

# LatherLass eBook



Most common household cleaning products and personal care solutions can be made at home with natural alternatives to commercially-bought products. Many times they can also be made more cheaply, and with little hassle.

In this book we will explore some of those alternatives, complete with recipes that I have personally tested and approved.

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## Bug/Insect/Arachnid Repellent & Control

### Spider Repellent



Spiders hate peppermint, so sprinkle dried peppermint leaves or spray a mixture of peppermint essential oil and water in the dark and cluttered spidery places to deter them.

### Mosquito Repellent

The mosquito population can be limited by taking care to prevent standing/stagnant water around your yard to prevent them from reproducing, but you might still have some pesky little insects around.

Wearing light clothing will help to deter them, along with staying out of their reach during the dawn and dusk hours, but neither method is foolproof (or always practical).

Neem oil is said to repel mosquitoes, even in small amounts. Add a dropper-full to your favorite lotion and apply as needed.

Alternatively, the following recipe can be sprayed on and rubbed into exposed skin to deter mosquitoes:

2oz (4 Tbsp) Apple Cider Vinegar, Witch Hazel, Olive Oil or Coconut Oil  
50 Drops Peppermint Essential Oil  
20 Drops Lemon or Orange Essential Oil

Other essential oils that can be added as substitutes in the mixture are catnip, lemon eucalyptus, lemongrass, citronella, cinnamon, cedarwood, juniper, lavender and tea tree oil.

### Household Fly Repellent

If you are plagued with flies, try putting eucalyptus oil on a small rag and leaving it in the fly-zone to make it a fly-free zone.

Alternatively, make small cheesecloth bags, fill them with crushed herbs (eucalyptus, mint, bay leaf or clove) and hang them around the house to repel flies.

### Household Ant Control

If getting an ant eater (and keeping it in the house) will not work for you, there are other options available to control the number of ants that invade your house. In some cases it could be as easy as wiping surfaces with a 50/50 mix of vinegar and water or sprinkling cayenne or cinnamon powder around the doorways and windows to discourage ants from entering. In other cases, a stronger solution may be necessary.

1/3 Cup Sugar  
1 Cup Warm Water  
1 Tablespoon Boric Acid

Mix the ingredients in a jar and shake until the sugar and boric acid are dissolved.

Fill a deep lid or small bowl with the mixture and set it out where the ants will find it (out of reach of children and/or pets).

The ants will collect and drink their fill, then after a day or two they will simply disappear.

Use the remaining solution to repeat the process if/when the next bunch of ants tries to move in.

### **Household Cockroach Control**

To control and perhaps eliminate roaches, sprinkle borax in hard-to-reach areas such as behind the refrigerator, or put a lid in the back of a cabinet with some borax in it. After a few days the cockroaches will disappear.

### **Garden Bug Control**

Spray plants with a mixture of peppermint liquid soap and water (using 1 tablespoon liquid soap per gallon of water) to kill aphids and other bugs.

Also, try a solution of neem oil mixed with water to leave plants bug-free.

## Household Cleaning Solutions



The three essentials for homemade cleaning solutions are vinegar, baking soda and liquid castile soap. Throw in a few additional supplies such as lemons, hydrogen peroxide, essential oil and rags, and you have almost anything you would need.

Vinegar is an almost limitless solution that cleans, gets rid of mildew and stains, acts as a disinfectant, deodorizes, etc.

Baking Soda is an excellent scouring agent and works well mixed with vinegar (but watch out for the reaction!) or with water to form a paste.

Liquid castle soap is a gentle alternative to vinegar for jobs and surfaces that need extra care, such as some dishes and marble/granite counter tops.

Lemons and oranges can be used in many cleaning solutions as both a disinfectant and a deodorizer.

Hydrogen Peroxide is a disinfectant that can be used to make a bleach alternative.

Essential oils such as tea tree, lemon and orange have antibacterial properties.

Rags are an excellent re-usable replacements for paper towels, and old toothbrushes are also handy to keep around.

Some recipes call for both vinegar and liquid castile soap, but if the two are mixed, the acidic vinegar will cause the castile soap to “unsaponify” and return to its original oil base. The best solution, if you want to use both ingredients, is to clean the surface first with the castile soap and rinse it. Follow-up with a diluted vinegar rinse; that way they will not be mixed.

Despite the fact our recommended cleaning solutions are split into kitchen, laundry and bathroom editions, most solutions in each category are interchangeable, and/or have many other uses. But before we get into those, let's look at two recipes that can be used to clean just about anything all by themselves.

### **Citrus Vinegar**

Stuff a glass jar with lemon or orange peels and fill the remaining space with white vinegar.

Screw lid on tightly and let set for 2 weeks, shaking daily to mix.

After 2 weeks, strain the liquid into a separate spray bottle, and enjoy your extra-powerful citrus-scented vinegar cleaning solution.

The solution also works well diluted 50/50 with water.

### **Citrus Enzyme Cleaner**

Mix the following ingredients in a 2-liter plastic bottle (not glass!):

- 1 Liter Water
- 1/2 Cup Brown Sugar
- 2 Cups Lemon or Orange Scraps
- 1 Teaspoon Yeast (Unless You Can Wait 3 Months)

Once the above ingredients are mixed, let them set for 2 weeks to ferment, shaking the mixture daily.

If you leave out the yeast, the mixture will need to set for 3 months to ferment.

It is important, in either case, to make sure the lid is left very loose on the bottle (except during shaking) in order to prevent explosions (this is also why you are using a plastic bottle instead of glass).

After the 2 weeks (or 3 months!) are up, strain the fermented liquid into a separate bottle.

It should be watered down before most uses, by adding 1/2 to 1 cup enzyme cleaner to 1 liter of water.

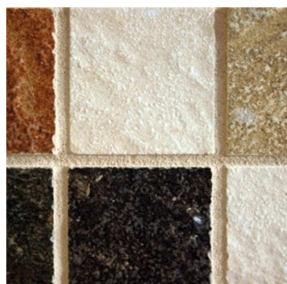
This solution can efficiently clean dishes, laundry, bathrooms, stains, odors, fruits/vegetables, vehicles, floors, etc. It is also said to work as a skincare product (facial cleanser/toner), plant fertilizer, insect repellent, etc. It works well on mold, too.

### **Citrus Enzyme Cleaning Scrub**

Save the pulp strained out of the finished citrus enzyme cleaner and use it to make a citrus enzyme cleaning scrub. Toss the remaining pulp into a blender (or food processor, etc.) and blend until slushy. Add 1 – 2 cups of baking soda, a little at a time, and continue to blend until the paste is the consistency you want it to be.

This scrub would be excellent to clean sinks, bathtubs, and any other surfaces requiring a little extra elbow grease.

## Household Cleaning Solutions (Floor Edition)



Most floors can be safely and effectively cleaned with a solution of water and liquid castile soap, at a 1:40 ratio (one part soap to forty parts water). A few drops of essential oil can be added, especially if the liquid soap is unscented.

A mixture of white vinegar and water, at a 1:1 ratio (one part vinegar to one part water) will also work. Mixing up the vinegar and essential oil twenty-four hours in advance will make the scent stronger and longer-lasting.

Wood floors should be cleaned more gently, with a solution of white vinegar and warm water at a 1:4 ratio (1 part vinegar, 4 parts water). Dampen a cotton cloth and use it to mop the wooden floor.

## Household Cleaning Solutions (Kitchen Edition)

### Multi-Purpose Kitchen Cleaner



Vinegar, diluted with equal parts water, can be used to clean anything in the kitchen. Essential oils can be added for scent (and to discourage ants, etc.). Citrus vinegar and/or citrus enzyme cleaner are also great alternatives.

One-fourth cup of liquid castile soap, diluted with four cups of water, is another multi-purpose kitchen cleaning solution. A few drops of essential oil can be added, especially if the soap is unscented.

Spray your preferred solution directly onto the dirty surface and wipe clean with a damp cloth.

### Multi-Purpose Kitchen Scrub

Mix baking soda with liquid castile soap to form a paste, and blend in a few drops of essential oil (preferably with antiseptic properties).

Apply the paste to a sponge and use it to scrub dirty surfaces that need a little extra cleaning power.

