

A GUIDE TO SPRING CLEANING

JADE SHUTES



SIMPLE RECIPES FOR CLEANING YOUR HOME

WELCOME



In this Guide to Spring Cleaning, I share my favorite cleaning recipes developed through years of trial and error in my own home. These natural solutions are effective, economical, and better for both your family's health and the environment.

I have to admit, it took me several years to stumble upon a grout cleaner that actually works. After countless disappointing products and methods, I finally discovered a combination that cuts through grime and restores tile grout to its (almost) original glory without harsh chemicals.

One of my all-time favorite essential oils to clean with is lemongrass. Its bright, citrusy scent creates an uplifting atmosphere while offering powerful antibacterial properties that make it perfect for kitchen and bathroom cleaning tasks. The fresh, clean fragrance lingers longer than lemon oil, making your cleaning efforts feel more rewarding.

I hope you enjoy the recipes included in this guide. Thank you!

- Jade Shutes



To reduce plastic waste, I recommend using glass jars instead. A variety of lids for recycled canning jars are available here.

(<https://www.azurestandard.com/shop/category/household-family/kitchen/canning-supplies/canning-lid-accessories/38529>)



CARPET DEODORIZER

Ingredient List

- 1 cup baking soda
- 1/2 cup borax powder or diatomaceous earth.
- 20-30 drops of essential oils
- Parmesan Cheese Shaker

I use 10 drops Lavender, 10 drops Scots Pine, and 10 drops Lemon. But you could use any essential oils you love!

How to make:

1. Combine baking soda and borax powder.
2. Add essential oils into powder and stir until well combined.
3. Pour into shaker jar.
4. Label bottle.
5. Shake powder onto carpet and let it sit for a couple of hours or overnight.
6. Vacuum up.





LEMON/LIME ALL PURPOSE CLEANER

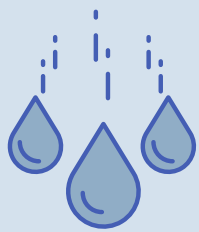
Supplies:

- One Lemon - sliced into quarter pieces or more
- One Lime - sliced into quarter pieces or more
- 32 oz canning jar
- White Vinegar
- 15 - 20 drops Lavender essential oil
- OR add 15-20 drops Lemon or Lime essential oil (or 7 drops each!)

How to make:

1. Place lemon and lime pieces into canning jar
2. Fill jar with white vinegar
3. Let sit over night (or for a couple of days, even better)
4. Pour liquid out using a mesh strainer
5. Pour into two 16oz spray bottles and add 15-20 drops Lavender essential oil into each bottle.
6. Label bottle.
7. It's now ready for use!





DISHWASHER CLEANER

Supplies:

- 1 cup White vinegar
- 1 cup Baking soda

*The vinegar rinse removes any grease buildup, and the baking soda rinse removes odors.

First, clean filter and gasket with hot water and dish soap.

How to clean:

1. Pour 1 cup of white vinegar in a bowl or glass
2. Place bowl onto top rack of dishwasher
3. Run a wash cycle.
4. Next, sprinkle baking soda on the bottom of the dishwasher.
5. Run a hot rinse cycle.





LEMONGRASS BATHROOM SCRUB

Ingredient List

- 2 cups baking soda
- *Optional: 1/4 cup ground dried lemongrass
- 1 Tbsp. of Dish liquid soap or Liquid castile soap
- 30 drops Lemongrass essential oil

How to make:

1. Combine all ingredients in bowl.
2. Stir until well combined.
3. Using a moist sponge, scoop a small amount of scrub from jar and apply to sinks, toilets, bath tubs, or shower floors.
4. Gently scrub area and rinse with hot water or wipe clean.



DEODORIZE GARBAGE CONTAINER SPRAY

Ingredient List

- 16 oz Spray bottle
- 15 fl oz water
- 1 fl oz white vinegar
- 30 drops Lemon
- 20 drops Lavender
- 15 drops Tea tree

How to make:

- 1.Fill bottle with water and white vinegar
- 2.Add in essential oils
- 3.Shake prior to each use.
- 4.Spray 2-3x into container
- 5.Place new garbage bag into container.



GROUT CLEANER

Ingredient List

- 2 cups baking soda
- 1 cup Hydrogen Peroxide
- 30 drops Lemongrass essential oil or other essential oil (e.g. lemon, tea tree)

How to make:

1. Add baking soda into a bowl
2. Slowly add in the hydrogen peroxide to form a paste
3. Add in lemongrass essential oil
4. Stir until well combined.
5. Apply paste to grout and allow to sit for 10 minutes.
6. Using a grout brush or other scrub tool, scrub paste.
7. Rinse with hot water.



CUTTING BOARD CLEANER

Ingredient List

- Lemon essential oil
- Tea tree essential oil

How to use:

1. Wash cutting board with hot water and dish soap
2. Dry board.
3. Place 2 drops lemon and 2 drops tea tree onto a moist sponge and wipe cutting board.



