



BIN BAG CHALLENGE

DIY Recipes

Cleaning

Handle ingredients with care

White vinegar. Distilled white vinegar is used in many of the homemade cleaning products. It works wonders to clean and disinfect but **do not use it to clean natural stone**, such as granite, marble, quartz, or on metallic paint, as vinegar is an acid and can be corrosive to these materials. Don't mix it with any soda product (baking soda, soda crystals, borax) as they will cancel out each other's cleaning property, and liquid castile soap as the vinegar will cause the liquid soap to separate.

The smell is quite strong but disappears after 20 minutes. You can improve the smell by infusing lemon or orange peels (one orange's worth of peels for 250ml vinegar), rosemary leaves, thyme, for 2 weeks, or by adding a few drops of essential oils (20 drops for 250 ml white vinegar and 250ml water for a multipurpose spray). More info [here](#).

Citric Acid, washing soda: While natural ingredients, they are chemicals and can cause damage and irritation if handled incorrectly. Use it in a well-ventilated area. And take care when handling the powder not to spill it or rub your eyes before washing your hands. The best is not to touch it, as it can irritate sensitive skins, so be careful or even wear rubber gloves when handling.

Containers

Reuse containers rather than buying new ones for these homemade products, for instance,

- 1l glass bottles from fruit juices or milk are quite handy for homemade laundry detergent
- Reuse your old plastic spray bottles. But if you keep your products for long, especially if they include essential oils, try to get glass bottles/jars.
- Use 500 ml glass bottles from white vinegar, with a spray that you saved from one of your previous plastic spray (pop the stem of the spray nozzle in water and spray it a few times to remove any pre-existing cleaning solution), for your multipurpose sprays.

You can also buy stainless steel spray bottles, and pump tops bottles from the Source.

Opaque glass bottles are better than transparent, to protect the products, especially when they contain essential oils. But you can also just keep clear bottles in a closed cupboard, away from the light.

Choosing essential oils

- Lavender and tea tree oils: disinfectant and antibacterial properties.
- Lemon oil: disinfectant, antibacterial, degreasing.
- Tea tree oil: antiseptic and anti-fungal properties, making it brilliant for cleaning bathrooms.
- Eucalyptus: disinfectant, purifying (air),
- Cedar: purifying (air), moth repellent
- Sweet orange, grapefruit, peppermint, lavender, lemon, for the smell

Laundry

Laundry Detergent – Powder

- You need: 200gr Washing soda/sodium carbonate (different from baking soda, although not by much) + 200gr Borax Substitute (If unavailable, just double the washing soda) + 100 gr of natural soap (e.g. Castile) - if you want fragrance, choose a soap scented with essential oils. And a container with a secure lid – a glass jar is perfect.
- How to make it: Grate the soap. Add washing soda and borax, mix well. Keep the laundry detergent in an airtight container out of the reach of children and pets. Just make what you usually need for three months; if your detergent turns hard or cakes up, it's best to discard it as the hard pieces likely won't dissolve well in the wash, and they could potentially leave soap residue on your clothes.
- How to use it: Use one to two tablespoons per load. Problem solving: if your water is very hard, or if you use cold programs, you might have to add warm water to the mixture before being placing it in the machine, to help dissolve it and avoid white residue being left on the clothes.

Laundry Detergent – Liquid

- You need: 1 litre glass bottle + 100 gr natural soap (e.g. Castile) + 850gr/ml water + 50gr Bicarbonate of soda (Baking Soda) or washing soda + 25gr of Borax Substitute + 5ml essential oil
- How to make it: Grate your soap. Bring the water to the boil. Turn the heat down, and add the grated soap and the baking soda. Don't boil but whisk to combine and keep warm until the soap is fully dissolved. Remove from the stove, and mix with a hand mixer if needed. Leave until fully cold. The mixture should go very gloopy and thick. Add the essential oils. Mix. Poor into your container.
- How to use: Shake before use. Use approx 120 ml per load. Keep away from heat and light. Will keep 6 months.

Other recipes: <https://naturaler.co.uk/homemade-washing-powder/>

Laundry Detergent – Delicates

- Use the same DIY recipes as for the main laundry detergents and launch the appropriate program on your machine.
- Learn how to wash wool: <https://moralfibres.co.uk/how-to-wash-wool/>

Laundry Conditioner/Softener – White Vinegar

- You need: a 500ml glass bottle + 500ml white vinegar + 30 drops essential oil of your choice
- How to make it: fill your bottle with vinegar and add the essential oil.
- How to use it: shake well and fill the fabric conditioner compartment of the drawer up to the line with the scented vinegar (50 to 100ml depending on the size of your machine and the hardness of your water). For a half load of washing, decrease the amount by half. It will also help keep your washing machine clean and descale it.

Laundry Conditioner/Softener – Citric acid softener

Citric acid also works as a fabric softener. Either add a spoonful of citric acid into the fabric-conditioner compartment of the washing machine. You can add filtered water to help dilute if it appears to be needed after your first attempt, and essential oils to add fragrance. If this works for you, you can prepare it in advance:

- You need: a 500ml glass bottle + 30g citric acid + 60 gr filtered water + 35 drops of essential oil of your choice.
- How to make it: open your windows! Slightly warm the water. Pour the citric acid and mix well to dilute the pellets. Fill your bottle when cold and add the essential oil.
- How to use it: shake well before use. Add one tablespoon of the liquid in the fabric conditioner compartment.

Laundry Brightener To revive both whites and colors.

- You need: Sodium percarbonate (or baking soda – but percarbonate is more efficient).
- How to make it: nothing to do
- How to use it: either add 2 spoonful to your detergent when you want to revive colors/white; or, for more serious help, dissolve 1/2 cup of sodium percarbonate soak in 5l of hot water; soak your laundry for 3 hours.

Buy sodium percarbonate (or Natural Oxygen Bleach) from [Allavare](#), with 100% home compostable bags.

Stain Removal

The key is to respond quickly! Removing a stain in the first few minutes is more likely to be successful than once it is dried. We often assume that soap and hot water will remove stains, but for some of them, the result will be the opposite, making the stain permanent. Here are the most usual stain, and you can find more tips [here](#).

Tea, coffee, fruit juices, alcohol

Use hot water, but no soap until the stain is removed. BUT the trick is to run hot water through the stain, very delicately, rather than soaking the fabric in hot water: stretch the fabric under a running hot water tap or pull taut over a bowl with an elastic band and pour the hot water from a height. Do not soak the fabric in the hot water – just run hot water through the fabric.

Grease (butter, oil)

[Terre de Sommieres](#) is a great natural stain remover for oily stain – just sparkle some on the stain as soon as possible; it will absorb the oil and leave no residue. If not available, add soap to the fabric and agitate in hot water. Let it dissolve. Any heat (dryer, iron) will set the stain if it has not been removed beforehand.

Blood, milk/cheese/cream, mud, grass

Don't put hot water, only cold water and then soap. A paste of baking soda and water, left for 30 minutes, can also help with mud, grass stains.

House Cleaning

Carpet Cleaner

- You need: 2 cups cornmeal + 2 cups borax substitute + Optional: a few drops of essential oil
- How to make: Mix together in a large glass jar.
- How to use: sprinkle over the carpet. Leave for one hour. Vacuum clean

From: <http://moralfibres.co.uk/uses-for-borax-around-the-house/>

Washing-up Liquid

- Simply use a Dr. Bronner's Castile bar soap or liquid soap, with hot water and a soft scourer.

Multipurpose Cleaning Spray – Castile soap

- You need: 500 ml spray bottle + 500 ml cooled boiled water (to kill potential germs) + 2 teaspoons liquid castile soap + 10 drops pine essential oil + 10 drops cedarwood essential oil
- How to make: Liquid castile soap + essential oils, then cooled boiled water.
- How to use: Shake gently before each use. Can be used all around the house - but for wood, spray the cloth and then wipe the surface.

From: <https://moralfibres.co.uk/diy-cleaning-spray/>

Multipurpose Cleaning Spray – Vinegar

- You need: 500 ml spray bottle + 250 ml cooled boiled water + 250 ml half white vinegar. For extra washing power, add 1 tablespoon of washing up liquid/liquid castile soap. You can also add essential oils for fragrance.
- How to make: just mix all ingredients together.
- How to use: Use on most floors, worktops (not marble, granite, see warnings above) and bathroom.

Multipurpose Cleaning Spray – Citric acid

- You need: 500 ml hot water (boil first, and then allow to cool for 10 minutes) + 2 tablespoons citric acid (Kitchen Shoppe on Lavender Hill, or other homeware shops, online) + 500 ml spray bottle. Optional: a few drops of your favourite essential oils.
- How to make: Pour hot water into a jug. Stirring well, dissolve the citric acid in the hot water. Add 20 drops of essential oil if required, or 10 of two different oils. Decant the mixture into your spray bottle and off you go!
- How to use: Citric acid is a great all-round cleaner. It kills bacteria, mould, and mildew, and is brilliant for general disinfecting and cleaning, removing soap scum, hard water stains, calcium deposits, lime, and rust.

From: <https://moralfibres.co.uk/a-plastic-free-cleaning-hack-no-vinegar-required/>

Toilet Cleaner

Once a month or more frequently if the bowl is getting stained, **sprinkle 125 gr of citric acid** over the toilet bowl. Let it sit overnight. Scrub in the morning.