### Fruit & Vegetable Washes

- 1 Cup Water
- 1 Cup Vinegar
- 2 Tablespoons Baking Soda
- 2 Tablespoons Lemon Juice

Mix the above ingredients carefully, to reduce the fizzing action when the vinegar and baking soda are combined. Funnel the mixture into a spray bottle, spritz it generously onto fresh produce and let it set for 5 minutes before rinsing the produce.

All fruit and vegetables should be washed before they are cut, even if you peel them or cut away the rind, because the knife can drag bacteria from the outside through the inside when they are cut.

## Household Cleaning Solutions (Laundry Edition)



Have you even considered making your own laundry detergent? Stay tuned to learn how; but first, let's look at some other laundry tips.

Stains should be treated right away, before they set into the material. Hot water will set the stain, making it harder or impossible to remove, so use cold water and a solution like vinegar or (for whites) hydrogen peroxide to help remove a stain. Soaking the stain

in cool water right away will help to remove a stain if you are not able to wash it immediately.

White vinegar is your friend. It can be rubbed, un-diluted, onto dry laundry directly before washing, to remove odor and deodorant stains. It can also be added to laundry during the washing stage to brighten and deodorize.

Many people use a product called "Oxiclean" to treat stains and/or brighten laundry. A DIY substitute is available. Mix the following ingredients and shake well before each use:

- 2 Parts Water
- 1 Part Baking Soda
- 1 Part Hydrogen Peroxide

A common bleach alternative uses the following ingredients (but has to be used within a month's time, as it will eventually oxidize and lose its strength):

- 12 Cups Water
- 1/4 Cup Lemon Juice
- 1 Cup Hydrogen Peroxide

### **Dry Laundry Detergent**

- 1 Bar of Soap, Finely Grated
- 1 Cup Washing Soda
- 1 Cup Borax
- Essential Oil

Mix the grated bar soap with the borax and washing soda, add essential oil to desired strength and mix well. (Baking soda can be used in place of the washing soda if you are desperate.)

Use 2-3 tablespoons per load of laundry.



### **Liquid Laundry Detergent**

1 Bar of Soap, Finely Grated  
1 Cup Washing Soda  
1 Cup Borax  
Essential Oil  
2 Gallons Water  
1 Quart Hot (Boiling) Water

Pour a quart of hot (boiling) water over the grated bar soap and stir over low heat until soap dissolves. Mix dissolved mixture with borax, washing soda and remaining water, stir until powders are dissolved. Add essential oil to desired strength and mix well.

It will be necessary to stir the liquid before each use, as it will gel.

Use 1/2 cup per load of laundry.

## Household Cleaning Solutions (Bathroom Edition)



### Hard Water Stain Remover

Mix one tablespoon citric acid with one cup of water and use it to gently remove hard water deposits from shower glass, sinks, etc. with no scrubbing needed!

### Multi-Purpose Bathroom Cleaner

Diluted vinegar (a 1:1 ratio of vinegar to water) or diluted liquid castile soap (a 1:16 ratio of liquid castile soap to water) are effective solutions for general bathroom cleaning, but sometimes a stronger solution is necessary.

1/2 Cup Vinegar  
1/4 Cup Baking Soda  
1/2 Gallon Warm Water

Mix the warm water and baking soda first, then when the baking soda is completely dissolved, slowly add in the vinegar (to avoid the fizzing reaction that vinegar and baking soda usually create). Pour into a spray bottle for use.

### Toilet Cleaner

Clean a toilet by pouring a half cup of baking soda into the bowl, followed by a cup of vinegar, and allow the two ingredients to react. After the reaction dies down (or just go do something else for 5-10 minutes), scrub with a toilet brush and flush the toilet.

### Shower Head Cleaner

1 Cup Vinegar  
1/2 Cup Baking Soda

Submerge the shower head (facing down) in the above solution (after it is mixed and the fizzing dies down). Either the shower head can be removed and placed in a bowl with the solution, or a small bag (containing the solution) can be tied around the submerged shower head. In either case, wait about an hour, then remove the shower head from the solution and rinse it thoroughly before its next use.

### Mold & Mildew Cleaner

Citrus enzyme cleaner is one solution to help cut mold and mildew, and vinegar (especially combined with lemon juice) is another. Either should be sprayed on the moldy/mildewy surface and left to set for several minutes before the surface is wiped clean. Regular applications will help to prevent new growth of mold and mildew.

## Household Cleaning Solutions (Miscellaneous Edition)

### Window, Mirror & Glass Cleaner



Some people recommend a 50/50 solution of water and white vinegar as a glass cleaner, which works (with enough scrub time and/or elbow grease), but in my experience there is a recipe that works much better. Combine the following ingredients in a spray bottle:

2 Cups Water  
1/4 Cup White Vinegar  
1/4 Cup Rubbing Alcohol  
1 Tablespoon Cornstarch

Shake well to mix the solution, and shake well before each use to prevent the nozzle from becoming clogged. Spray onto the glass surface and wipe it clean. For most surfaces, using an old newspaper instead of a rag will prevent streaks and dust particles from appearing.

### Clogged Drain Fix

1/2 Cup Vinegar  
1/2 Cup Baking Soda  
1 Gallon Boiling Hot Water

Pour the half cup of baking soda into the drain, followed by the half cup of vinegar and let it set (fizz) for 5 minutes. Follow by pouring the gallon of water (when it first reaches a boil) down the drain to flush. Repeat the entire process, if necessary, for very bad clogs.

(Add a half cup of lemon juice to the vinegar if you want to deodorize the drain at the same time.)

### Jewelry Cleaner (Also Works For Silverware, Etc.)

Line a glass bowl with aluminum foil, making sure that the shiny side of the foil faces outward. (A glass baking pan may work better for silverware.) Put the jewelry in the bowl, touching the foil.

Cover the jewelry with baking soda (enough so that you can no longer see the jewelry) then add enough boiling water to cover the jewelry also.

Let the mixture soak for up to 5 minutes (if it is really dirty), then fish the jewelry out with a fork and rinse it with cold water.

(Be careful with some jewelry that has a lot of cubic zirconia stones glued in it, as the process may cause the glue to melt. Don't use this method on pearls!)

### **Furniture Polish**

1 Cup Olive Oil

1/2 Cup Lemon Juice

Mix olive oil and lemon juice and use it to polish hardwood furniture.

## Facial Cleanser & Moisturizer



The oil cleansing method is a natural alternative to facial cleansers that is both gentle and effective. In short, it involves washing your face with oil.

Still here? Good, now we can get to the part where I explain this strange idea. The oil cleansing method is a four-step process.

**Step 1:** Rinse face with water.

**Step 2:** Massage face with oil 1-2 minutes, including eyes/eyelashes to remove makeup.

**Step 3:** Steam your pores for 10 seconds with a hot wash cloth applied to the face.

**Step 4:** Wipe the oil off your face with the warm wash cloth and pat dry.

To be perfectly honest, the process also works with less massage time, and no hot water at all, but for best results, it is better to take the time to complete the full process.

So what is this mysterious oil that can be used to clean the face? Castor oil is the base ingredient and is usually mixed with olive oil, but it could be mixed with any of the following carrier oils, according to personal preference and/or skin type and requirements:

Extra Virgin Olive Oil (EVOO)

Jojoba Oil

Sweet Almond Oil

Avocado Oil

Apricot Kernel Oil

Grape Seed Oil

The ratio of castor oil to carrier oil will depend on your skin type, and may need adjusted after months of use.

**Oily Skin:** 30% Castor Oil, 70% Carrier Oil (3 Parts Castor Oil, 7 Parts Carrier Oil)

**Normal Skin:** 20% Castor Oil, 80% Carrier Oil (1 Part Castor Oil, 4 Parts Carrier Oil)

**Dry Skin:** 10% Castor Oil, 90% Carrier Oil (1 Part Castor Oil, 9 Parts Carrier Oil)

In addition, a few drops of essential oil can be added to scent the mixture as preferred.

Raw, organic honey and baking soda, mixed on the spot in the palm of your hand, can be used as a gently exfoliating facial scrub. Ground oats and honey, or cornmeal and honey, are other popular options, and yogurt and/or banana make good facial masks.

