

DIY Cleaning Recipes

UCSD Staff Sustainability Network — January 2020 Meeting
Presented by Diana Henderson

All-purpose Cleaner

- 1/4 cup white vinegar
- 2 cups water
- 30 drops essential oil blend
(see website for ideas)
- 1 tsp borax (optional)

Directions: Boil water and pour into a large glass measuring cup. Add borax; stir until dissolved. Add vinegar. Let mixture cool, then pour into a glass spray bottle. Add essential oils. Shake.

Source: easy-aromatherapy-recipes.com

Buying ingredients

You can find many DIY cleaning ingredients at natural foods stores.

Less common products, such as glass spray bottles, soap flakes, or specialty essential oils, can be ordered online. Supplies last a long time. Enjoy!

Additional resources

EWG.org

Palm oil detection apps: [CMZ](#) or [Giki](#)

Window Cleaner

- 1 cup vinegar
- 10 drops lemon essential oil
- 1/4 cup castile soap (optional)

Directions: Combine ingredients in a glass spray bottle. Shake. Spray on glass surfaces, and wipe off with newspaper or a microfiber cloth.

Source: easy-aromatherapy-recipes.com

Stain Remover

- 1 cup vinegar
- 10 drops lemon essential oil
- 1/4 cup castile soap (optional)

Directions: Combine ingredients in a glass spray bottle. Shake. Spray remover onto stain, allow to soak, then wash garment as usual.

Source: savorylotus.com