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K·B

NATURAL DIY

favourites

laundry essentials

eBook



LET'S TACKLE THE *laundry*

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

The laundry is probably one of the easiest places to start when it comes to reducing toxins. Most recipes take only a few minutes to make and the results speak for themselves.

There are so many ingredients used in mainstream laundry products that are simply not necessary: synthetic dyes, fillers, fragrance and optical brighteners are just a few. These ingredients are harmful to our health and waterways - the very place most of this lands within thirty minutes of application/use.

If skin irritation is something you experience when using mainstream washing detergents; if you're washing clothes for a newborn; or, if it has been on your list to finally find a replacement for chlorine bleach, then I think you'll find this eBook very helpful!

Don't know where to start?

My advice is to make the Washing Powder first. It's easy to mix in a bucket, it lasts indefinitely, and the positive impact is 10/10!

Happy making!

HANDY INFORMATION FOR

DIY success

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

Bicarb soda

Borax

Cotton pad, or dryer
ball

Essential oils (various)

Hydrogen peroxide

Salt

[Soapberry Master Stock](#)

Soap powder

Sodium carbonate

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](#)



Washing Powder

Makes: 3.3kg | Prep: <5 min.

Method

Add **4 cups sodium carbonate**, **4 cups borax**, **3 cups salt (fine)**, **3 cups soap powder (fine)** and **1/2 cup bicarb soda** to a large bucket and mix until combined. Transfer into a container of choice.

To Use



Add **2-3 drops essential oils** (like lemon and eucalyptus - *optional*) to 1 tablespoon of washing powder and add directly to washing machine (best added to designated compartment). Wash on your usual setting; warm water is only marginally more effective than cold. If you have a particularly large or heavily soiled load, use 2 tablespoons of powder.



Liquid Laundry Detergent

Makes: 6.9lt | Prep: 30-60 min.

Method

Make a batch of **Soapberry Master Stock** (recipe found [here](#)). Don't allow it to cool. Pour hot Master Stock and **4.5 litres hot water** into a bucket and mix until combined. Add **2 cups sodium carbonate**, **2 cups borax** and **1 cup salt (fine)** and mix until powdered ingredients have dissolved. Transfer into container of choice.

To Use



Add **2-3 drops essential oils** (like lemon and eucalyptus - optional) to approx. 1 cup of liquid and pour directly into washing machine or designated compartment. Wash on your usual setting; warm water is only marginally more effective than cold. Shake well prior to each use.



CLEAN THAT

washing machine

How long has it been since you cleaned your washing machine? If you can't remember, it has been too long!

- 1** Wipe down the seals and clean the nooks and crannies with **hot water and vinegar**.
- 2** Pull apart the bits that can come apart, on the inside, and give them a scrub with a paste of **50/50 bicarb soda/water** and a few drops of **tea tree or lemon essential oil**.
- 3** Then run a hot cycle with **2-3 cups of white vinegar**.



That should do the trick.





Fabric Softener

Makes: 1.1lt | Prep: <5 min.

Method

Add **1/2 cup salt (fine)** and **1 cup hot water** to a bowl and mix until salt has dissolved. Add **3 cups white vinegar** and stir until combined. Transfer into container of choice.

To Use



Shake well, then pour approximately 1/2 cup of liquid and **2-3 drops essential oils** (like lemon and eucalyptus - *optional*) into the designated softener compartment of your washing machine.





Stain Solution

Makes: single use | Prep: <5 min.

Method

Add **1/2 cup sodium carbonate**, **1/2 cup hydrogen peroxide (3%)** and **5 litres warm/hot water** to the laundry sink or a bucket and mix until combined.

To Use



Add stained clothing to solution and use a wooden spoon to push down and agitate clothing. Allow to rest, agitating periodically, for a minimum of 4 hours. Remove from solution and wash clothes as usual. Discard solution.

MORE WAYS TO 'GREEN UP'

your laundry

Here are a few extra (and really simple) tips that will help you reduce your impact on our beautiful planet

- 1** Wear clothes more than once before throwing them in the washing basket.
- 2** Use the cold wash setting as much as possible when washing clothes.
- 3** Skip the dryer and use the clothes line/horse. Sunlight is a great odour- and germ-busting free tool that is available to us all!
- 4** Consider replacing your plastic pegs for long-lasting metal ones (when you need to of course).

See - easy!



Dryer Pads

Makes: single use | Prep: seconds


Method

Add **3-4 drops essential oils** (like lavender, eucalyptus and lemon) directly to a **cotton pad, or dryer ball**.

To Use



Throw it in the dryer, along with your load of washing.



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

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enjoy x

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