



# NATURALLY CLEAN IN MINUTES

*Quick & Easy Recipes for a Sparkling Home*



**KATIE VELDKAMP**  
CERTIFIED AROMATHERAPIST

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# Meet Your Natural Cleaner Hero Guide, **KATIE VELDKAMP**

## Welcome to the World of Natural Cleaning!

Have you ever flipped over a bottle of store-bought cleaner and wondered what all those unpronounceable ingredients actually do? You're not alone! Many conventional cleaning products are packed with harsh chemicals that can irritate skin, trigger allergies, and even affect indoor air quality. But here's the good news—you don't need them to keep your home fresh and sparkling!

With just a few simple, natural ingredients, you can create safe, effective, and great-smelling cleaners right at home. Whether you're new to DIY or just looking for a few easy swaps, this guide will walk you through simple recipes to clean every room in your home. Plus, you'll learn how to customize scents, store your cleaners, and avoid common mistakes—so you can clean with confidence.

And if you ever feel overwhelmed by all the options, don't worry! I've put together a DIY Natural Cleaning Recipe Box that delivers carefully tested recipes and key ingredients straight to your door. No hunting down supplies, no wondering if a recipe will work—just fun, simple, natural cleaning made easy. But first, let's dive into the basics!

~ *Katie*

Hi! I'm Katie, a certified aromatherapist and lover of all things natural DIY. My journey into natural products actually started with... my stinky feet! Yep, I was searching for a way to freshen things up naturally and ended up creating my own essential oil spray. It worked so well that I was hooked—and before I knew it, I was making everything from skincare to home cleaners.

Over the years, I've helped countless people make the switch to natural products that actually work. Every recipe in this guide has been tested to make sure it's as effective as store-bought cleaners—without the mystery ingredients.

My goal? To make DIY natural cleaning simple and doable, even if you're just getting started. So grab your favorite essential oils, and let's make your home fresher and healthier—one easy recipe at a time





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# Tried & True Tips for Easy Natural Cleaning

Want to get the best results from your DIY cleaners? These simple tips will help you mix, store, and use your natural cleaning recipes like a pro!



## 1. MEASURE ACCURATELY FOR BEST RESULTS

- Stick to the recommended ingredient amounts to ensure your cleaners are safe and effective.
- A little goes a long way—especially with essential oils! Start small and add more if needed.



## 2. MIX ESSENTIAL OILS PROPERLY

- Essential oils don't mix with water alone! Use Simply Earth's Natural Solubilizer to help them disperse evenly.
- Shake spray bottles before use to ensure ingredients stay well blended.

## 3. USE THE RIGHT CONTAINERS

- Glass bottles or PET plastic bottles are best for essential oil-based cleaners since oils can break down some plastics.
- Store powdered recipes in airtight jars to prevent clumping and maintain freshness.



## 4. LABEL EVERYTHING

- Avoid mix-ups by labeling your DIY cleaners with the name and date made.
- Add usage instructions to your labels so everyone in your home knows how to use them.

## 5. STORE IN A COOL, DARK PLACE

- Keep DIY cleaning products away from direct sunlight and heat to preserve their effectiveness.
- Essential oils last longer when stored in amber glass bottles to protect them from light exposure.



# Key Ingredients for Natural Cleaning



## **Pantry Staples You May Already Have**

Common household ingredients that make effective natural cleaners.

### **ISOPROPYL ALCOHOL**

Boosts cleaning power and speeds up drying time



### **SPRAY BOTTLE**

Perfect for easy application and reusable for endless DIYs.



### **BAKING SODA**

Absorbs odors and provides gentle scrubbing power.



### **DISTILLED WATER**

Prevents mineral buildup and helps essential oils disperse.



### **VINEGAR**

A natural fabric softener and deodorizer.



### **JARS**

Great for storing homemade cleaning powders.



# Powerful Natural Ingredients for DIY Cleaning

Handpicked to enhance your cleaning power with safe, natural effectiveness.

