

Green your Routine

Quick Tip!

Try to reuse empty spray bottles rather than buying new ones.

Simple Glass Cleaner

This simple cleaner is all you need to get sparkling windows, counter tops, tile and mirrors.

Ingredients

1 cup	White vinegar
1 tbsp	Lemon juice
3 cups	Water

Directions

Mix the ingredients in a spray bottle and you are ready to shine!



Green your Routine

Quick Tip!

Get the scent you want by adding your favorite essential oil like lavender, lemon, eucalyptus or orange.

All Purpose Cleaner

Great on multiple kitchen and bathroom surfaces, this cleaner is a champ!

Ingredients

1 tbsp	Borax
½ cup	Liquid castile soap
4 litres	Hot water
20 drops	Essential oil

Directions

Combine the ingredients in a spray bottle for easy use. Borax can be an irritant, keep away from eyes and mouth.



Green your Routine

Quick Tip!

Did you know?
Essential oils lose
potency when exposed
to direct light. Store
in a dark place.

Hand Sanitizer

All it takes are a few drops of this portable hand sanitizer and you'll have clean hands in a snap!

Ingredients

¼ cup	Pure aloe vera gel
1 tbsp	Witch hazel
10 drops	Tea tree essential oil
5 drops	Essential oil of your choice

Directions

Place all the ingredients in a small bowl and mix gently. Using a funnel, pour into a small, glass bottle or pop-cap container. Shake gently before each use.



Green your Routine

Quick Tip!

Shake well before each use to help redistribute the oils.

Air Freshener

No need for plug-ins or candles, this all natural air freshener is all you need!

Ingredients

4 drops	Peppermint essential oil
4 drops	Orange essential oil
1 tbsp	Real vanilla extract
1 cup	Water

Directions

Combine the ingredients in a spray bottle. Spritz into the air 4 or 5 times, being careful to avoid your eyes.

Adapted from The Prairie Homestead



Green your Routine

Quick Tip!

You only need a very small amount of this shampoo to get a lot of suds. So start small, and go from there!

Chamomile and Almond Shampoo

Add this natural shampoo to your morning routine!

Ingredients

1 cup	Almond scented liquid castile soap <i>(we recommend Dr. Bronner's brand)</i>
1 cup	Chamomile tea <i>(steeped for 30 minutes)</i>
1 tbsp	Olive oil
1 tsp	Honey

Directions

Combine ingredients. Put into a squeezable or pump bottle and use! Avoid contact with your eyes.

Adapted from Organic Authority



Green your Routine

Quick Tip!

Try different scents by switching the lavender essential oil for another scented oil of your choice.

Yoga Mat Spray

Keep your yoga or exercise mat clean and smelling great with this anti-bacterial, anti-fungal spray.

Ingredients

½ cup	Water
¼ cup	Witch hazel (or white vinegar)
10 drops	Tea tree essential oil
10 drops	Lavender essential oil

Directions

Mix ingredients together in a spray bottle and shake. Spray yoga mat and wipe clean with a cloth. Air dry.



Green your Routine

Quick Tip!

This recipe makes about 8 tubes. Give some away and keep the rest for yourself!

Peppermint Hemp Lip Balm

This lip balm is so great that you can't help but smile!

Ingredients

1 tbsp	Beeswax
1 tbsp	Coconut oil
1 tbsp	Hemp oil
1 tbsp	Sweet almond oil
1 tbsp	Jojoba oil
16 drops	Peppermint essential oil

Directions

Melt down the first five ingredients in a double-boiler then stir in the peppermint oil and pour into a reusable container of your choice. Let sit until hardened.



Green your Routine

Quick Tip!

Experiment with different scents by adding spices like cinnamon, nutmeg or a teaspoon of vanilla extract.

Brown Sugar Scrub

Tried, tested and simple! Can you say "Sweet"?

Ingredients

½ cup	Brown sugar
¼ cup	Oil (<i>olive or coconut are great</i>)
½ tsp	Vitamin E oil (<i>or gel from capsules</i>)

Directions

Mix together in an air tight container and it's ready for use! Scrub it on in the shower, wash it off and enjoy silky smooth skin!

Adapted from Wellness Mama



Green your Routine

Quick Tip!

Feel free to make a larger batch, this soap won't go bad for a long time!

Geranium Hand Wash

So gentle, your dry hands will thank you!

Ingredients

2 cups	Boiled water
2 tbsp	Unscented liquid castile soap
½ tsp	Organic coconut oil
5 drops	Geranium essential oil (or lavender, alternatively)

Directions

In a glass bowl, mix the castile soap with the coconut oil. Add the essential oil. Fill your container with boiled water about 1 inch from the top and gently add soap mixture. Close the top and shake.



Green your Routine

Quick Tip!

Don't like peppermint?
Switch it for your favorite
essential oil or extract, such
as orange or spearmint.

Peppermint Toothpaste

Only 5 minutes to prepare, you'll save time
and money with this great toothpaste recipe!

Ingredients

2 tbsp	Baking soda
1 tbsp	Vegetable glycerin
½ tsp	Sea salt
20 drops	Peppermint essential oil

Directions

Blend ingredients in a jar and it is good to use!
Note that you may need to stir the mixture occasionally.