Coconut oil, extra virgin olive oil and jojoba oil are good follow-up options to moisture your face after cleaning and/or overnight.

## Hairspray & Hair Gel



### Hairspray

Want to hold your hairstyle in place for almost no cost at all? Spend 5 minutes making this simple recipe, and you can do just that.

1/2 Cup Water  
2 Teaspoons Sugar  
1 Teaspoon Alcohol

5-10 Drops Essential Oil (Rosemary, Peppermint, Etc.) (Optional)

Bring the half cup of water to a boil and remove it from the heat source, then add the sugar and stir until dissolved. Allow to cool, then add the alcohol and essential oil and mix well. Pour the solution into a fine mist spray bottle and shake well before each use.

To apply, mist the hairspray over the hair and allow it to dry; repeat the process a time or two for a stronger hold. Drying will only take a minute or two each time.

This hairspray will add shine to the hair, and make it a bit crunchy unless it is scrunched out. It does not comb out easily, but it does rinse out very easily. Also, this solution does not attract either ants or bees, and adding peppermint oil may actually help to deter them.

### Hair Gel

For those who prefer hair gel to hairspray, several solutions are available. For a light hold, simply rubbing and small amount of aloe vera gel between your palms, then applying it to the hair before styling will suffice. For a stronger hold, a more elaborate solution may be needed.

1 Cup Warm Water  
1/2 – 1 tsp Unflavored Gelatin  
5-10 Drops Essential Oil (Rosemary, Peppermint, Etc.) (Optional)

Dissolve the gelatin in the warm water, add the essential oil and mix well. Store the gel in the refrigerator between uses to keep it fresh.

## Shampoo & Conditioner



Have you ever considered washing your hair... without shampoo? Before you run screaming, hear me out; washing your hair without shampoo does not mean you can't get it clean, it just means you don't have to use shampoo to get it clean.

Baking soda, added to a dollop of shampoo on occasion, helps remove product buildup on your scalp. So what if you use baking soda, without the dollop of shampoo, to wash your hair, and follow that up with an apple cider vinegar conditioner?

### Shampoo

- 1 Cup Water
- 1 tbsp Baking Soda
- 3 Drops Essential Oil (Rosemary, Etc.) (Optional)

Dissolve the baking soda in the water, add the essential oil, and shake well. Apply the mixture to wet hair, focusing on the roots, and massage the scalp to spread it around and cleanse. Rinse the mixture out of your hair, focusing again on the roots/scalp, and the ends of your hair will be cleansed as you rinse.

### Conditioner

- 1 Cup Water
- 2 tbsp Apple Cider Vinegar

Mix the water and vinegar and shake well before rinsing your hair, or just the ends of your hair, with it. Since the ACV may cause your scalp to over-produce oil, you may want to just rinse the ends of the hair to begin with.

The water that is used to wash the hair is also very important. In my experience, hard water leaves the hair stiff and unmanageable, so it is important to use soft water.

When first switching to baking soda to clean your hair, you may experience a period of time (usually about two weeks) during which your scalp over-produces oil as it adjusts to the new routine. After the period of adjustment (if you even experience one), most people report that their hair looks and feels better than ever.

Coconut oil makes a great leave-in conditioner to tame frizz and increase shine and manageability. When your hair is about half-dry, apply a few drops (or one drop, for short hair!) of coconut oil to clean hands rub them together before running them through your hair to spread the oil evenly. Allow hair to finish air-drying, then style as usual.

## Deodorant



Commercially, deodorants can be bought as rub-on, roll-on, or spray-on solutions, with or without antiperspirant properties. While all three methods of application can be replicated by natural deodorants, the likelihood of the homemade/natural alternative working as an antiperspirant is pretty much non-existent. However, the presence of healthy sweat glands does not mean you have to smell anything less than fresh as a daisy.

One thing to remember when switching from commercial deodorant to homemade is that many people experience a period of detox (1-2 weeks) during which the homemade version will not work well, until the commercial version has been sweated out of their pores.

Essential oils, especially those with antibacterial and/or anti-fungal properties (tea tree, lavender, rosemary, orange, etc.) make great additions to deodorant. Any essential oils can be blended to make your own uniquely-scented deodorant, as long as your oil(s) of choice will not burn your skin.

Also, people with sensitive skin may experience painful or itchy reactions to natural deodorants. If you experience this reaction, try replacing some or all of the cornstarch and/or baking soda with arrowroot powder.

### **Smear-On Deodorant**

3 Tablespoons Coconut Oil  
1/4 Cup Cornstarch (or Arrowroot)  
1/4 Cup Baking Soda  
5-20 Drops Essential Oil (Added Gradually, According to Preference)

Store it in a wide-mouthed jar that you can dip your fingers into and apply with fingertips. In warm climates the ingredients may separate if left un-refrigerated, in which case you should stir it back together before each use.

### **Rub-On (Roll-On) Deodorant**

1 Tablespoon Grated Beeswax (or Beeswax Pellets)  
1/4 Cup Coconut Oil  
1/4 Cup Baking Soda  
1/4 Cup Cornstarch (or Arrowroot)  
10 Drops Vitamin E (Optional)  
5-20 Drops Essential Oil (Added Gradually, According to Preference)

Store in an empty (cleaned out) roll-up deodorant container for best results and easiest application.



### **Spray-On Deodorant**

1/2 Cup Witch Hazel

1/8 Teaspoon Baking Soda

5-20 Drops Essential Oil (Added Gradually, According to Preference)

Store in a mist/spray bottle and shake well to mix before each application. Allow time for armpits to dry thoroughly after application.

## Toothpaste & Mouthwash



### Toothpaste

Homemade toothpaste may not replicate the creamy-turned-foamy texture of commercial toothpaste, but it can leave your teeth literally squeaky-clean.

(Although this recipe is a little bit salty, it can be toned down and sweetened with liquid stevia and/or flavored with essential oil.)

- 2 tsp Sea Salt
- 3 tbsp Baking Soda
- 2 tbsp Coconut Oil
- 5 Drops Stevia (Optional)
- 10 Drops Trace Minerals (Optional)
- 10 Drops Essential Oil (Peppermint, Spearmint, Wintergreen, Cinnamon, Etc.)

The toothpaste may separate (especially in warmer climates where the coconut oil will remain liquid) but can be stirred back together before each use.

### Mouthwash

These three basic recipes can be used as alternatives to commercial mouthwash.

- 1 tsp Sea Salt
  - 1 tsp Baking Soda
  - 1/2 Cup Water
- Dissolve the salt and baking soda in the water, then swish and/or gargle with the mixture.

- 1 Cup Water
  - 1/2 Cup Hydrogen Peroxide
  - 5-10 Drops Essential Oil (Peppermint, Spearmint, Wintergreen, Cinnamon, Etc.)
- Combine the ingredients and shake to mix, then swish and/or gargle with the mixture and rinse your mouth with water to finish. Store the mixture in a dark place and shake it again before each use.

- 1/2 Cup Water
  - 1 tbsp Witch Hazel
  - 2 tsps Baking Soda
  - 1 Cup Aloe Vera Juice
  - 10 Drops Essential Oil (Peppermint, Spearmint, Wintergreen, Cinnamon, Etc.)
- Dissolve the baking soda in the other ingredients, then swish and/or gargle with the mixture.

## Cosmetics



### Translucent Facial Powder

- 1 tsp Cocoa Powder
- 1 tsp European Green Clay
- 1 tbsp Cornstarch or Arrowroot

Mix well, blending out any lumps, and store in a tightly-lidded wide-mouth jar. Dip a brush into the jar and tap off the excess powder before dusting it evenly over the face and neck.

### Blush & Bronzer

For blush, add beet root, hibiscus or raspberry powder to the basic face powder recipe until you have the color you want.

For bronzer, add additional cocoa powder and/or cinnamon to the face powder recipe until it the color is right for you.

## Hand Sanitizer



Although opinions vary, and many recipes are available for making hand sanitizer, we will stick with two basic variations; one with alcohol and one without.

### **Hand Sanitizer With Alcohol**

- 1 Cup Aloe Vera Gel
- 1 Teaspoon Rubbing Alcohol
- 2 Teaspoons Vegetable Glycerin
- 10 Drops Essential Oil (Tea Tree, Lavender, Etc.)