## SOAP NUTS

A plant-based, biodegradable alternative to detergent.



## NATURAL SOLUBILIZER

Helps essential oils mix evenly into water-based cleaners.



## GEOGARD ECT PRESERVATIVE

Extends shelf life by preventing microbial growth.



## AMBER GLASS BOTTLE

Great for mixing and storing your DIY blends.



# Eco-Friendly Cleaning Boosters (For an Even Greener Clean!)

Make your cleaning routine even more sustainable with these smart swaps.

## **MULTI-PURPOSE CLEANING TABLET**

Dissolves in water for a powerful, all-purpose clean.



## **CLEANING BOMB**

Perfect for refreshing toilets, garbage disposals, and more.



## **RUTHIE LU'S DISHWASHER DETERGENT SHEET**

Tough on grime, safe for you and the planet.



## **REFILLABLE GLASS SPRAY BOTTLE**

A long-lasting alternative that works well with concentrated ingredients like essential oils.



Upgrade to eco-friendly cleaning with these easy swaps—found in your recipe box and our website!\*



# Essential Oils That Make Cleaning Easier (and Smell Amazing!)

## Purifying & Freshening

Great for neutralizing odors and leaving a refreshing scent.



**LEMON**

Brightens surfaces and leaves a clean, citrusy aroma.



**FIR NEEDLE**

A fresh, woody scent that brings the outdoors inside.



**HO WOOD**

A mild, floral-woody aroma perfect for refreshing spaces.



**LEMON EUCALYPTUS**

Crisp, citrusy, and invigorating —great for freshening the air and soft surfaces. (Featured in the Recipe Box!)

## Surface Cleaning & Degreasing

These essential oils help lift grime and enhance surface cleaning.



**TEA TREE**

A popular choice for bathroom and kitchen cleaners. (Featured in the Recipe Box!)



**ORANGE**

Naturally cuts through grease.



**PINE**

Great for refreshing floors and wood surfaces.



**CLEAN & FRESH**

A powerful blend designed to enhance your cleaning routine. (Featured in the Recipe Box!)



**TANGERINE**

A bright, citrusy oil that helps cut grease and freshen surfaces. (Featured in the Recipe Box!)

## Air & Fabric Refreshing

Ideal for DIY sprays to freshen upholstery and linens.



**LEMON**

A calming floral scent that helps freshen fabrics.



**FIR NEEDLE**

Evergreen and grounding, great for deodorizing spaces. (Featured in the DIY Kit!)



**HO WOOD**

Adds a light and energizing citrus aroma. (Featured in the DIY Kit!)



# Avoid These 5 Mistakes



Making your own natural cleaners is so rewarding, but a few little mistakes can make things tricky. Don't worry—I've got you covered! Here's what to watch for so you get the best results every time.

## ⚠️ MISTAKE #1: MIXING THE WRONG INGREDIENTS

- Vinegar and Castile soap don't mix—they react and form a curdled, gooey mess that loses its cleaning power.
- Baking soda and vinegar fizz up but cancel each other out—great for a temporary bubbling effect but not an effective long-term cleaner.

✅ Solution: Use Castile soap with water-based recipes and vinegar for acidic cleaners. If you want the benefits of both baking soda and vinegar, use them in separate steps—apply baking soda first, then follow with vinegar as a rinse.



## ⚠️ MISTAKE #2: SKIPPING A SOLUBILIZER (OR SURFACTANT!)

- Essential oils don't dissolve in water, so they can float on top and may not distribute evenly in your cleaner.
- Without a surfactant, your cleaner may not effectively break down grease and grime.

✅ Solution: Use a Simply Earth's natural solubilizer, like the one in our DIY kit, it's a surfactant and solubilizer! It will help essential oils mix properly into water-based cleaners and enhance their ability to lift dirt and oils from surfaces.

