



THE GREEN HOMESTEAD

SO FRESH, SO CLEAN, SO NON-TOXIC

SAFE FOR THE FAMILY | GOOD FOR THE PLANET | EASY ON THE WALLET

KITCHEN & BATHROOM WIPES / RECIPE BY COMING UP RAINBOWS

YOU NEED 6 THINGS:

glass jar with lid / collection of cloths / 1 c. white vinegar / 1 c. distilled water / 1 tbsp. rubbing alcohol (if no distilled water is available) / 20-25 drops essential oils

(suggested combination: 5 drops each of thyme, tea tree, lemon, orange, eucalyptus.)

+ Soak rags in this concoction. Wipe counters and surfaces while singing.

MOUTHWASH / RECIPE BY DIG THIS CHICK

YOU NEED 3 THINGS:

8 ounce glass jar / 2 tsp. baking soda / 10-15 drops essential oil

(suggested combination: 6 drops tea tree, 5 drops thieves, 2 drops peppermint.)

+ Add ingredients and fill the bottle with filtered or distilled water. No more dragon breath.

CREAMY HOUSEHOLD CLEANER / RECIPE BY COMING UP RAINBOWS

YOU NEED 6 THINGS:

plastic or glass container / $\frac{3}{4}$ c. baking soda / $\frac{1}{4}$ c. castile soap / 1 tbsp. distilled H₂O / 1 tbsp. white vinegar / 18 drops essential oils

(suggested combination: 5 drops tea tree, 5 drops lemon, 3 drops cinnamon bark, 5 drops clove)

+ Mix with hand mixer or immersion blender.

DE-STINK SPRAY / RECIPE BY DIG THIS CHICK

YOU NEED 2 THINGS:

small glass spray bottle / 20-30 drops essential oil

(suggested combination: 15 drops lemongrass, 10 drops bergamot)

+ Add the oils to the bottle, fill with water and zap that stink.

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