

DIY TOOTHPASTE

Ingredients:

- 4 tablespoons coconut oil
- 3 tablespoons baking soda
- 15-20 drops of peppermint oil

Directions:

Stir ingredients together thoroughly.
Seal in an airtight container and use a small spoon or popsicle stick to dish onto your toothbrush.

DISHWASHER DETERGENT

Ingredients:

- 2 cups washing soda
- 2 cups baking soda
- 15 drops lemon essential oil
- 15 drops orange essential oil

Directions:

Combine washing soda and baking soda. Add essential oil, and stir until well-incorporated. Store in airtight container. Add a tablespoon to your dishwasher compartment and run as normal.

ALL-PURPOSE CLEANER

Ingredients:

- One cup white vinegar
- One cup water
- Lemon rind and/or essential oils

Combine all the ingredients together in a reusable spray bottle. Use for all-purpose cleaning!

DIY GLASS CLEANER

Ingredients:

- 2 cups water
- 1/2 cup white or cider vinegar
- 1/4 cup rubbing alcohol (70% concentration)
- A few drops of orange essential oil for scent (optional)

REUSABLE DISINFECTANT WIPES

Ingredients:

- 2 cups rubbing alcohol (at least 70% concentration)
- 2-3 teaspoons dishwashing soap
- 8-10 drops essential oil (for scent)
- 10-12 wash rags

Add all ingredients to a glass jar that can be tightly sealed (so the alcohol does not evaporate). When finished with a rag, wash, then reuse!

DIY DEODORANT

Ingredients:

- 1/3 cup coconut oil
- 1/4 cup cornstarch (or arrowroot powder if you have sensitive skin)
- 1/4 baking soda
- 8-10 drops essential oil

Melt coconut oil on low heat on the stove. Once melted, take off from heat. Mix in essential oils, add cornstarch and baking soda, and mix until smooth. Store in a container in a cool space.

LAUNDRY DETERGENT

Ingredients:

- 1.5 cups borax
- 1/2 cup washing or baking soda
- 1 cup bar soap (grated)
- 1/3 cup epsom salt
- 30 drops essential oil

Use a cheese grater to grate a bar of soap into one cup. Add essential oils. In a separate bowl, mix borax, baking soda, and epsom salt. Combine all ingredients and mix well. Use one tablespoon for small loads, and three tablespoons for large loads.