



Simple Tips For Making Your Spring Cleaning A Healthy One!

Spring is back. Do you feel that renewed sense of excitement and the feeling of wanting to clean up the space you've inhabited all winter? Sounds like Spring Cleaning! And you've probably heard of "green cleaning." But what exactly is "green cleaning"? **It's cleaning in a way that does not cause any harm to you or the environment.**

Here are some simple and cheap ways you can clean "green" this spring!

First of all, make your own cleaners. It sounds kind of intimidating but it's actually very easy and very cost effective. Just think about your grandmothers and your great grandmothers – they were cleaning green and didn't even know it! They didn't have all these fancy, chemical laden cleaners to choose from. They had simple, non-toxic recipes that they used. Their homes were clean and non-toxic – "green" before it was the trend.

Recipe for All Purpose Cleaner:

4 Tablespoons Vinegar

2 tsp. Borax

32 oz. hot water

Mix and store in a spray bottle.

Recipe for Window Cleaner:

1 Cup Vinegar

3 Cups Water

Mix and store in a spray bottle.

Use a cotton rag or newspapers.

Recipe for Cleaning Wood Floors:

¼ Cup White Vinegar

1 Quart Warm Water

Mix in spray bottle.

Use sparingly and be careful not to over wet the wood. Use a cotton mop.

Recipe for Cleaning Carpets:

Pick up the phone and dial **603-436-8820**

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A Couple of Notes: Always test a surface before you clean it with any product. For a pleasant scent, add a few drops of an essential oil to your homemade cleaning products. Try lavender, lemon, or tea tree oil.

Also, part of "green" cleaning is reusing your cleaning supplies. Opt for reusable, washable rags over sponges and paper towels.

Now clean to your heart's content – all of the recipes above are non-toxic and are safe for you and the planet. So clean away!



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