Mix the ingredients and store in a clean squeeze bottle for easy access.

### **Alcohol-Free Hand Sanitizer**

- 1 Cup Aloe Vera Gel
- 1 Tablespoon Witch Hazel
- 10 Drops Vitamin E Oil
- 30 Drops Tea Tree Essential Oil
- 10 Drops Lavender Essential Oil

Mix the ingredients and store in a clean squeeze bottle for easy access.

## Scrubs (Exfoliators)



To refresh the skin with a little extra scrubbing action, you need look no further than the pantry. Many different edible ingredients, used alone or combined, can be used as exfoliating scrubs for the body. It is recommended that you exfoliate a few times a week, but not every day, so that you do not irritate your skin.

Let's take a look at a list of ingredients that are commonly used in DIY homemade scrubs:

Sea Salt  
Sugar  
Cornmeal  
Cinnamon  
Epsom Salt  
Oats  
Baking Soda  
Honey  
Jojoba Oil  
Coconut Oil  
Lemon Juice  
Essential Oil  
Vanilla Extract  
Extra Virgin Olive Oil

The ingredients that you mix depend on the type of scrub you want, usually based on its application. Sugar and salt, for example, are more abrasive than baking soda, cornmeal and ground oats, but epsom salt is somewhere in-between in texture. Water and other carrier oils can turn dry ingredients into moisturizing mixtures. Here are some favorite scrub recipes, based on application:

### **Cleansing Facial Scrub**

1 tsp Honey  
1 tsp Baking Soda

Mix the ingredients in the palm of your hand or a small bowl immediately before each use. Spread around the face and massage gently into the skin, then let it set for a few minutes before washing it off.

### **Moisturizing Lip Scrub**

2 tsp Sugar  
1 tsp Jojoba Oil  
1/4 tsp Vanilla Extract

Mix the ingredients and use daily to scrub the lips with a finger or a toothbrush. Splash them with water afterward to wash off the sugar and leave the moisturizing oil.

### **Moisturizing Body Scrub**

5 tbsp Sugar  
1 tbsp Coconut Oil  
5 drops Lemon Essential Oil

This moisturizing body scrub is lightly scented and positively edible! Store it in a clean jar and scoop some out with clean fingers or a spoon for each use. It will begin to solidify after a few days, but can be broken up and stirred as needed. Rinse the sugar off and pat the body dry with a towel, leaving the oil to continue moisturizing the skin.

Try mixing ingredients until you come up with unique recipes that work best for you.

## Uses For Salt



Salt can be used for a lot more than spicing up your food. Here we'll take a look at some of those uses.

Add a pinch of salt to milk to keep it fresh longer.

Add salt to a vase of fresh cut flowers to keep them fresh longer.

Add salt to laundry rinse water to prevent laundry from freezing on the clothesline.

Add salt to the water you boil eggs in, causing them to peel more easily.

Add salt to water to make it boil at a higher temperature and reduce cooking time.

Bathe in a tub of warm or hot water with several handfuls of salt to relieve fatigue.

Bathe tired eyes with half a teaspoon of salt in a pint of water (it also reduces puffiness).

Bathe tired feet in warm water with a handful of salt, and rinse in cool water when finished.

Boil clothespins in salt water before use so that they last longer.

Clean a greasy pan easily by sprinkling it with salt and wiping it with paper.

Clean a sink drain with a strong salt water solution regularly, to prevent grease build-up and to deodorize.

Clean cups by rubbing them with salt to remove stubborn stains.

Clean dough easily off a counter top by sprinkling with salt before wiping.

Clean tarnished silverware by rubbing with salt before washing.

Gargle with salt water to relieve sore throats, canker sores and toothaches.

Massage scalp with salt to remove dandruff before washing hair.

Massage skin with salt to remove dead skin and improve circulation.

Prevent cheese from molding by wrapping it with a salt-water soaked cloth before refrigerating.

Prevent grease splatters and splashes by adding a few dashes of salt to the pan before adding the food.

Put out a grease fire in your oven, or a barbecue, by tossing salt onto the fire.

Relieve the pain of a bee sting by dampening the area with water and covering with salt.

Remove mildew and rust stains in cloth by moistening spots with lemon juice and salt, bleaching in the sun, and rinsing.

Remove rust from metals, etc. by rubbing with salt and damp rag before rinsing thoroughly.

Soak a new toothbrush in salt water before use to make it last longer.

Soak candles in a strong salt solution for a few hours and allow them to dry completely in order to prevent them from dripping when burned.

Sprinkle salt around doorways, window sills, etc. to deter ants from sneaking into your house.

Sprinkle salt on a fresh stain (clothing, etc.) to pre-treat it, and later wash as normal to remove stain.

Sprinkle salt on dirty dishes to make them easier to clean later on.

Sprinkle salt on muddy carpets to dry mud before vacuuming.

Sprinkle salt on suds to reduce them if a washing machine bubbles over, etc.

Use salt and baking soda to clean your teeth and/or deodorize your mouth.

Use salt to sweeten and deodorize bottles and other closed containers.



## Uses For Lemons



When life gives you lemons, there are many alternatives to just making lemonade.

Apply lemon juice to skin to reduce acne, wrinkles, age spots, blemishes, scars, etc.

Clean a food grater by rubbing it with the pulp side of a cut lemon.

Clean copper, brass and stainless steel with half a squeezed lemon dipped in salt or baking soda.

Clean cutting boards after disinfecting them, by rubbing the surface with a halved lemon. Rinse after letting it set for a few minutes.

Clean mineral deposits on chrome faucets, etc. by rubbing with half a squeezed lemon followed by a soft cloth.

Drink lemon and olive oil to eliminate gall stones and detoxify the liver.

Drink lemon juice to replace electrolytes and fight fatigue.

Drink lemon juice to aid in digestion and speed up weight loss.

Drink lemon juice to break up or prevent kidney stones.

Drink lemon juice to restore alkaline and balance the body's PH levels.

Drink lemon juice with honey to reduce fevers, relieve a sore throat or nausea, lessen a chill, prevent coughing, etc.

Increase shine of hair by rinsing with lemon juice and water.

Nails can be whitened by rubbing them with a lemon wedge.

Place half a lemon in the refrigerator to absorb smells.

Relieve sore throats or canker sores by swishing with water and lemon juice.

Scatter pieces of lemon peel around entrances to your kitchen to deter ants and cockroaches.

Simmer lemon peels, cloves, cinnamon sticks and orange peels in water to create a delightful aroma.

Use lemon juice and/or lemon peel to deodorize trash cans, garbage disposals, etc.

Use lemon juice to polish mirrors or furniture.

Use lemon juice to prevent bad breath.

Use lemon juice to relieve toothaches and gum problems.

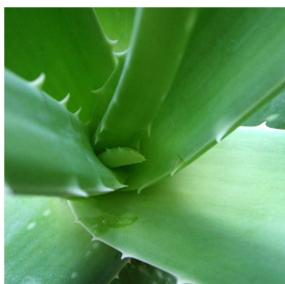
Use lemon juice to remove coffee and tea stains from cups.

Use lemon oil to increase alertness and decrease fatigue.

Use lemon oil to relieve anxiety/tension and nervousness due to its calming properties.

Use lemon oil to repel insects, or (combined with honey) to relieve insect bites.

## Uses For Aloe Vera



Aloe vera is not only a hardy plant capable of growing indoors or outdoors with little water, but also a handy solution to many needs.

Aloe vera is reported to help reduce or relieve the following problems (used externally): psoriasis, rosacea, eczema, arthritis/rheumatism pain, eye/ear inflammation, canker sores, shingles, etc.

Aloe vera is reported to help reduce or relieve the following problems (used internally): indigestion, upset stomach, constipation, irritable bowel syndrome, heartburn, congestion, stomach ulcers, colitis, hemorrhoids, urinary tract infections, prostate problems, cholesterol, triglycerides, anemia, obesity, diabetes, metabolic syndrome, etc.

Decrease pigmentation/dark spots, age spots and freckles, fade stretch marks and brighten skin with aloe vera.