⚠️ **MISTAKE #3: USING TAP WATER**

- Tap water can introduce bacteria and minerals that shorten the shelf life of your DIY cleaner.

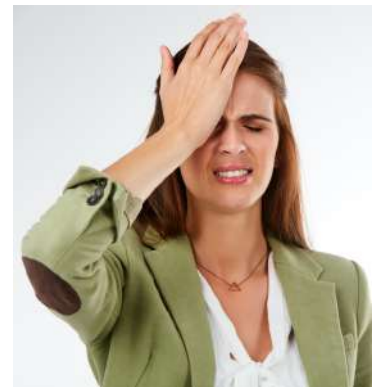
✅ Solution: Always use distilled water to keep your recipes fresh longer.



⚠️ **MISTAKE #4: NOT USING A PRESERVATIVE**

- DIY cleaners with water can grow mold and bacteria over time, making them unsafe to use.

✅ Solution: Add a natural preservative like Geogard ECT to extend the shelf life of recipes that use water as an ingredient.



⚠️ **MISTAKE #5: EXPECTING INSTANT RESULTS**

- Natural cleaners work differently from commercial chemicals—some need extra soaking time or a little scrubbing.

✅ Solution: Let cleaners sit for a few minutes before wiping for the best results, and use gentle scrubbing when needed.

💡 Want to skip the guesswork? Our recipe box includes tested, effective natural cleaning recipes with the right ingredient pairings!

Get yours today at [www.simplyearth.com/box](http://www.simplyearth.com/box)





# Natural Cleaning Recipes

## Q1. KITCHEN CLEANING ESSENTIALS



### Squeaky Clean Dishwasher Detergent Sheet



#### From Simply Earth

- 1/2 Sheet of Ruthie Lu's Dishwasher Detergent Sheet
- 15 drops of Tangerine Essential Oil

1. When your dishwasher is loaded and ready, tear the detergent sheet along the perforated line. Place 15 drops of Tangerine Essential Oil directly onto the porous side of the Ruthie Lu's Dishwasher Detergent Sheet. The essential oils will quickly absorb into the sheet.
2. To use, place the Dishwasher Detergent Sheet onto the top or bottom rack of your dishwasher. Run the dishwasher as normal.



### Multi-Purpose Cleaning Spray




#### From Simply Earth

- 1 Multi-Purpose Cleaning Tablet
- 50 drops Clean and Fresh Essential Oil Blend



#### From Your Home

- 16 oz spray bottle 
- 1/4 cup Isopropyl Alcohol (optional)
- ~16oz Distilled water

1. Add essential oil and isopropyl alcohol (optional) to the spray bottle.
2. Drop Multi-Purpose Cleaning Tablet into the spray bottle.
3. Fill the rest of the way with distilled water and allow cleaning tablet to fully dissolve.
4. To use, spray onto hard surfaces and wipe away. Some separation between the essential oils and water may occur. If this happens, shake before spraying.



## 🍷 2. LAUNDRY ROOM MUST-HAVE



# Grapefruit & Cypress Natural Liquid Laundry Detergent



### From Simply Earth

- 1 cup (2oz) Soap Nuts
- 100 drops (1 tsp) Cypress Essential Oil
- 200 drops (2 tsp) Grapefruit Essential Oil
- 1/4 cup (2oz) Natural Solubilizer
- 147 drops (1/2 Tbsp) Geogard ECT Preservative
- 2x 16 oz bottles
- Labels



### From Your Home

- 4 cups (32oz) cups distilled water
- 1/2 cup (4oz) vinegar (optional)

1. In a pot, combine Soap Nuts and distilled water and cover. Bring the mixture to a boil then reduce to a simmer.

Continue cooking the Soap Nuts for 1 hour, or until they become pale brown in color. Tip: Stay nearby while the soap nuts cook so you can briefly remove them from the heat if they start to bubble up.

2. Remove mixture from the heat. Strain out and discard the Soap Nuts. Allow the remaining mixture to cool to room temperature. Replace any water lost during the heating phase to get back to 32 fl oz.

