TILE & TUB CLEANER

* INGREDIENTS

2 CUPS BAKING SODA

1 CUP WARM WATER

1/2 CUP CASTILE SOAP

2 TBSP. VINEGAR

2 TBSP. LEMON JUICE

* DIRECTIONS

MIX INGREDIENTS IN A SPRAY

BOTTLE & APPLY TO SURFACES.

ALLOW TO SIT FOR 5 MINUTES

BEFORE WIPING WITH A

SPONGE OR CLOTH.

NOTES:

* RECIPE *

TITLE: GROUT CLEANER

* INGREDIENTS

1/2 CUP BAKING SODA

1/2 CUP RUBBING ALC.

1 TBSP. CASTILE SOAP

* DIRECTIONS

MIX INGREDIENTS IN A

SPRAY BOTTLE & USE DIRECT

SPRAY SETTING TO COAT THE

GROUT. LET SIT FOR 10-15

MINS, THEN SCRUB W/ AN

OLD TOOTHBRUSH.

NOTES:

* RECIPE *

TITLE: SINK CLEANER

* INGREDIENTS

1/2 A LEMON

SALT

* DIRECTIONS

DIP CUT END OF LEMON

IN SALT & SCRUB SURFACE

OF SINK THOROUGHLY.

NOTES:

* RECIPE *

TITLE: MICROWAVE CLEANING SOLUTION

* INGREDIENTS

1/2 CUP WATER

1/2 CUP VINEGAR

2 TBSP. LEMON JUICE

* DIRECTIONS

MIX INGREDIENTS IN A BOWL AND

MICROWAVE R FOR 5-10 MINS. YOU

MAY WANT TO STICK A WOODEN

SPOON IN TO PREVENT

EXPLOSIONS...

NOTES:

* RECIPE *

TITLE: STOVETOP COIL CLEANER

* INGREDIENTS

1/2 CUP WATER

1/2 CUP BAKING SODA

4 TBSP. SALT

* DIRECTIONS

MIX INGREDIENTS. REMOVE

BURNERS FROM STOVETOP & SCRUB

WITH THE SOLUTION UNTIL CLEAN.

MAKE SURE TO LET AIR DRY

COMPLETELY BEFORE RETURNING TO

STOVE.

NOTES:

* RECIPE *

TITLE: FLOOR CLEANER

* INGREDIENTS

1/2 CUP RUBBING ALC.

1/2 CUP VINRGAR

10 DROPS CASTILE SOAP

2 GALLONS WARM WATER

* DIRECTIONS

MIX FIRST THREE INGREDIENTS

TOGETHER AND ADD TO A BUCKET

FILLED WITH THE WARM WATER. USE

A SPONGE/WET MOP TO CLEAN, THEN

ALLOW FLOORS TO DRY.

NOTES:

* RECIPE *

TITLE: FRIDGE CLEANER

* INGREDIENTS

1 CUP AMMONIA

1/2 CUP VINEGAR

1/4 CUP BAKING SODA

* DIRECTIONS

REMOVE FOOD, THEN MIX

INGREDIENTS IN SPRAY BOTTLE &

COAT FRIDGE LIBERALLY. WAIT 5

MINUTES AND THEN WIPE WITH

SPONGE OR CLOTH.

NOTES:

* RECIPE *

TITLE: SILVER POLISH

* INGREDIENTS

KETCHUP

OR

1/2 CUP BAKING SODA

1/2 CUP LEMON JUICE

4 DROPS CASTILE SOAP

* DIRECTIONS

COAT & LET SIT 15 MINS

MIX INGREDIENTS, MULTIPLYING AS

NEEDED, AND THEN SOAK SILVER IN

SOLUTION FOR 1 HR & RINSE.

NOTES:

* RECIPE *

TITLE: DISH WARE SOAK

* INGREDIENTS

2 TBSP. BLEACH

1 GALLON COLD WATER

* DIRECTIONS

MIX IN SINK AND SOAK DISHES FOR

1 HOUR BEFORE RINSING & DRYING.

SIMPLY MULTIPLY RECIPE AS NEEDED

- DO NOT ADD ANY EXTRA

INGREDIENTS!