Drink aloe vera to lower blood sugar levels.

Prevent pimples and acne and reduce pore size with aloe vera.

Prevent scarring and stretch marks with aloe vera.

Promote faster hair growth by massaging aloe into scalp and letting set for 30 minutes before rinsing.

Reduce puffy eyes by treating them with aloe vera.

Reduce wrinkles, signs of aging, warts, etc., with aloe vera.

Strengthen weak nails by massaging aloe vera into the nail beds daily.

Treat athlete's foot with aloe vera.

Treat blisters with aloe vera for quick relief.

Treat bruises with aloe vera.

Treat insect bites with aloe vera to take the sting or itch out of them.

Treat kitchen burns and mishaps with aloe vera, or mix with vitamin E for more major scalds.

Treat rashes and allergic skin reactions with aloe vera.

Treat sunburns with aloe vera to soothe and heal the skin. It is also good for acne, eczema, and other skin irritations.

Treat your dog's ears with dabs of aloe vera to clean, deodorize and acidify them.

Use aloe drops in the ear to reduce ear aches.

Use aloe in place of conditioner for silkier hair.

Use aloe to remove eye makeup.

Use aloe vera as a mild sunscreen.

Use aloe vera as the main ingredient of mouthwash, hand sanitizer, deodorant, etc.

Use aloe vera in the hair to fight frizz, style and soften hair, eliminate dandruff, soothe scalp, moisturize and detangle hair.

Use aloe vera to remove eye makeup gently.

Use aloe vera to soothe razor burn; it makes a good aftershave treatment. Or use it as shaving cream/gel for a close shave.

Use aloe vera to strengthen gums and promote healthy teeth.

Use as a moisturizer for dry skin, in place of creams and lotions.

## Uses For Coconut Oil



Coconut oil can be used for just about anything (within reason)! If it sounds plausible, try it out!

Add coconut oil to mineral foundation powder to create liquid foundation.

Coat the inside of your nostrils with coconut oil on a regular basis to prevent nosebleeds.

Coconut makes an excellent lubricant. It can be safely used on hinges, guitar strings, etc.

Coconut oil can be used as an ingredient in homemade toothpaste; it helps to prevent periodontal disease and tooth decay.

Coconut oil, applied externally, is said to reduce and/or relieve the following, as well as promote healing: age spots, baldness, bruising, bug bites, burns, stretch marks, dandruff, cuts and scrapes, psoriasis, dermatitis, eczema, sunburn, wrinkles, hemorrhoids, back pain/sore muscles, athletes foot, boils and cysts, canker sores, cellulite, acne, gingivitis, hives, pink eye, ringworm, toothaches, warts, varicose veins, etc.

Coconut oil, taken internally, is said to improve health by curing and/or reducing symptoms of the following ailments: sore throat, dementia, Alzheimer's, low energy, acid reflux/indigestion, adrenal fatigue, allergies, asthma, autism, bronchial infections, cancer, candida, high cholesterol, chronic fatigue, Crohns disease, circulation, colds and flus, constipation, cystic fibrosis, depression, diabetes, dysentery, eczema, edema, epilepsy, dry skin, gallbladder disease/pain, gas, heart disease, HIV, hyperthyroidism, irritable bowel syndrome, jaundice, kidney disease, kidney stones, liver disease, lung disease, malnutrition, menstruation, migraines, mononucleosis, osteoporosis, pancreatitis, parasites, tooth decay, rickets, scurvy, stomach ulcers, thrush, overactive or under-active thyroid functions, ulcerative colitis, urinary tract infections, allergies, etc.

Cook and/or garnish foods with coconut oil in place of other oils/butter/lard/etc; mixed with garlic it gives a buttery taste.

Make chocolate with coconut oil, cocoa powder and stevia (or another sweetener).

Mix coconut oil with peppermint, rosemary, tea tree or lemon balm essential oils to make insect repellent.

Nursing mothers can safely use coconut oil to prevent nipple cracking and irritation.

Pets can benefit from coconut oil, too. Applied topically it can help prevent odor and fleas, and promotes the healing of wounds/cuts/scrapes, eczema, itchy skin, dry skin, bites, stings, etc. It can also be safely added to your pet's food to improve their health and aid in

problems such as digestive disorders, inflammatory bowel syndrome, colitis, arthritis, ligament problems, diabetes, elimination of hairballs, bad breath, etc.

Prevent or reduce stretch mark visibility by rubbing skin with coconut oil regularly.

Put several drops of coconut oil in your ear to relieve an ear infection.

Rub a drop or two of coconut oil between your hands then smooth it over damp hair to reduce frizz and dryness.

Rub coconut oil onto your nails to strengthen them.

Use coconut as a sunscreen (4 SPF), or an ingredient in homemade sunscreen for greater SPF. It can also be used to relieve sunburn, or as a tanning oil.

Use coconut oil as deodorant or a deodorant ingredient.

Use coconut oil as a lice-removing treatment in place of lice shampoo (especially combined with apple cider vinegar).

Use coconut oil as a lip moisturizer.

Use coconut oil as a pre-shave ad/or aftershave treatment to protect skin and sooth razor burn.

Use coconut oil as an eye makeup remover.

Use coconut oil on your baby's diaper rash, cradle cap, etc. to reduce and/or cure symptoms, and/or use in place of baby lotion.

Use coconut oil to condition wooden cutting boards, polish wooden furniture, etc.

Use coconut oil to dry scrub ingredients (sugar/sea salt/epsom salts/ground oats/baking soda/etc.) to create a moisturizing scrub.

Use coconut oil to remove gum that is tangled and stuck in hair.

Use coconut oil to season cast iron skillets.

## Uses For Baking Soda



Baking soda is useful for so much more than baking; let's look at some of those other uses.

Add baking soda (1/2 cup amounts) to loads of laundry, diapers, etc. to help clean them.

Add baking soda to your bath water to soften skin and relieve skin irritations.

Apply baking soda and water paste to insect bites, rashes, sunburn, bee stings, etc. to relieve discomfort.

Baking soda is said to relieve symptoms of the following ailments: urinary tract infections, heartburn, acid indigestion, etc.

Clean and freshen sponges, washcloths, etc. by soaking them in a strong baking soda solution.

Clean dirt off of fresh fruit and vegetables by scrubbing with a damp sponge sprinkled with baking soda, before rinsing.

Clean your house with baking soda and vinegar, but be careful for the reaction when they are mixed!

Clean your refrigerator with a damp cloth sprinkled with baking soda then leave a container of baking soda in it to absorb odors.

Deodorize trash cans by sprinkling baking soda in them.

Drink a half glass of water with a half a teaspoon baking soda to relieve indigestion or heartburn. Gargle with the same solution to freshen the mouth.

Fill drywall cracks and nail holes with a mixture of baking soda and either white glue or toothpaste. Press the mixture into the hole and allow it to dry before painting over it.

Lift fresh stains out of carpets by spraying with water and shaking on some baking soda. Vacuum up the soda once it is dry, and the stain will come with it.

Make deodorant with baking soda and coconut oil.

Polish silverware by rubbing each piece with a damp cloth sprinkled with baking soda, then rinse and dry.

Remove strong odors from skin by scrubbing them with a damp solution of baking soda and rinsing.

Repel cockroaches, ants, etc. by sprinkling baking soda around sinks and windows, etc.

Scatter baking soda over a fire (grease, electrical, car, clothing, fuel, wood, etc.) to put it out safely.

Scrub grout with baking soda, hydrogen peroxide and an old toothbrush to clean it.

Scrub nails and cuticles with a paste of baking soda and water to soften cuticles and brighten nails before applying polish. Also this will help to kill nail fungus.

Soak brushes and combs in baking soda water to clean them.

Sprinkle a thick layer of baking soda onto a food-encrusted pan and dampen it with water. Let it soak overnight before scrubbing clean.

Sprinkle baking soda in the bottom of a litterbox, before filling with litter, to combat odor.

Sprinkle baking soda on your dog and then brush it out of their fur to remove wet dog odors.

Sprinkle soda on and in shoes, socks, boots, etc. to eliminate odor.

Surround a dog's food bowl with baking soda to keep pests from invading it.

Unclog a clogged drain with baking soda and hot water.

