

DIY KITCHEN CLEANING SPRAY & HAND SOAP

KITCHEN CLEANING SPRAY



PREP TIME 2 min



YIELD 1 cup

INGREDIENTS

- ½ cup water
- ½ cup distilled white vinegar
- 3-5 drops essential oils

DIRECTIONS

1. Measure and pour vinegar into bottle, using funnel if necessary.
2. Measure and pour water into bottle, using funnel if necessary.
3. Pour in essential oil.
4. Screw on spray attachment & shake vigorously.
5. Spray and wipe surfaces clean!

Equipment

- 8-oz glass bottle with spray attachment
- ½-cup measuring cup
- Funnel

Tips:

- Tea tree & citrus oils both have antibacterial & antiseptic properties
- Experiment with different oils & ratios: Lavender, geranium, spruce, etc.

HAND SOAP



PREP TIME 2 min



YIELD 1 cup

INGREDIENTS

- ½ cup distilled water
- ½ cup castile soap
- 20-15 drops essential oils
- 1 tbsp vitamin E oil (optional)
- 1 tbsp jojoba oil (optional)

DIRECTIONS

1. Measure and pour distilled water into bottle, using funnel if necessary.
2. Measure and pour castile soap into bottle, using funnel if necessary.
3. Pour in oils (vitamin E, jojoba) if using.
4. Pour in essential oils.
5. Screw on lid & shake vigorously.
6. Place by your kitchen or bathroom sink!

Equipment

- 8-oz glass bottle with hand pump attachment
- ½-cup measuring cup
- Tbsp
- Funnel

Tips:

- Tea tree & citrus oils both have antibacterial & antiseptic properties
- Experiment with different oils & ratios: Lavender, geranium, carrot seed, etc.