



A GUIDE TO *Tox-Free Cleaning*



RENEWED RESILIENCE COACHING FOR CANCER & CHRONIC DISEASE

WELCOME



Hello and welcome! We're thrilled that you've chosen to embark on this transformative journey with us. This eBook is specially designed for individuals like you—those navigating the challenges of cancer or chronic diseases who are seeking safer, healthier alternatives to conventional cleaning products.

Here, you'll discover a variety of DIY cleaning solutions that are free from harsh chemicals and toxins. Each recipe is crafted with your health and well-being in mind, utilizing simple, natural ingredients that are effective and easy to find. By making your own cleaning products, you not only create a safer environment for yourself and your family but also take control of what comes into contact with your living space.

Our goal is to empower you with the knowledge and tools you need to maintain a clean and healthy home without compromising your health. Whether you are new to DIY projects or looking to expand your toxin-free lifestyle, this eBook will guide you through each step, ensuring a rewarding and successful experience.

Thank you for taking this important step towards a healthier, chemical-free lifestyle.

Let's get started on creating a cleaner, greener, and safer home together!

Justine xx



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WHAT YOU WILL NEED

- 250ml glass spray bottles
- 250ml metal spray bottles
- 500ml glass pump bottles
- Melamine Sponges
- Unscented Castile Soap
- Microfibre cleaning cloths
- White vinegar
- Bicarb soda
- Witch Hazel
- Distilled water
- Essential oils
- Mason jars
- Metal tins
- Plastic squirt bottles



A background image showing several small, dark glass bottles of essential oils arranged in a light-colored wooden tray. The bottles have various colored caps (blue, green, pink, purple) and are slightly out of focus, creating a soft, natural aesthetic.

ESSENTIAL OILS FOR CLEANING

Lemon

Lavender

On Guard

Arborvitae

Tea Tree

Purify

Lime

Citrus Bliss

Clove



TOILET CLEANER

Ingredients:

1/2 cup Bicarb Soda
1/2 cup White Vinegar
10 drops Tea Tree essential oil

Instructions:

- Combine Vinegar and Essential Oils
- Sprinkle bicarb soda around toilet bowl.
- Pour vinegar mixture into toilet and scrub while its still fizzing.





CREAM CLEANSER

Ingredients:

250ml squirt bottle
3/4 cup Bicarb Soda
1/4 cup Castile Soap
1 tbsp water
1 tbsp vinegar
10 drops Lemon Essential oil

Instructions:

- Combine Castile Soap and Essential Oils in squirt bottle.
- Add Bicarb Soda & water.
- Add water and mix
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BATH SCRUB

Ingredients:

1 cup White Vinegar
4 tsps Castille Soap
10 drops Eucalyptus Essential oil

Instructions:

- Combine all ingredients in 250ml glass spray bottle
- Shake well.
- Spray all over bath tub
- Allow to sit for 10-15 minutes.
- Rinse off





MOLD PREVENTION

Ingredients:

1/2 cup White Vinegar
15 drops On Guard Essential Oil
10 drops Lemon Essential oil
10 drops Tea Tree Essential oil
10 drops Clove Essential oil
Distilled water

Instructions:

- Combine all ingredients in 250ml glass spray bottle
- Top with distilled water
- Spray in areas where mold & mildew build up
- Do not rinse.





FLOOR CLEANER

Ingredients:

1/4 cup Castille soap
1/4 cup Bicard Soda
10 drops Tea Tree Essential oil
Mop & Bucket

Instructions:

- Add all ingredients to a bucket of hot water
- Mop as usual.





ALL PURPOSE SPRAY

Ingredients:

500ml glass spray bottle
1.5 Litres of distilled water
60ml On Guard Cleaner
Concentrate/Dishwashing Liquid
300ml White Vinegar
30 drops Lemon Eucalyptus
Essential oil
Extra 1 Litre Glass bottle for
storage

Instructions:

- Add the oils to the On Guard Cleaner Concentrate
- Add the rest of the ingredients
- Decant into 500ml spray bottle and store the remainder in the extra glass bottle





STAINLESS STEEL SPRAY

Ingredients:

250ml spray bottle
White Vinegar
6 drops Lemon Essential oil

Instructions:

- Fill the spray bottle with vinegar & add essential oil
- Spray the appliances and wipe with a microfibre cloth





STONE TOP BENCH SPRAY

Ingredients:

250ml spray bottle
1 tbsp witch hazel
10 drops Purify Essential oil
Distilled water

Instructions:

- Add witch hazel & essential oils to spray bottle.
- Top bottle with distilled water
- Spray stone benches and wipe with a microfibre cloth





DISHWASHER TABLETS

Ingredients:

1 cup Bicard soda
1/4 cup citric acid
1 tbsp witch hazel
1 tbsp On Guard Cleaner or
castille soap
5 drops Lemon Essential Oil

Instructions:

- Mix all ingredients in a mixing bowl.
- Place in silicone ice cube trays for about 4 hours
- Press down as the mixture will expand as it dries
- Store in an airtight container





DISHWASHING LIQUID

Ingredients:

500ml glass pump bottle
Castille Soap
20 drops Lime Essential Oil
20 drops Lemon Essential Oil

Instructions:

- Add all ingredients into pump bottle.
- Shake gently.
- Use a few pumps in your dish water.