3. In a small bowl, add the essential oils. While stirring, slowly add the Natural Solubilizer. Add the preservative and stir.

4. Once the soap nut mixture has cooled, slowly pour a small amount of soap nut water (~1/2 cup) into the essential oil mixture and stir to combine.

5. Pour your mixture from Step 4 into the larger batch of soap nut water and stir until thoroughly combined.

6. Pour into bottles and label.

7. To use, add 1/8-1/4 cup of liquid soap nut laundry soap to your washing machine. For a natural fabric softener, add 1/2 cup vinegar to the wash load. The soap nuts will give the laundry detergent a cider-like aroma that won't be noticeable after washing. To preserve the light Cypress and Grapefruit scent on your clothes, air dry or use a cool dryer setting. You can also look up our Grapefruit & Cypress Linen Spray Recipe at [www.simplyearth.com](http://www.simplyearth.com).

### 3. BATHROOM DEEP CLEAN & FRESHENING

## Easy Toilet Refresher



### From Simply Earth

- 10 drops Tea Tree Essential Oil
- 1 cleaning bomb

1. Drop essential oil into the toilet and add the cleaning bomb. Allow the cleaning bomb to fizz away. Scrub toilet bowl with a toilet brush after the cleaning bomb has completely dissolved. To help maintain an already clean toilet, simply flush the toilet after the cleaning bomb has dissolved.

Tip from Katie: This recipe can also be used to refresh garbage disposals or as a heavy duty cleaner. Check out how below:

### **Garbage Disposal Cleaner:**

Add 5 drops of essential oil to the cleaning bomb. Turn on your water faucet and run the water until it's hot. Set water to a slow trickle. Drop the tab directly into the garbage disposal. Trickle the hot water and turn the garbage disposal on. Use 1 tablet once or twice a month to maintain a fresh, clean garbage disposal.

### **Heavy Duty Cleaner:**

Add 5-10 drops of your favorite essential oil directly to the cleaning tab. Drop the tab in a bucket or sink and fill with water. Let the tab dissolve. Once the tab has dissolved, use a washcloth or sponge to clean built-up grease and grime that other cleaners just can't touch. Be sure to wear gloves!

## Breath of Pine Shower Spray



### From Simply Earth

- 1 oz spray bottle
- 30 drops Balsam Fir Essential Oil
- ~4 drops (0.0025oz) Geogard ECT Preservative
- ~120 drops (0.1oz) of Natural Solubilizer

### From Your Home

- ~2 Tbsp distilled water

1. Add essential oils to the spray bottle and fill the rest of the way with distilled water.

2. To use, shake and spray on shower walls before showering. The steam from the shower will create a spa-like aromatherapy experience.

## 🧼 4. HOME & FABRIC REFRESHERS

### 🏠 Homebody Carpet Powder



#### 📦 From Simply Earth

- 1 cup baking soda\*
- 15 drops Homebody Essential Oil Blend

#### 🏠 From Your Home

- 8 oz jar

1. Add about half of the baking soda to your jar or container.
2. Add essential oils, secure lid, and shake to mix.
3. Add the rest of the baking soda and shake again to mix.
4. To use, sprinkle mixture onto carpet and allow it to sit for 15 minutes before vacuuming it up for a clean smelling home.

### 💧 Spring Clean Diffuser Blend



#### 📦 From Simply Earth

- 1 drop Tea Tree Essential Oil
- 1 drop Lemon Eucalyptus Essential Oil
- 1 drop Tangerine Essential Oil
- 1 drop Clean & Fresh Essential Oil Blend
- 5mL Amber Glass Bottle

1. Add essential oils to a diffuser according to the diffuser's instructions. Diffuse in an open space.
2. To make a stock bottle of this recipe, take a 5mL Amber Glass Bottle from your Big Bonus Box and add 25 drops of Tea Tree, 25 drops of Lemon Eucalyptus, 25 drops of Tangerine, and 25 drops of Clean & Fresh. Swirl to mix. Don't forget to label your Master Blend.