NOTES:

* RECIPE *

TITLE: LINEN SPRAY

* INGREDIENTS

1 1/2 TBSP. RUBBING ALC.

2-3 TABLESPOONS WATER

20-30 DROPS ESS. OIL

* DIRECTIONS

MIX WELL IN SPRAY BOTTLE &

GENTLY MIST YOUR LINENS WITH

THE SPRAY - TAKE CARE NOT TO

MAKE THEM OVERLY DAMP.

NOTES:

* RECIPE *

TITLE: DIY OIL DIFFUSER

* INGREDIENTS

1/4 CUP OLIVE OIL

30 DROPS ESS. OIL

BAMBOO SKEWERS

* DIRECTIONS

MIX OILS TOGETHER IN A GLASS

RECEPTACLE AND INSERT SKEWERS -

AFTER 1 HOUR FLIP SKEWERS SO THAT

WET END IS POINTING UP. REPEAT

AS NEEDED.

NOTES:

* RECIPE *

TITLE: CARPET CLEANER

* INGREDIENTS

2 CUPS BAKING SODA

20 DROPS ESS. OIL

DRY HERBS (LAVENDER)

* DIRECTIONS

MIX UP THE INGREDIENTS AND

SPRINKLE LIBERALLY OVER YOUR

CARPETS. WAIT 20-30 MINUTES AND

THEN THOROUGHLY VACUUM.

NOTES:

* RECIPE *

TITLE: DUSTING SPRAY (VINEGAR)

* INGREDIENTS

1/2 CUP WATER

1/2 CUP VIEGAR

ESS. OIL OR LEMON JUICE

* DIRECTIONS

MIX WELL IN A SPRAY BOTTLE BY

SHAKING, THEN MIST THE DESIRED

SURFACE & WIPE DOWN WITH A 100%

COTTON OR MICROFIBER CLOTH.

NOTES:

* RECIPE *

TITLE: DUSTING SPRAY (NON-VINEGAR)

* INGREDIENTS

1 CUP WATER

2 TSP. CASTILE SOAP

1 TBSP. OLIVE OIL

1 TSP. LEMON/CITRUS JUICE

* DIRECTIONS

MIX WELL IN A SPRAY BOTTLE BY

SHAKING, THEN MIST THE DESIRED

SURFACE & WIPE DOWN WITH A 100%

COTTON OR MICROFIBER CLOTH.

NOTES:

* RECIPE *

TITLE: FABRIC SOFTENER

* INGREDIENTS

1 CUP KOSHER SALT

20 DROPS ESS. OIL

* DIRECTIONS

PLACE 2 TBSP PER LOAD SIZE (4 FOR
A MEDIUM LOAD, 6 FOR LARGE, ETC)

IN THE WASHER WITH CLOTHES.

NOTES:

* RECIPE *

TITLE: DIY DRYER SHEETS

* INGREDIENTS

2 TBSP. VINEGAR

20 DROPS ESS. OIL

FLANNEL OR COTTON SQUARES

* DIRECTIONS

COMBINE FIRST 2 INGREDIENTS IN A

JAR - DILUTING WITH WATER IF NEEDED

- AND THEN SOAK FABRIC SQUARES

OVERNIGHT. LET THEM DRY AND THROW

INTO DRYER WITH CLOTHES. WILL LAST

FOR MULTIPLE USES.

NOTES:

* RECIPE *

TITLE: MATTRESS CLEANER

* INGREDIENTS

2 CUPS RUBBING ALC.

10-20 DROPS ESS. OIL

2 TBSP. BAKING SODA

* DIRECTIONS

MIX WELL IN A SPRAY BOTTLE &

SPRAY MATTRESS LIBERALLY. ALLOW

TO AIR DRY FOR SEVERAL HOURS,

THEN VACUUM THE MATTRESS.

REPEAT EVERY 3-6 MO.

NOTES:

* RECIPE *

TITLE: FABRIC FURNITURE CLEANER

* INGREDIENTS

1 CUP RUBBING ALC.

1/4 CUP CASTILE SOAP

OR

1/2 CUP BAKIGN SODA

1/2 CUP CORNSTARCH

* DIRECTIONS

MIX IN SPRAY BOTTLE & SPRAY

FABRIC, THEN VACUUM IT UP.

