



# DIY Home Cleaning & Personal Care Recipes

## Who Are We?

Have you ever wondered why you accumulate so much waste in your trash can at home, even while trying to be conscious of waste?

Despite the vast variety of products at the store, there is never a variety of packaging options, we are just lost in a sea of plastic, and we know as well as anybody that it is hard to find a way out of that. Consumers, brands, and the earth are all ready for a more sustainable option.

According to the US Environmental Protection Agency, while less than 10% of plastic is successfully recycled, around 90% of fiber-based paper products are recycled. And that's where we come in. Ecologic hopes to provide a stepping stone toward a more sustainable future, one hybrid fiber eco.bottle at a time.

The outer shells of our eco.bottles are made from 100% post consumer-reclaimed fiber and can be recycled after use.

The inner liners of our eco.bottles use up to 70% less plastic than the standard plastic bottle of the same size. It can also be recycled after use.



To create our eco.bottles, we purchase post-consumer reclaimed fiber that would otherwise end up in the waste stream. Through the production of the eco.bottle, we have diverted hundreds of tons of waste from our landfills and oceans!

Ecologic provides packaging that significantly reduces plastic-use for consumers who are looking for alternative sustainable home and personal care bottles.



Breast Cancer Prevention Partners (BCPP) is the leading science-based advocacy organization that works to educate consumers about the causes of breast cancer. BCPP is made of scientists, advocates, concerned consumers, and more, all working to promote safer personal care, healthy work environments, chemical regulation policy, and more. Through our partnership with BCPP, four toxic-free recipes for home cleaning and personal care are provided in this kit.

Three cents per every selling unit of Ecologic by Jabil products sold directly to retailers for onward sale to end-consumers annually based on Jabil's fiscal year are donated directly to BCPP, with a minimum donation guarantee of \$3,000 annually.

# Ingredient Basics

## BAKING SODA

An alkaline (high pH) substance that deodorizes and cuts through grease and grime. Baking soda can be irritating to the skin, so we recommend wearing gloves or washing hands very well to prevent irritation. Keep out of reach of children.

## CASTILE SOAP

A mild, biodegradable alkaline soap type that is made from 100% plant oils (meaning it uses no animal products or chemical detergents) that cuts through grease and cleans. Castile soap sometimes leaves a film behind. The film is caused by the soap reacting with minerals in the water. It is not actually soap itself left behind, but rather certain salts. To cut the film, use a vinegar rinse.

## VINEGAR

An acid that deodorizes, cuts grease, removes tarnish and has antimicrobial properties; does not disinfect.

## LEMON JUICE

An antibacterial and antiseptic acid that can annihilate mildew and mold and shine hard surfaces; does not disinfect.

## ALCOHOL

Alcohol has antimicrobial properties that can effectively kill many common household germs and bacteria. It also has solvent properties that make it effective for dissolving and removing greasy residues on kitchen surfaces, appliances, or more. It is recommended to ventilate the space while using and to test solutions before using all over. Keep out of reach of children.

# DIY Recipes

## All Purpose Cleaner

### CASTILE SOAP BASED

- 2 cups distilled water
- 2 tbsp castile soap [removes dirt and grime]

### VINEGAR BASED

- 1 cup distilled water
- 1 cup vinegar [works as a solvent]
- **Optional: Juice from ½ lemon** (store the cleaner in the fridge if used) [adds fresh, clean scent]

Note: DO NOT use on marble, granite or stone; do not clean raw egg.

Measure ingredients and pour into a spray bottle (use funnel if needed). Shake gently to combine.

To use, first gently shake the spray bottle. Spray cleaner onto desired surface, wipe off with a damp cloth. Need a dispenser for your new homemade all-purpose cleaner?

## Hand Soap

- 1 ½ cups water
- 2 tbsp castile soap [removes dirt]
- **Optional: 40 drops of essential oil\* of choice** [smells good]

\*No undiluted essential oils should be applied to the skin. When choosing essential oils, there is evidence of concern for breast cancer/endocrine disruption with lavender and tea tree oil.

Measure ingredients and pour into the pump bottle (use funnel if needed). Shake gently to combine.

To use, rinse hands with water, massage soap into skin, rinse and pat dry.

## Body Wash

- ½ cup coconut oil [softens skin]
- ½ cup raw honey [naturally antibacterial, soothes skin]
- 1 cup liquid castile soap [removes dirt]
- **Optional: 40 drops of essential oil\* of choice** [smells good]

\*No undiluted essential oils should be applied to the skin. When choosing essential oils, there is evidence of concern for breast cancer/endocrine disruption with lavender and tea tree oil.

