

All-Natural, All-Purpose Cleaner

Eucalyptus oil₁, Tea Tree oil₂, and vinegar₃ are all:

- anti-bacterial
- anti-viral
- anti-fungal,

and when combined, they have powerful cleaning properties. Use in place of anti-bacterial sprays, and enjoy anti-microbial benefits without harsh chemicals such as bleach, borax, Triclosan₄ which are known carcinogens and endocrine disruptors.

Sources:

1. <http://umm.edu/health/medical/altmed/herb/eucalyptus>
2. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1360273/>
3. <http://www.care2.com/greenliving/vinegar-kills-bacteria-mold-germs.html>
4. <http://www.mayoclinic.com/health/triclosan/AN02141>

Cost Analysis:

\$.59 per bottle, using NOW essential oils (I use the cheap oils to clean with and the expensive oils for the body)

Instructions:

In a 32 oz. spray bottle, add:

- 2 T. vinegar (may use apple cider vinegar, esp. if you want to be sure to avoid corn-- some white vinegars contain fermented corn)
- 2 drops of each:
 - clove oil
 - cinnamon oil (kills 99.96% of E. coli & staph) (Source: EODR, p. 411.)
 - pine oil
 - sage oil
- 5 drops of each:
 - grapefruit
 - lemon oil
 - lime oil
 - orange oil
 - tangerine oil
- 10 drops of each:
 - eucalyptus oil
 - tea tree oil
- distilled water to fill bottle



Use on any surface where you would use all-purpose cleaning spray. I use this spray on floors, bathroom surfaces, kitchen counters, etc. I even use it to disinfect produce. For added punch, such as in bathrooms, add 1 T. washing soda.