MIX WITH SMALL AMOUNT OF WATER,

APPLY TO STAINS & WAIT 30 MINS.

VACUUM THE PASTE UP.

NOTES:

* RECIPE *

TITLE: LEATHER POLISH

* INGREDIENTS

1/2 CUP COCONUT OR OLIVE OIL

1/2 TSP. CASTILE SOAP

* DIRECTIONS

COMBINE INGREDIENTS AND APPLY

TO 100% COTTON OR MICROFIBER

CLOTH. POLISH IN A GENTLE,

CIRCULAR MOTION AND THEN GO

OVER WITH DRY CLOTH.

NOTES:

* RECIPE *

TITLE: HOUSEPLANT FOOD

* INGREDIENTS

1/2 CUP HOT WATER

1 TSP BAKING SODA

2 TSP EPSOM SALTS

1 GALLON ROOM TEMP WATER

1/2 TSP. AMMONIA

* DIRECTIONS

COMBINE FIRST 3 INGREDIENTS &

THEN ALLOW TO COOL. ADD TO ROOM

TEMP WATER, THEN MIX IN THE

AMMONIA. WATER PLANTS WITH THIS

1-3X PER MONTH.

NOTES:

* RECIPE *

TITLE: STONE CLEANER

* INGREDIENTS

1/4 CUP RUBBING ALC.

1/2 TO 1 CUP WATER

1 TSP. CASTILE SOAP

NON ACIDIC ESS. OILS

* DIRECTIONS

MIX INGREDIENTS TOGETHER IN A

SPRAY BOTTLE AND SPRAY STONE

SURFACE LIBERALLY. LET SIT FOR 5

MINUTES BEFORE WIPING OFF WITH A

SOFT CLOTH.

NOTES:

* RECIPE *

TITLE: HEAVY-DUTY DISINFECTANT

* INGREDIENTS

1 1/2 CUPS RUBBING ALC.

1/4 CUP VINEGAR (OPTIONAL)

20-30 DROPS STRONG ESS. OIL

* DIRECTIONS

SPRAY OR APPLY TO SURFACE

LIBERALLY, THEN LEAVE FOR AT LEAST

2 MINUTES BEFORE WIPING DOWN

WITH A CLOTH OR SPONGE.

NOTES:

* RECIPE *

TITLE: FRUIT FLY CONTROL

* INGREDIENTS

1 CUP APPLE CIDER VINEGAR

OR

1 CUP WINE

A FEW DROPS OF CASTILE SOAP

* DIRECTIONS

PUT THE WINE OR ACV IN AN EMPTY

BOTTLE WITH THE TOP OFF, THEN ADD

A FEW DROPS OF DISH OR CASTILE

SOAP. FLIES WILL GO IN AND DROWN

IN THE MIX.

NOTES:

* RECIPE *

TITLE: BUG REPELLANT (SPIDERS, BEETLES, ETC)

* INGREDIENTS

20 DROPS OF PEPPERMINT OIL

1/2 - 1 CUP WATER

ZEST OF 1 LEMON

* DIRECTIONS

MIX INTO A STRONG SOLUTION IN A

SPRAY BOTTLE, THEN SPRAY

GENEROUSLY THROUGHOUT HOUSE

(FOCUSING ON BUG-HEAVY AREAS)

NOTES: WORKS ON SPIDERS, STINK BUGS,

LADY BEETLES, MITES, & MORE!

* RECIPE *

TITLE: MOUSE REPELLANT

* INGREDIENTS

20 DROPS OF PEPPERMINT OIL

20 DROPS OF ANY CITRUS OIL

CLOVES

SAGE

CINNAMON

* DIRECTIONS

MIX INTO ANY COMBINATION

DESIRED AND EITHER SOAK CLOTHS

IN A BOILED SOLUTION OF OILS,

HERBS, & WATER, OR MAKE CLOTH

SACHETS & PLACE AROUND HOME.

NOTES:
