

# Homemade Cleaners

## RECIPES THAT WORK



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Well hello! If you're here because you're trying to reduce waste, toxins, save money, or are just curious about what the heck it takes to make your own cleaners... you're in the right place!

Now, I should probably clear up one thing right off the bat:

I am not your typical DIYer. In fact, I'm not really a DIYer at all. But when I learned how easy, effective, and time-and-money-saving making my own cleaners was, I was hooked.

And I want to share the recipes that changed my cleaning routine in hopes they'll make your life a little better too.

### Who Am I?



Hi! I'm Emma Rohmann - a mom of 2, environmental engineer, and toxics expert. Combining my engineering degree and 10 years' experience as a green building consultant, I help moms and moms-to-be reduce toxins at home so you can stop worrying and no longer waste time and money on products that don't work. I have a certificate in environmental health from the University of Arizona and am a regular guest lecturer at the Canadian College of Naturopathic Medicine on environmental toxics and reproductive health.



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Print this page and keep it in your laundry room for quick access!

**All-Purpose Spray** - For counters, floors, stovetops, etc. Mix the following in a spray bottle, spray on surface and wipe with damp cloth:

- ❖ 4 cups warm water
- ❖ 1/8 cup liquid castile soap

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### Glass and Mirror Cleaner

Combine the following in a spray bottle:

- ❖ 1/2 cup white vinegar
- ❖ 1/2 cup water
- ❖ *Optional:* 2-3 drops essential oil

Use a glass and mirror microfibre cloth, or newspaper for a streak-free clean.

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**All-Purpose Scrub** - For tubs and tiles; non-abrasive.

Mix the following in a jar or wide-mouth squirt bottle and apply directly on surface. Scrub with brush or cloth. Shake before use.

- ❖ 1 2/3 cup baking soda
- ❖ 1/2 cup liquid castile soap
- ❖ 1/2 cup water

**Laundry Detergent** - For HE and non-HE machines. Add 1-2 Tbsp per load. Combine the following and store in an airtight container:

- ❖ 2 cups castile soap, finely grated
- ❖ 1 cup washing soda
- ❖ 1 cup baking soda
- ❖ *Optional:* 20 drops essential oil

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### Toilet Cleaner

Combine the following:

- ❖ 1/2 cup borax
- ❖ 1/2 cup washing soda

Sprinkle onto toilet bowl and/or toilet brush and scrub. Follow up with:

- ❖ 1/2 cup white vinegar

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### Notes:

Always label cleaning product containers, and keep out of reach of children and pets.

Test on a small surface before using them. Do not use vinegar on natural, porous surfaces. Do not mix with other products/chemicals - especially bleach.

For more cleaning power, try replacing baking soda with borax in the laundry soap.

For more information, check out my blog posts on some of the ingredients:

[Baking Soda](#)

[Borax](#)

[Essential Oils](#)

[www.greenathome.ca](http://www.greenathome.ca)

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Recipes adapted from the David Suzuki's Queen of Green

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### LOOKING FOR MORE GUIDANCE?

You can follow along with me on video in a virtual DIY Cleaners Workshop plus get a full list of supplies, where to find ingredients, bonus recipes for things like disinfectants and stain removers... all in a handy Complete Guide to Making Your Own Cleaners! You'll get this as a bonus in the Complete Guide to Choosing Healthy Products: Cleaners & Personal Care Edition. [Click here to learn more.](#)

If you want additional resources and coaching, I have courses and online programs that can help. Visit [greenathome.ca/learn](https://www.greenathome.ca/learn) to find out what's available.