Use a baking soda and water paste to polish stainless steel, chrome, enameled cast iron, etc.

Use baking soda as a gentle facial exfoliator, with or without honey to moisturize skin.

Use baking soda to brush your teeth (or retainers and dentures).

Use baking soda with water as a shampoo, or add a tablespoon to a handful of shampoo on occasion to reduce product buildup on hair.

Wash baby bottles with baking soda and water then rinse with warm water.



## Uses For White Vinegar



White vinegar, not to be confused with apple cider vinegar, is a great cleaning product, among other things.

Clean a grease-splattered oven door/window by saturating it with white vinegar and letting set for 10 to 15 minutes before wiping clean.

Clean a grill by spraying the cooking surface with a 50/50 solution of water and white vinegar.

Clean and deodorize a drain with a cup of baking soda, followed by a cup of hot white vinegar, let set five minutes then flush with hot water.

Clean and deodorize spots on a mattress by spraying with a 50/50 solution of water and vinegar, then sprinkling with baking soda. Brush off baking soda once it is completely dry.

Clean grease off of surfaces by wiping with sponge soaked in white vinegar.

Clean grout by letting white vinegar set on it for several minutes before scrubbing with a toothbrush.

Clean mildew off walls with by wiping them with a cloth dampened with white vinegar.

Clean refrigerator shelves and walls with a 50/50 solution of water and white vinegar.

Clean sponges and loofahs in vinegar and water overnight before rinsing several times and drying them in the sun in order to clean and revitalize them.

Clean sticky surfaces (scissors that have been cutting tape, etc.) by wiping them with a cloth dipped in vinegar.

Clean surfaces of grime, mildew and scum by wiping them with white vinegar and scouring them with baking soda before rinsing with water.

Clean tarnished brass, copper, etc. using a paste of equal parts white vinegar and salt.

Combine vinegar and baking soda to make a scouring cleanser.

Deodorize containers, surfaces, etc. by wiping them with a cloth dampened with white vinegar.

Deter ants by spraying white vinegar around doorways, windows, etc. to discourage them from entering your home.

Deter fruit flies by setting out a small dish of white vinegar.

Do not use white vinegar on marble surfaces, as the acid can damage them.

Put a small bowl of vinegar in a room to deodorize it of paint fumes, etc.

Remove calcium buildup from faucets or shower heads, etc. by wrapping a white vinegar soaked cloth around it overnight.

Remove lime buildup from chrome sink fixtures using a paste of 1 teaspoon white vinegar and 2 tablespoons salt.

Remove wallpaper and/or decals from walls by rolling the wall or spraying with a 50/50 solution of white vinegar and hot water until saturated.

Remove water rings from wood by rubbing with a 50/50 solution of vegetable oil and white vinegar.

Soak decals and/or bumper stickers, etc. with a cloth soaked in vinegar then peel them right off.

Soak hardened paint brushes in white vinegar for an hour then simmer them (still in the vinegar) before rinsing, to clean them.

Use a cloth soaked in white vinegar to remove labels, etc. by wrapping it around the label on the jar, etc. and leaving it overnight.

Use white vinegar to kill germs by spraying on doorknobs, etc.

Wash fresh vegetables in vinegar and salt to debug them; bugs will float right off.

Wipe eyeglasses with a drop of vinegar on each lens to clean them.

## Uses For Apple Cider Vinegar (ACV)



Many people love pickles, but did you know what else apple cider vinegar can be used for?

Apple cider vinegar, applied externally, is said to relieve and/or reduce symptoms of the following ailments: sunburn, bug bites, fungus, acne, age spots, cellulite, body odor, etc.

Add a cup of apple cider vinegar to a load of wash to prevent lint from clinging.

Add apple cider vinegar to your bath water and soak to relieve sunburn.

Add two tablespoons of apple cider vinegar and one teaspoon sugar to a vase of flowers in water to prolong their life and freshness.

Apple cider vinegar is great for your skin, and can be used as a facial toner and/or to lighten age spots and other blemishes.

Apple cider vinegar is said to aid in detoxification, weight loss, elimination and pain reduction.

Apple cider vinegar will promote healthy hair and increase shine and body and fight dandruff when used as a rinse after shampooing. (It may add highlights to dark hair.)

Apple cider vinegar, taken internally, is said to relieve and/or reduce symptoms of the following ailments: viruses and bacteria, acid reflux, heartburn, candida, urinary tract infections, bad breath, etc.

Apple cider vinegar, taken internally, is said to: improve brain function, soften artery walls, increase nerve and muscle strength, prevent and/or dissolve bladder and kidney stones, etc.

Apple cider vinegar, taken internally, will balance the body's PH levels and control cholesterol levels.

Bug bites can be relieved by soaking the area in apple cider vinegar.

Cats don't like apple cider vinegar; spray or sprinkle it in areas that you want your cat to leave alone.

Dandruff can be treated with an application of apple cider vinegar to the scalp; if possible, let it set for a few hours before rinsing it out.

Deter ants by spraying apple cider vinegar around doors, window frames, and any other place they would enter or gather.

Gargle with a teaspoon of apple cider vinegar in a glass of water to relieve a sore throat.

Mix a half cup apple cider vinegar, half a cup of water, four teaspoons honey and a teaspoon cayenne and take as a cough reliever.

Mix equal parts apple cider vinegar and glycerin and apply to warts until they disappear.

Mix equal parts apple cider vinegar and honey and take 6-8 tablespoons daily to cure a cold, or take a tablespoon-full as a feel-good remedy.

Pets can also benefit from apple cider vinegar; rub it into your pet's skin (especially dogs) to discourage fleas and/or mange, or clean the inside of a dog's ears with a soft cloth dipped in diluted apple cider vinegar to keep them from scratching their ears. Alternatively, add small amounts of apple cider vinegar to your dog's drinking water.

Polish car chrome with apple cider vinegar.

Relieve an upset stomach by drinking two teaspoons apple cider vinegar in a cup of water.

Rub teeth with apple cider vinegar and rinse to whiten teeth.

Soak tools, etc. in apple cider vinegar overnight to clean the rust from them.

Sunburn can be relieved by soaking in a bath with apple cider vinegar added, or by applying it directly to the skin.

Take a tablespoon of apple cider vinegar to stop hiccups in their tracks.

Use apple cider vinegar to clean dentures; soak them overnight, the brush in the morning with a toothbrush.

Weeds can be killed or controlled by pouring full-strength apple cider vinegar onto them.

## Miscellaneous Other Products

### Clay



Clay (especially bentonite) is said to relieve the following problems (or symptoms of the following problems): abscesses, acne, arthritis, athletes foot, bites, boils, cramps, eczema, eradicates finger/toe nail fungus, psoriasis, scars, skin cancer, splinters (draws them out), sprains, stings, surface infections & swelling

### Epsom Salt

Epsom salt added to shampoo will soak up excess oil and clean your hair more thoroughly.

Epsom salt and cool water will reduce the pain and inflammation of sunburn.

Epsom salt and warm water will help relieve muscle pain and body aches, as well as detoxify and relax, during a soak.

Epsom salt can be used on insect bites to reduce pain and itching.

Epsom salt can draw out a splinter for easier removal if the affected area is soaked in it.

Epsom salt can reduce foot odor. Soak your feet in a cup of epsom salt and two gallons of water.

Epsom salt can treat toenail fungus if they are soaked three times a day.

Epsom salt can volumize hair when left in for 20 minutes with equal parts deep conditioner before being rinsed out.

Epsom salt is a gentle exfoliator, and can be mixed with oil to create a paste.

Epsom salt is a natural laxative. Mix one teaspoon in a glass of water and drink.

Epsom salt will deter slugs if sprinkled around their pathway.

Epsom salt will make increase plant growth, making it an effective fertilizer.

## **Homemade Bar Soap**

Drive screws into a bar of soap to lubricate them before screwing them into wood; they will go into the wood easier.

Remove a broken light bulb from its socket by sticking a bar of soap into it and twisting.

Rub a bar of soap over metal drawer runners to facilitate opening and closing.

Rub a bar of soap over stuck zippers to un-stick them, or lubricate one before the problem occurs.