Measure ingredients and pour into the pump bottle (use funnel if needed). Shake gently to combine.

To use, rinse body with water, massage soap into skin, rinse and pat dry.

# DIY Recipes

## Window Cleaner

- ½ cup white vinegar
- ½ cup water
- 1 pinch of cornstarch
- Optional: 1 TB vodka/alcohol

Pour all ingredients into your favorite spray bottle. Shake gently. Spray away!

Note: With alcohol, be sure to ventilate the space while using, and keep out of reach of children.

## Counter Spray

- 1 cup water
- 3 TB rubbing alcohol/vodka
- 2 tsp liquid castile soap

Pour all ingredients into your favorite spray bottle. Shake gently. Spray away!

Note: With alcohol, be sure to ventilate the space while using, and keep out of reach of children.

## Scouring Powder I

- ½ cup baking soda
- Zest of ½ a lemon
- 4-5 drops of lemon essential oil

Pour all ingredients into your favorite spray bottle. Shake well.

Scrub over surfaces with a wet sponge, rag, or toilet brush, depending on what you are cleaning. Rinse thoroughly.

Note: Baking soda can be irritating to the skin, so we recommend wearing gloves or washing hands very well afterwards to prevent irritation. Keep out of reach of children.

## Scouring Powder II

- ¼ cup baking soda
- ¼ cup washing soda/borax
- 5 drops of citrus essential oil

Pour all ingredients into your favorite spray bottle. Shake well.

Scrub over surfaces with a wet sponge, rag, or toilet brush, depending on what you are cleaning. Rinse thoroughly.

Note: Baking soda can be irritating to the skin, so we recommend wearing gloves or washing hands very well afterwards to prevent irritation. Keep out of reach of children.

## Bathroom Cleaner

- ½ TB liquid castile soap
- 14 drops tea tree essential oil
- 7 drops peppermint essential oil
- 1 cup water

Pour all ingredients into your favorite spray bottle. Shake gently. Spray away!

## Air Freshener Spray

- ¾ TB liquid castile soap
- 10-15 drops citrus essential oil
- 1 cup water

Pour all ingredients into your favorite spray bottle. Shake gently. Spray away!

## Cabinet Wash

- ½ TB Murphy's oil soap
- Optional: 5 drops cedarwood or juniper essential oil
- 1-2 cups warm water

Pour all ingredients into your favorite spray bottle. Shake gently. Spray away!

## Dusting Cloths

- 5 tsp jojoba or olive oil
- 20 drops lemon essential oil
- 1 cup hot water
- Old T shirt, cut into squares, or rag

Mix oil and essential oil. Add hot water, mix well.

Swish cloths in water mixture, squeeze out, hang to dry. Hand rinse used cloths; line dry. NO DRYER.

## Wood Furniture Spray

- 2 TB olive oil
- 3 drops lemon essential oil
- 4 TB white vinegar

Pour all ingredients into your favorite spray bottle. Shake gently. Spray away!



# DIY Recipes

## Easy Soft Like Scrub

- ¼ cup baking soda
- ½ TB liquid castile soap
- Water, to slightly thin mix

Pour all ingredients into your favorite spray bottle. Shake well.

Scrub over surfaces with a wet sponge, rag, or toilet brush, depending on what you are cleaning. Rinse thoroughly.

## Kitchen Floor Cleaner

- 2 TB liquid castile soap
- 15-20 drops lemon essential oil
- 1 gallon hot water

Pour all ingredients into your favorite spray bottle. Shake gently. Spray away!

## Hair Spray

- 1.5 cups filtered water
- 2TB white sugar
- 1 TB high proof alcohol like vodka
- 10-15 drops of essential oil of choice

Boil water and dissolve sugar in it. Allow to cool to room temperature and add alcohol and essential oils.

Store in spray bottle and use as regular hair spray.

Note: With alcohol, be sure to ventilate the space while using, and keep out of reach of children

## Shampoo

- ¼ cup coconut milk
- ¼ cup castile soap
- 20 drops essential oils
- For dry hair, add ½ tsp olive oil

Combine all the ingredients in your new pump eco.bottle. Shake well to mix.

Keep in shower for up to a month.

Shake well before each use and use about a teaspoon every time you shampoo.



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For additional information, visit [ecologicbrands.com](http://ecologicbrands.com)