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NATURAL DIY

favourites
home essentials

eBook



LET'S TALK ABOUT YOUR *home*

This eBook has information and recipes designed help you reduce your exposure to toxins around the home, with a few simple tips and super achievable DIYs.

Clean your shower, toilet, walls, windows and floors using natural methods - all tried and tested by myself, and hundreds (if not thousands) of members of my natural-loving community.

Don't stop there! I've also covered the laundry ([here](#)) and kitchen ([here](#)). You won't need to go down the cleaning aisles at the supermarket anymore - hooray.

Happy making!

HANDY INFORMATION FOR

DIY success

Here is a list of the ingredients you'll need:

Bicarb soda
Castile soap (liquid)
Citric acid
Citrus peels

Essential oils (various)
Salt
Water
White vinegar

Looking for DIY
supplies &
ingredients
(plus a few
discounts)?

CLICK HERE!

I recommend you read the following information to ensure DIY success:

[DIY recipe hints, tips & information](#)

[Preservatives, shelf life & safety information](#)

[Essential oil information and inspiration](#)

[Tips on cleaning up after a DIY session](#)



Citrus Cleaning Spray

Makes: approx. 250ml | Prep: < 5 min. (allow 2-3 weeks to infuse)

Method

Fill a small jar with **citrus peels** and top with **white vinegar**. Allow the mixture to sit in a cool, dark place for at least 2-3 weeks. Strain the liquid and discard peel. Transfer into a spray bottle.

To Use



Spray directly onto surfaces as required and wipe down with a cleaning cloth. Shake well prior to each use.





All-Purpose Cleaning Spray

Makes: approx. 250ml | Prep: <5 min.

Method

Add **1 teaspoon liquid castile soap** and **30 drops essential oils** (like lemon and clove) directly to a glass bottle with trigger spray and swirl gently to combine. Wait a few minutes (this gives the essential oils time to disperse within the castile soap). Add **1 cup water** and swirl/shake until combined.

To Use



Spray directly onto surfaces as required and wipe down with a cleaning cloth. Shake well prior to each use.





Window Spray

Makes: 250ml | Prep: <5 min.

Method

Add **1/2 cup water**, **1/2 cup white vinegar** and **20 drops essential oils** (like lemon and orange) directly to a glass bottle with trigger spray, and swirl/shake until combined.

To Use



Spray directly onto windows as required. Wipe over with a damp cleaning cloth, and if necessary, polish with a clean, dry one. Newspaper also makes a fantastic polishing tool. Shake well prior to each use.

OPTIONS TO CLEAN

your floors

Here are a few options to get your floors clean without the need for heavy-duty, questionable chemical ingredients

- 1** Use the **All-Purpose Cleaning Spray** (on page 5 of this eBook); or make the **Window Spray** (on page 6 of this eBook).
- Method for both:**
First make sure floors have been swept or, better still, vacuumed. Lightly spray the floors in small sections at a time, and follow with a dry mop (one with a fabric pad is best), wiping over wet areas in an S-pattern. Spot clean any grubby marks with the **Citrus Cleaning Spray** (on page 4 of this eBook), a cleaning cloth and a little elbow grease. Repeat the mopping process if your floors need it – although I find it's rarely required.
- 2** If you're a mop and bucket kind of person; simply fill a bucket with **10 litres hot water**, add either **1-2 cups white vinegar** or **2 tablespoons liquid castile soap**, and mop away.

Note: If you're not sure what kind of flooring you have or which recipe to use, play it safe and test on an inconspicuous area, or check with your flooring manufacturer. The vinegar is quite diluted so you shouldn't have any trouble with wood or laminate floors, however, it is always best to do your research or avoid the vinegar if you're doubtful.



Carpet Deodorising Powder

Makes: 140g | Prep: <5 min.

Method

Add **1/2 cup bicarb soda** and **30 drops essential oils** (like lemon, tea tree and lavender) directly to a container with a powder-shaker lid and shake well.

Note: It helps to use the back of a spoon to repeatedly press down on mixture to distribute essential oils. This recipe will cover a small area; double or triple for larger areas.

To Use



Dust over carpet and leave for at least 1 hour, then vacuum thoroughly.





Toilet & Shower Cleaner

Makes: 270g | Prep: <5 min.

Method

Add **3/4 cup citric acid**, **1/4 cup bicarb soda** and **30 drops essential oils** (like clove and tea tree) directly to a container with lid, and mix until combined.

To Use



In shower

- Add mixture to a large bowl and slowly add enough **water** to make a paste.
- Use a cleaning cloth to smear over shower screens and tiles until covered. Leave for 20-30 minutes.
- Scrub well (with the same cleaning cloth or a scrubbing brush), then rinse well and dry.

In toilet bowl

- Sprinkle mixture into toilet bowl and use toilet brush to scrub around sides and under rim.
- Leave for 20-30 minutes.
- Scrub again before flushing once or twice. Repeat process if necessary.





Hard Water Spray

Makes: 370ml | Prep: <5 min.

Method

Add **1 cup hot water**, **1/2 cup citric acid** and **25 drops essential oils** (like lemon and orange) to a glass bowl and mix until citric acid has dissolved. Transfer into a glass bottle with trigger spray,

To Use



Spray affected area, leave for 3-5 minutes and wipe over with a cleaning cloth and rinse well. Repeat process as often as required. Shake well prior to each use.

Note: To avoid a sticky residue, make sure you rinse or wipe down surfaces thoroughly. Test in an inconspicuous area first, especially if you have dark tiles.





Weed Spray

Makes: 250ml | Prep: <5 min.

Method

Add **2 tablespoons salt (fine)** and **1 cup white vinegar** to a saucepan and heat on low until salt has dissolved. Allow to cool, add **10 drops essential oils** (like lemon and orange) and mix until combined. Transfer into container a glass bottle with trigger spray.

To Use



Spray liberally on weeds, coating stem and all leaves (being mindful not to spray on grass or other plants as this may damage or even kill them). Apply on a sunny day for best results. Shake well prior to each use.





**These recipes are a collection of my favourites from www.krissyballinger.com.au,
and my book, Naturally Inspired**

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enjoy x