Rub a bar of soap over the bottom of an iron skillet before cooking over an open fire to prevent build-up on the bottom.

Rub a saw blade with soap to make it cut better (be careful!).

Scrape your nails over a bar of soap before gardening to keep dirt from collecting under your nails.

Use a fabric-covered bar of soap as a pincushion that will also lubricate the pins!

Use soap as a fabric marker; it will wash right off when you are finished.

## **Hydrogen Peroxide**

Add a cup of peroxide to a load of white laundry as a bleach alternative to boost brightness.

Add a little hydrogen peroxide to water that you spritz on plant, to help ward off fungus.

Clean kitchen surfaces with hydrogen peroxide; pour it on, let it bubble for a while, then scrub and rinse.

Clear up acne and pimples by dabbing with hydrogen peroxide.

Create highlights in your hair with a 50/50 solution hydrogen peroxide and water sprayed onto wet hair.

Preserve left-over salad by spritzing with a half cup of water and one tablespoon hydrogen peroxide before draining, covering and refrigerating.

Remove dirt and pesticides from fruits and vegetables by washing with hydrogen peroxide and water, then rinsing well.

Remove excess ear wax by putting several drops of oil (olive, almond, etc.) to your ear, followed by several drops of hydrogen peroxide. Let set a few minutes before tipping your ear to drain out solution and wax.

Soak musty towels, etc. in a 50/50 solution of hydrogen peroxide and vinegar for 15 minutes before washing to de-mustify them.

Soak sponges in a 50/50 solution of hydrogen peroxide and water to clean them before rinsing thoroughly.

Soak stained fabrics in a 3% hydrogen peroxide solution before laundering to remove stains.

Spray hydrogen peroxide on items that needs cleaned safely (toys, lunch boxes, doorknobs, etc.).

Tough-to-clean baking pans can be soaked in a hydrogen peroxide and baking soda paste before scrubbing, to make cleaning easier.

Use a 50/50 solution of hydrogen peroxide and water as mouthwash to remedy bad breath.

Use hydrogen peroxide along with baking soda and salt to brush and whiten teeth.

Use hydrogen peroxide to clean and de-germ your toothbrush between uses.

## All About Essential Oils



Essential oils are concentrated fragrances that are extracted from plants, usually through distillation. Common uses of essential oils include aromatherapy, perfumes, cleaning products, air fresheners, medicinal purposes, cosmetics, soaps, etc. Most essential oils are so strong that they should not be applied directly to the skin; they should be mixed with a “carrier oil”, such as coconut oil, olive oil, jojoba oil, etc.

Most essential oils are divided into categories, such as citrus, woody, spicy and floral. They are also rated by the “note” of their scent, which is useful to keep in mind when mixing them.

Top notes are the first impression notes that usually overpower the others at first sniff, but their scent lasts a very short time. Middle notes are the second-most noticed, and will linger longer than the top notes. Base notes are the last to be noticed, but the longest to linger in support of the other two notes.

When blending essential oils, a good starting point would be 3:2:1 (top:middle:bottom) meaning for every 3 drops of your top note, use 2 of your middle and one of your base.

### List of Essential Oils

Type	Note	Category	Properties
Agarwood Oil			
Ajwain Oil			
Allspice Oil			anesthetic, analgesic, antioxidant, antiseptic, carminative, relaxant, rubefacient, stimulant, tonic
Amber Oil			
Amyris Oil			
Angelica Root Oil	Base Note		anti-spasmodic, carminative, depurative, diaphoretic, digestive, diuretic, emenagogue, expectorant, febrifuge, hepatic, nervine, stimulant, stomachic, tonic
Anise Oil (Aniseed)	Top Note (Top to Middle)		anti-epileptic, anti-hysterical, anti-rheumatic, anti-spasmodic, antiseptic, carminative, cordial, decongestant, digestive, expectorant, insecticide, sedative, stimulant, vermifuge
Atlas Cedar			antiseptic, anxiety, catarrh, diuretic, expectorant, fungicidal, good for respiratory issues, grounding, hair loss, sedative insecticide, tonic
Balsam Oil	Base Note		
Basil Oil	Top Note	Herbaceous	antiseptic, adrenal stimulant, analgesic, anti-bacterial, anti-inflammatory, antibacterial, antidepressant, antispasmodic, antiviral, calming, carminative, improves mental fatigue, may



			stimulate hair growth, ophthalmic
Bay	Middle Note (Top Note)		antibacterial, analgesic, anti-neuralgic, anti-spasmodic, antibiotic, antiseptic, aperitif, astringent, cholagogue, clarifying, emenagogue, febrifuge, insecticide, sedative, stomachic, sudorific, tonic, warming
Beeswax	Base Note		
Benzoin (Siam Benzoin Resinoid)	Base Note		anti-inflammatory, anti-depressant, anti-rheumatic, antiseptic, astringent, carminative, cordial, deodorant, disinfectant, diuretic, euphoric, expectorant, relaxant, sedative, vulnerary, warming
Bergamot Oil	Top Note (Top to Middle)	Citrus	antibiotic
Birch Oil			analgesic, anti-arthritis, anti-depressant, anti-inflammatory, anti-rheumatic, antiseptic, antispasmodic, astringent, depurative, detoxifying, disinfectant, diuretic, febrifuge, germicide, insecticide, stimulant, tonic
Bitter Almond Oil			anesthetic, anti-intoxicating, anti-spasmodic, aperient, bactericidal, cure for hydrophobia, diuretic, febrifuge, fungicidal, germicidal, sedative, vermifuge
Bitter Orange Oil		Citrus	
Black Pepper Oil	Middle Note		analgesic, anti-arthritis, anti-inflammatory, anti-rheumatic, anti-spasmodic, antibacterial, anticatarrhal, antioxidant, aperient, carminative, diaphoretic, digestive, expectorant, good for blood circulation
Black Sage Oil			
Bois-de-rose	Middle Note		
Boldo Oil			
Boronia Absolute			
Buchu Oil			antiseptic, anti-arthritis, anti-rheumatic, carminative, digestive, diuretic, insecticide, tonic
Cajuput Oil	Middle Note	Medicinal/Camphorous	analgesic, antiseptic, anti-spasmodic, anti-neuralgic, bactericide, carminative, cosmetic, decongestant, emenagogue, expectorant, febrifuge, insecticide, stimulant, sudorific, tonic, vermifuge
Calamus Oil			anti-rheumatic, anti-spasmodic, cephalic, circulatory, memory boosting, nervine, stimulant, tranquilizing
Calamus Root Oil			
Calophyllum (Fatty Oil)			
Camphor Oil			anesthetic, antibacterial, anti-inflammatory, anti-neuralgic, anti-spasmodic, antiseptic,

			decongestant, disinfectant, insecticide, sedative, stimulant
Cannabis Flower Oil			
Caraway Oil	Top Note		anti-histaminic, anti-spasmodic, antiseptic, aperitif, astringent, cardiac, carminative, digestive, disinfectant, diuretic, emenagogue, expectorant, galactagogue, insecticide, stimulant, stomachic, tonic, vermifuge
Cardamom Seed Oil	Top Note		anti-spasmodic, antibacterial, antimicrobial, antiseptic, aphrodisiac, astringent, digestive, diuretic, reduces nausea, stimulant, stomachic
Carrot Seed Oil	Middle Note		antioxidant, antiseptic, carminative, cytophylactic, depurative, detoxifier, disinfectant, diuretic, emenagogue, stimulant, tonic
Cassia Oil			anti-arthritic, anti-diarrhea, anti-emetic, anti-galactagogue, anti-rheumatic, anti-viral, antidepressant, antimicrobial, astringent, carminative, circulatory, emenagogue, febrifuge, stimulant
Cedar Leaf Oil			
Cedar Oil			
Cedarwood Oil	Base Note	Woody	anti-seborrheic, anti-spasmodic, antiseptic, astringent, diuretic, emenagogue, expectorant, fungicide, insecticide, sedative, tonic
Celery Oil			
Chamomile Oil	Middle Note	Floral	analgesic, antidepressant, anti-infectious, anti-neuralgic, anti-spasmodic, anti-inflammatory, anti-phlogistic, anti-spasmodic, antibacterial, antibiotic, antiseptic, bactericidal, carminative, cholagogue, cicatrissant, digestive, emenagogue, febrifuge, hepatic, nervine, sedative, stomachic, sudorific, tonic, vermifuge, vulnerary
Chamomile Oil, Green	Middle Note		
Cinnamon Oil	Base Note	Spicy	anti-clotting, anti-fungal, antibacterial, antimicrobial, antispasmodic, antiviral, aromatic, astringent, astringent, carminative, carminative, cooling, diaphoretic, expectorant, stimulant, stimulating
Citronella Oil	Top Note & Middle Note		anti-depressant, anti-inflammatory, anti-spasmodic, antibacterial, antiseptic, deodorant, diaphoretic, diuretic, febrifuge, fungicidal, insect repellent, stimulant, stomachic, tonic, vermifuge
Citrus Oil			
Clary Sage Oil	Top to Middle Note	Earthy, Floral	anti-convulsive, antidepressant, antiseptic, antispasmodic, aphrodisiac, astringent, bactericidal, carminative, deodorant, digestive, emenagogue, euphoric, helps balance hormones, hypotensive, nervine, sedative, sedative, stomachic, tonic, uterine

