



BATHROOM

- **Air Freshener** (See General Home section)
- **Chrome Cleaner:**
 - Shine chrome fixtures with **baby oil** and a soft cloth.
 - Soak rags in **vinegar** and use them to cover soap scum & mineral deposits. Let them sit for one hour. Remove and clean to avoid spotting.
- **Disinfectants** (See General Home section)
- **Drains** (See Kitchen section)
- **General Cleaner**
 - Mix ½ cup of **Borax**, ¼ cup of **vinegar** and 2 gallons of **hot water** together. Apply to the surface with a sponge and wipe dry with a rag.
- **Mineral Deposit Remover**
 - See the vinegar recipe under “Chrome Cleaner” above.
- **Mold and Mildew Remover** (See General Home section)
- **Scouring Cleansers**
 - Sprinkle **baking soda**, or add **water** to make a paste, and scrub with a wet sponge. If the baking soda leaves a residue, rinse with **cold water** and **vinegar**. Dry with a cloth.
 - *A GREAT commercial non-toxic products to try: Bon Ami* is an oldie, but a goodie! This is a natural, non-toxic scouring cleanser- it has beat many leading brands in consumer surveys...and it hasn't scratched yet!
- **Sink, Tub & Tile Cleaner**
 - Dip the open end of a fresh cut **lemon** in **borax**. Rub the area with the borax covered lemon, rinse, and dry with a cloth.
 - Scrub surfaces with **baking soda** using a wet sponge. Rinse thoroughly or a residue will be left behind. (**Vinegar** and **cold water** are effective at rinsing away the powdery residue.)
 - Dilute **liquid soap** (like Dr Bronner's Pure-Castile Soap) with **water** and use with a nylon scrubbing pad.
- **Soap Scum Remover**
 - See Chrome Cleaner recipes above above

Soft Scrub

- Pour **baking soda** in a bowl and add enough **liquid dishwashing detergent** to give the mixture a texture of frosting. Make only enough for one use as this “scrubber” will dry out with time. This is especially good for cleaning the bathtub because it doesn’t leave a gritty residue.

Toilet

- Sprinkle **baking soda** into the bowl, follow with a few drops of **dish soap** or **vinegar** and scrub with a toilet brush. For the seat and other toilet surfaces use a sponge/rag with baking soda.
- Remove stains using about a cup of **vinegar**.
- Run a scrub brush around the toilet bowl to wet the sides (or begin to clean right after flushing) and sprinkle in some **borax** (about ¼ cup) and let it sit anywhere from an hour to overnight, then use the brush to scrub clean- after sitting all that time the borax has done most of the work, you will really only need to lightly brush the bowl to finish the job. To increase the disinfecting power, add a few drops of **pine oil**.
- A slight variation on the above recipe: Swish or flush to wet the sides of the bowl, sprinkle in some **borax**, then drizzle with **vinegar**. Let it sit for several hours and then scrub with a toilet brush.
- **Commercial non-toxic products to try:** Once again **Bon Ami!** It is great for scouring anywhere in the bathroom (and beyond- try it on the kitchen sink, too).

Stain removal

- Make a paste of **lemon juice** and **borax**, apply to the toilet stain and allow it to sit for about 20 minutes. Scrub and rinse. Repeat if necessary.

How to Detox Your Bathroom

Taken from Planet Green

- **Go with the low-flow.** Lots of options help you conserve water in the bathroom. An inexpensive but effective choice is a low-flow faucet aerator, which can be installed on your existing tap. It mixes air into flowing water, thereby reducing water consumption by up to 70 percent. Dual-flush toilet tanks, which use more or less water depending on the job, can even be retrofitted on existing johns.
- **Break the mold.** Mold can quickly become a problem if leaky taps and pipes are left unchecked. Mold can be not only structurally damaging and unsightly, it can also can cause or aggravate allergies, asthma, and other health problems. So, the first order of business is to stop the problem at its source, by fixing any leaks. Fight any nasty growth with tea tree oil, a natural way to fight bacteria and mold.
- **Keep skin free and clear.** Make up, skincare, and grooming products can actually contain small amounts of toxic materials such as formaldehyde and mercury. To preserve your health and natural beauty, choose grooming products such as shampoo and body wash made from organic and plant-based ingredients instead of synthetic ones, and avoid anything with “fragrance” or “perfume.”

