



Living well redeeming health



Jennie Read



Stay in touch

If you would like to know more about essential oils. How to use them for yourself, your family or around the home. Please contact me via email. You can also visit my website and follow redemption health on Instagram and Facebook. Hope you find these recipes useful

Love Jen



The green cleaning ebook

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You Will Need



You will need:

500ml Glass spray bottles

Air tight glass container/old jar

Mould for toilet pods (silicone or metal)

On guard cleaner concentrate

Sodium bicarbonate

Citric acid

White vinegar

Witch hazel

Essential oils: oregano, peppermint, lavender, lemon, grapefruit, purify and melaleuca.



All Purpose Spray



All-purpose spray:

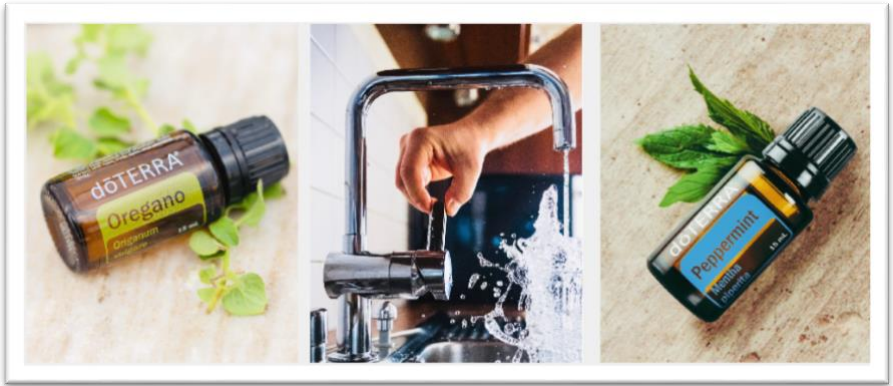
1 tablespoon on guard concentrate cleaner
top up with water

(optional: add ten drops essential oil of your choice, my
favorite is holiday joy)

1. Add on guard concentrate cleaner to 500ml spray bottle
2. Top up with water
3. Add oils (optional)



Bathroom Cleaner



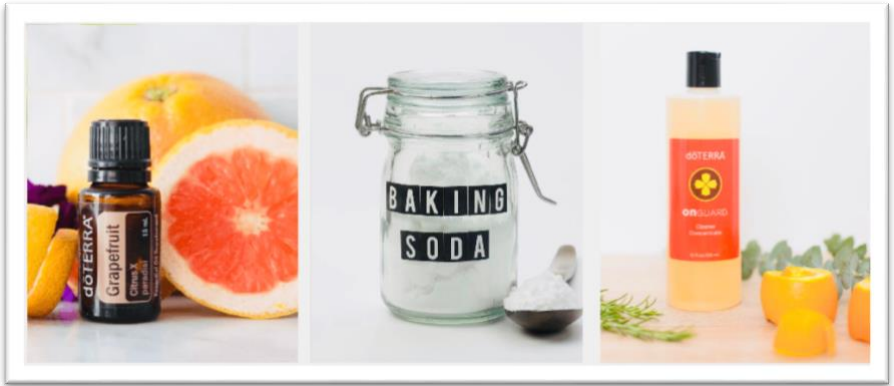
Bathroom cleaner:

1 tablespoon on guard concentrate cleaner
10 drops oregano essential oil
10 drops peppermint essential oil
top up with water

1. Add on guard concentrate cleaner to 500ml glass spray bottle
2. Add essential oils
3. Top up with water
4. Shake before use



Super Paste



Super paste:

1 cup sodium bicarbonate
10 drops grapefruit essential oil
1 tablespoon on guard concentrate cleaner
splash of water

1. Add sodium bicarbonate to a large bowl
2. Add on guard concentrate cleaner
3. Add grapefruit oil
4. Add water splash at a time
5. Stir ingredients, adding water a little at a time until comes together (think 'icing sugar')



Glass Cleaner



Glass cleaner:

1/4 cup white vinegar
10 drops lavender essential oil
10 drops lemon essential oil
top up with water

1. Add 1/4 cup vinegar to 500ml glass spray bottle
2. Add essential oils
3. Top up with water
4. Shake before use



Toilet Pods



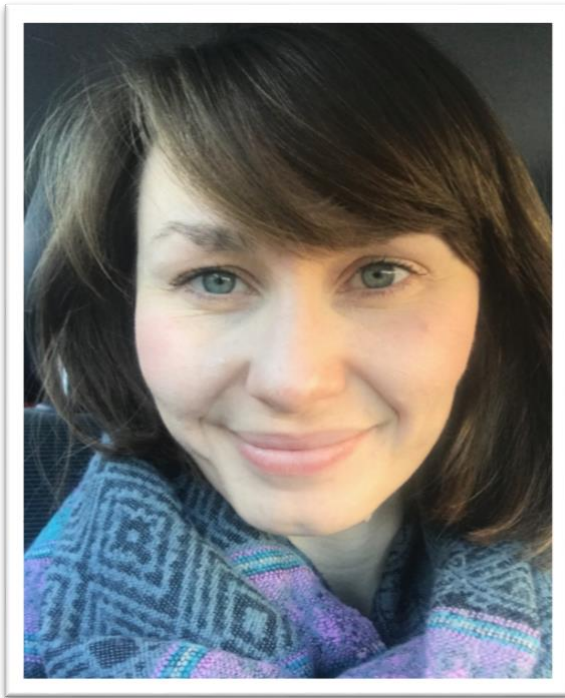
Toilet pods:

500g sodium bicarbonate
125g citric acid
20 drops purify essential oil
10 drops melaleuca
2 tablespoons witch hazel

1. In a bowl, mix all ingredients until well combined
2. Place into moulds directly (if silicone) or in paper bun cases inside metal moulds, pressing down firmly.
3. Leave to harden in room air for several hours
4. Remove from moulds and place in air tight container until use



The Author



Hi! I'm Jen, I'm a nurse & I love helping people. I share info & advice about health & essential oils which have been a game changer for my family.