GLASS CLEANER

Ingredients:

500ml glass spray bottle
1 cup white vinegar
1 cup water
20 drops Lemon Essential Oil

Instructions:

- Add all ingredients into spray bottle.
- Spray on glass and wipe with paper towel.





DISINFECTANT WIPES

Ingredients:

1 roll of paper towel
Plastic container half the height of
the paper towel
2 tbsps On Guard Cleaner
Concentrate
1.5 cups of boiling water
6 drops Lemon Essential Oil
6 drops Purify Essential Oil
6 drops On Guard Essential oil

Instructions:

- Pour the extra boiling water around the cardboard centre and leave to soak
- Put onguard cleaner concentrate into a measuring cup followed by the oils. Then pour hot water up to 1.5 cups
- Remove cardboard centre
- Pour water and oil mixture all over paper towel
- Place container lid over the paper towel and compress down so you can fasten the lid. Leave for an hour or so to prevent the paper towel springing back once the lid is removed
- Click [HERE](#) to watch demo





STAIN REMOVER

Ingredients:

500ml aluminium spray bottle
1 cup hydrogen peroxide
2 tbsps On Guard Laundry
Detergent or Castille Soap
1 cup vinegar
20 drops Lemon Essential Oil

Instructions:

- Add all ingredients into spray bottle.
- Spray stain.
- Let sit for a few minutes before washing





LAUNDRY POWDER

Ingredients:

Storage container
500g Coconut Soap
500g Washing Soda
500g Bicard Soda
200g Epsom Salts
30 drops Lime Essential Oil
30 drops Geranium Essential Oil

Instructions:

- Add all ingredients to a food processor and blend until combined.
- Store in an airtight container

NOTE: Be careful removing the lid of the food processor as it can be quite dusty after processing.





LINEN SPRAY

Ingredients:

100ml spritzer bottle
2 tbsps Witch Hazel
30 drops Lavender Essential Oil

Instructions:

- Add the essential oil and Witch Hazel to the bottle.
- Top with distilled water
- Spray linens, furnishings and anything that needs a refresh





WASHING MACHINE CLEANER

Ingredients:

1 cup vinegar
1 cup baking soda
20 drops Lemon Essential Oil
20 drops Tea Tree Essential Oil

Instructions:

- Combine essential oils and vinegar
- Place baking soda in the drum of the machine
- Add vinegar to the detergent compartment.
- Run an extended wash cycle
- Leave door open to dry





CARPET DEODORIZER

Ingredients:

Salt shaker
1 cup Bicard Soda
10 drops Lime Essential Oil
10 drops Geranium Essential Oil
1 tbsp rice

Instructions:

- Add Bicard Soda and Oils to a food processor and blend until combined.
- Place rice into shaker
- Pour other ingredients into shaker
- Shake over carpet.

Note: The rice is to prevent the Bicarb Soda from hardening.





FURNITURE POLISH

Ingredients:

100ml glass spray bottle
1/4 cup Olive Oil
1/4 cup White Vinegar
15 drops Arbivortae Essential Oil

Instructions:

- Add all ingredients to spray bottle and gently shake.
- Spray on furniture and wipe with a microfibre cloth



THANK YOU

THANK YOU FOR EMBRACING TOXIN-FREE CLEANING

As you reach the end of this eBook, we want to extend our heartfelt thanks for joining us on this important journey toward a healthier, toxin-free lifestyle. By choosing to create your own chemical-free cleaning products, you're taking significant steps to protect your health and enhance your environment—especially crucial for those managing cancer or chronic diseases.

We hope that the recipes and tips shared within these pages have empowered you to feel more confident and in control of your surroundings. Your efforts to replace harmful chemicals with natural, safe alternatives contribute not only to your personal well-being but also to the well-being of everyone who shares your space.

If you have any questions about the recipes, need further guidance on toxin-free living, or want to share your experiences and successes, please don't hesitate to reach out. We are here to support you as you continue to make positive changes in your life.

Remember, every small step counts, and your commitment to a toxin-free lifestyle is a powerful action towards a healthier future. Keep up the great work, and thank you once again for trusting us to be a part of your journey.

