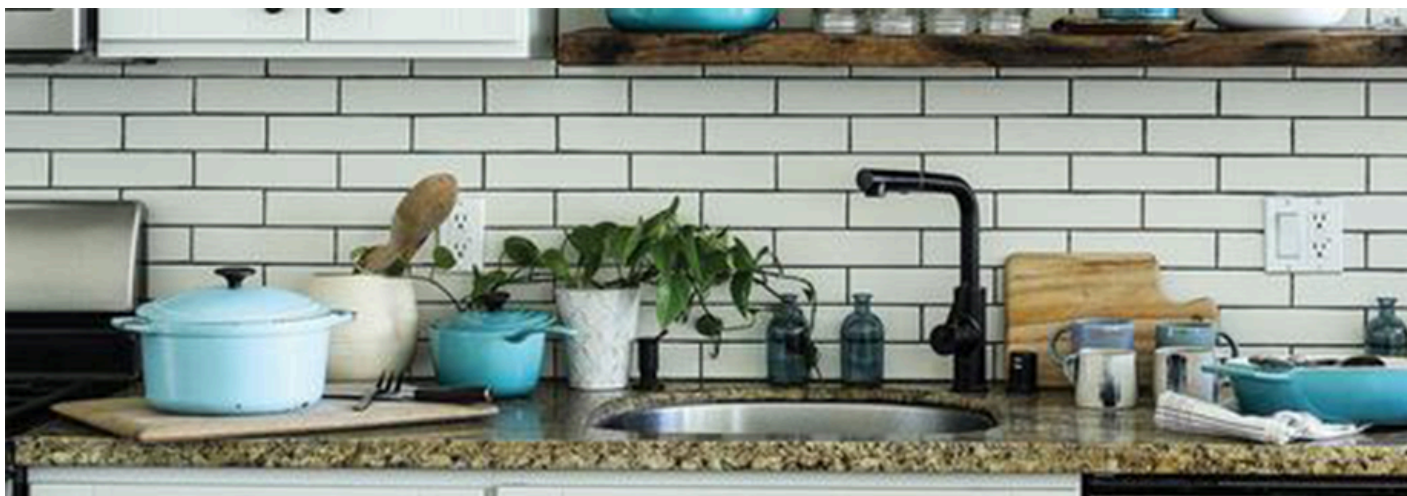




## My Natural Recipes for my Kitchen



Cleaning without polluting is much easier than it seems to be! Once you tried it, you'd be into it! Why? Because using natural cleaning products is a cost-effective and eco-friendly option, while leaving your home with a fresh and natural smell. In short, a large number of assets to give your home a chemical-free clean.

### MY TEA TOWELS ARE REALLY DIRTY

Before you wash them, how about you sanitize them? It's simple: let them soak in a hot water bowl with about ten drops of essential oil of tea tree, Scots pine, or even Ravintsara: all three are unstoppable against microbes, and you will avoid having to bleach when you wash.

### I CLEAN MY FRIDGE WITHOUT BLEACH

Mix two tablespoons of white vinegar and two drops of lemon essence. Use a damp cloth soaked in the mixture to clean the fridge. Then, leave in a refrigerator some bicarbonate of soda in a bowl to avoid odours.

### SOS! MY SINK SMELLS

To get rid of stinky kitchen sink or wash basin drains, pour 2 to 3 drops of tea tree essential oil or lemongrass into half a glass of bicarbonate of soda. Then top up with boiling water and run it down the drain. Wait for 2 to 3 hours before to rinse with white vinegar following by abundantly hot water 15 minutes after. Is it still clogged? Try the mixture of white vinegar +

bicarbonate of soda + salt (mix well before pouring). Leave it to allow the mixture to unclog your drain, and rinse abundantly with boiling water.

## BOOST YOUR HOUSEHOLD PRODUCT

To boost your household product (preferably eco-friendly!) and to make it more active against microbes, add 50 to 60 drops of tea tree, Siberian fir, or peppermint essential oil per 100 ml of product.

Extracts from '[Anti-Pollution Guide for a Healthy House](#)' by Isabelle PACCHIONI, Leduc Pratique edition and Top Santé's Guide '48 Essential Oils which every home needs to be healthy'.