# Shopping List for Natural Cleaning DIYs

## Pantry Staples You May Already Have

- Isopropyl Alcohol
- Distilled Water
- Vinegar
- Baking Soda
- Spray Bottles
- Jars (for storing powders)

## Best Essential Oils for Natural Cleaning (Featured in the Recipe Box & DIY Kit!)

- Lemon Eucalyptus (Recipe Box)
- Tea Tree (Recipe Box)
- Clean & Fresh Blend (Recipe Box)
- Tangerine (Recipe Box)
- Grapefruit (DIY Kit)
- Cypress (DIY Kit)

## Powerful Natural Ingredients (Available in the Simply Earth Recipe Box & DIY Kit!)

- Soap Nuts (DIY Kit)
- Natural Solubilizer (DIY Kit)
- Geogard ECT Preservative (DIY Kit)
- Multi-Purpose Cleaning Tablet (Recipe Box)
- Ruthie Lu's Dishwasher Detergent Sheet (Recipe Box)
- Cleaning Bomb (Simply Earth website)
- Ruthie Lu's Cleaning Tablet (Recipe Box)

## Eco-Friendly Cleaning Essentials (Reusable & Sustainable!)

- Refillable Glass Spray Bottles
- Amber Glass Bottle for DIY Blends



Learn how you can get the key ingredients you need in one box!

See pages 17 & 19!



# Make A Soap Nut Liquid Laundry Detergent!!!



simply earth.®

## DIY Natural Cleaner Kit

Natural, Fast, and Easy to Make

### 🍵 READY TO MAKE YOUR OWN LAUNDRY SOAP?

Our DIY Kit makes it easy to ditch synthetic detergents with:

- ✓ All-natural Soap Nuts (a powerful, plant-based detergent alternative!)
- ✓ A simple, beginner-friendly recipe
- ✓ Everything you need—no extra shopping required!
- 💡 Perfect for those who want a non-subscription DIY solution!
- ◆ Order now and start making your own natural laundry detergent!



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for More Info!!

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# Live Workshop

## 🌿 Join Us for a Live DIY Cleaning Workshop!

Want to see these recipes in action? Join us in April for our exclusive DIY Cleaning Workshop, where we'll:

- ✓ Walk through natural cleaning recipes step by step
- ✓ Share extra pro tips for best results
- ✓ Answer your questions live!

# #IMadeThis!

## 🎉 Show Off Your DIY Skills with #imadethis!

You've put in the effort, mixed up your recipes, and now it's time to show off what you made! We LOVE seeing your DIY creations, and we want to celebrate them!

- 📷 Snap a pic of your homemade natural cleaner
- 📱 Tag us on social media with #imadethis
- 🏆 Each month, we feature winners who receive a \$5 gift card and a shoutout on our page!
- 💡 Your creativity could be the inspiration someone needs—so don't hold back, let's see those bubbly, fizzy, and fabulously fresh DIYs!
- 👉 Join the movement, share your DIYs, and let's make the world cleaner—naturally!



# Get Everything You Need in One Box

Example of a Friendly Sales Page for the Recipe Box:



simply earth.

## DIY Natural Cleaner

### MAKE NATURAL CLEANING EASY WITH THE SIMPLY EARTH RECIPE BOX!

Want to enjoy the benefits of DIY cleaning without the guesswork? Our Simply Earth Recipe Box delivers:

- ✔ 4 expertly curated essential oils for cleaning
- ✔ Key ingredients & easy-to-follow recipes
- ✔ Fun, effective DIYs without the overwhelm!
- 💡 No hunting for ingredients—just open your box and start making!
- ◆ Get started today and receive a FREE flower diffuser! Just use code **TXTFLOWER** at checkout!



Over \$151+ value for only **\$44.99!**

★★★★★ (5.0)

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