YOGA MAT CLEANSER

- Mix equal parts distilled water and white vinegar (about 1/2 cup each), then add 5-10 drops of tea tree essential oil.
- Pour the mixture into a spray bottle, shake well before each use, and lightly spray your mat.
- Wipe it down with a clean cloth and allow it to air dry completely before rolling it up.
- This gentle solution works well for most yoga mats without causing damage to the material.
- For heavily soiled mats, you might need to let the solution sit for a minute before wiping. Always test on a small corner of your mat first to ensure compatibility with your specific mat material.





LAVENDER WINDOW CLEANER

Supplies:

- 3/4 -1 cup dried Lavender
- 32 oz canning jar
- White Vinegar
- Lavender essential oil
- Lemon essential oil

How to make:

1. Place dried lavender into canning jar
2. Fill jar with white vinegar
3. Let sit over night (or for a couple of days, even better)
4. Pour liquid out using a mesh strainer into bowl.
5. Pour into two 16oz spray bottles.
6. In each bottle, add 10 drops Lavender eo and 15 drops Lemon eo.
7. Label bottle.
8. It's now ready for use!





DIFFUSER BLENDS FOR SPRING CLEAN AROMA

Fresh Start

3 drops lemon +
2 drops peppermint +
2 drops rosemary

Clean Sweep

3 drops tea tree +
3 drops lemon +
2 drops pine

Clear Slate:

4 drops lavender +
3 drops tea tree +
2 drops eucalyptus

Spring Revival:

3 drops sweet orange +
2 drops spearmint +
1 drop clary sage

Lemon Breeze:

4 drops lemon +
2 drops bergamot +
1 drop lime

Crisp Renewal:

3 drops grapefruit +
2 drops peppermint +
1 drop cypress

Citrus Sparkle:

3 drops wild orange +
2 drops lemon +
1 drop bergamot

Garden Awakening:

3 drops lavender +
2 drops rosemary +
1 drop lemon

Lavender Linen:

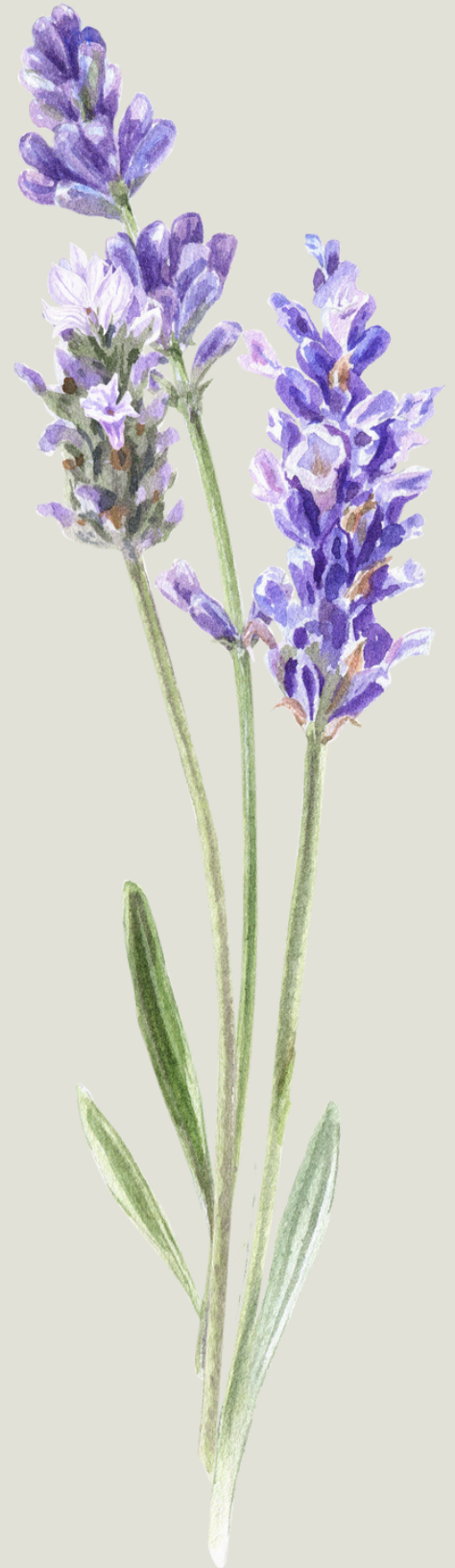
4 drops lavender +
2 drops lemon +
1 drop chamomile

Sunshine Polish:

3 drops sweet orange +
2 drops lemongrass +
1 drop ylang-ylang

SHOPPING LIST

- ☐ *White vinegar, distilled*
- ☐ *Baking soda*
- ☐ *Borax or Diatomaceous earth*
- ☐ *1 Lemon, 1 Lime*
- ☐ *Dried Lavender flowers*
- ☐ *Lemongrass essential oil*
- ☐ *Lavender essential oil*
- ☐ *Scots Pine essential oil*
- ☐ *Lemon essential oil*
- ☐ *Tea tree essential oil*
- ☐ *Dried Lemongrass*
- ☐ *Hydrogen Peroxide*
- ☐ *Other essential oils*



GREEN CLEANING

Enjoy making your
own cleaning
products!



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