Clove Oil	Base Note	Spicy	analgesic, anti-fungal, anti-inflammatory, anti-rheumatic, antibiotic, antimicrobial, antiseptic, antiviral, aphrodisiac, stimulating
Coffee Oil			
Copla Resin			
Coriander Oil	Middle Note (Top Note)		analgesic, anti-spasmodic, aphrodisiac, carminative, deodorant, depurative, digestive, fungicidal, lipolytic, stimulant, stomachic
Costmary Oil			
Costus Root Cranberry Seed Oil			
Cumin Oil			anti-spasmodic, antiseptic, anti-spasmodic, bactericidal, carminative, detoxifier, digestive, digestive, diuretic, emenagogue, galactagogue, nervine, stimulant, tonic
Curry Leaf Oil			
Cypress Oil	Middle to Base Note	Woody	anti-infectious, anti-rheumatic, anti-spasmodic, antibacterial, antiseptic, astringent, deodorant, diuretic, haemostatic, hepatic, respiratory tonic, restorative, sedative, styptic, sudorific, vasoconstrictor
Davana Oil			anti-depression, antiseptic, antiviral, disinfectant, emenagogue, expectorant, relaxant, vulnerary
Dill Oil	Middle Note (Top Note)		
Elemi Oil	Middle Note		analgesic, antiseptic, expectorant, stimulant, tonic
Eucalyptus Oil	Top Note	Medicinal/Camphorous	analgesic, anti-inflammatory, anti-spasmodic, antibacterial, antibiotic, anti-fungal, antiseptic, antiviral, decongestant, deodorant, diuretic, expectorant, increases circulation, stimulating
Eucalyptus Staigeriana Oil			
Everlasting Oil			
Fennel Seed Oil	Top to Middle Note		anti-inflammatory, anti-nausea, anti-spasmodic, antiseptic, aperitif, carminative, depurative, digestive, diuretic, emenagogue, expectorant, galactagogue, good for bruises, laxative, splenic, stimulant, stomachic, tonic, vermifuge
Fenugreek Oil			
Fir Needle Oil	Middle Note		
Frankincense Oil	Middle to Base Note	Earthy, Spicy	anti-inflammatory, antidepressant, antiseptic, astringent, calming, carminative, cicatrisant, cytophylactic, digestive, disinfectant, diuretic, elevating to mind, emenagogue, expectorant, immune stimulant, sedative, slows and deepens breathing, tonic, uterine, vulnerary
Galbanum Oil	Top Note		anti-arthritis, anti-parasitic, anti-rheumatic, anti-spasmodic, cicatrisant, circulatory, decongestant, detoxifier, emollient, insecticide, vulnerary

Geranium Oil	Middle Note	Floral	analgesic, antibacterial, antidepressant, anti-fungal, antiseptic, astringent, balances emotions, cicatrisant, cytophylactic, deodorant, diuretic, haemostatic, styptic, tonic, uplifting, vermifuge, vulnerary
German Chamomile Oil	Middle Note		analgesic, anti-allergenic, anti-inflammatory, antibacterial, antispasmodic, digestive, fungicidal, nerve sedative
Ginger Oil	Base Note	Spicy, Oriental	analgesic, anti-emetic, anti-spasmodic, antibacterial, antiseptic, bactericidal, carminative, cephalic, emenagogue, expectorant, febrifuge, laxative, rubefacient, stimulant, stomachic, sudorific, tonic
Grapefruit Oil	Top Note		antidepressant, antiseptic, aperitif, astringent, disinfectant, diuretic, lymphatic, stimulant, tonic
Green Myrtle Oil			
Greenland Moss Oil			
Helichrysum Oil	Base Note		anti-allergenic, anti-coagulant, anti-haematoma, anti-inflammatory, anti-phlogistic, anti-tussive, anticoagulant, antispasmodic, antimicrobial, antiseptic, antiviral, cholagogue, cicatrisant, cytophylactic, diuretic, emollient, expectorant, febrifuge, fungicidal, helps with addiction issues, hepatic, mucolytic, nervine
Henna Oil			
Hyssop Oil	Middle Note		anti-rheumatic, anti-spasmodic, antibacterial, anti-fungal, antiseptic, astringent, carminative, cicatrisant, digestive, diuretic, emenagogue, expectorant, febrifuge, hypertensive, nervine, stimulant, sudorific, tonic, vermifuge, vulnerary
Jasmine Oil	Middle to Base Note	Floral	anti-depressant, anti-spasmodic, antiseptic, aphrodisiac, cicatrisant, emenagogue, expectorant, galactagogue, sedative, uterine
Juniper Berry Oil	Middle Note		anti-rheumatic, anti-spasmodic, anti-toxic, anti-arthritic, antibacterial, anti-fungal, antiseptic, astringent, carminative, circulatory stimulant, depurative, diuretic, rubefacient, stimulating, stomachic, sudorific, tonic, vulnerary
Juniper Oil	Middle Note	Woody	
Khella Oil			
Laurel Oil			
Lavandin Oil	Top Note		analgesic, antidepressant, antiseptic, cicatrisant, expectorant, nervine, vulnerary
Lavender Oil	Middle Note	Floral	analgesic, anti-inflammatory, anti-rheumatic, antibacterial, antibiotic, anti-convulsive, antidepressant, anti-fungal, antiseptic, antispasmodic, antiviral, calming, decongestant, deodorant, disinfectant, restorative, sedative, sleep inducing
Lemon Myrtle			

Oil			
Lemon Oil	Top Note	Citrus	antibacterial, antibiotic, anti-fungal, antiseptic, antiviral, aperitif, astringent, bactericidal, disinfectant, febrifuge, haemostatic, restorative, tonic
Lemon Verbena Oil			antibacterial
Lemongrass Oil	Top Note (Middle Note?)		analgesic, anti-pyretic, antibacterial, antidepressant, antimicrobial, antiseptic, astringent, bactericidal, carminative, deodorant, diuretic, febrifuge, fungicidal, galactagogue, insecticidal, nervine, sedative, tonic
Lime Oil	Top Note	Citrus	antibacterial, antibiotic, antiseptic, antiviral, aperitif, astringent, bactericidal, disinfectant, febrifuge, haemostatic, restorative, tonic
Linden Blossom Oil	Middle Note		
Litsea Cubeba Oil			antiseptic, disinfectant, insecticidal, sedative, stomachic
Lotus Oil			
Mandarin Oil	Top Note	Citrus	
Mandarin Petitgrain Oil	Top to Middle Note	Citrus	anti-spasmodic, antiseptic, circulatory, cytophylactic, depurative, digestive, hepatic, nervous relaxant, sedative, stomachic, tonic
Marjoram Oil	Middle Note	Herbaceous, Spicy	analgesic, antibacterial, antiseptic, antispasmodic, antiviral, aphrodisiac, bactericidal, carminative, cephalic, cordial, diaphoretic, digestive, diuretic, emenagogue, expectorant, fungicidal, helps mental exhaustion, hypotensive, laxative, nervine, sedative, stomachic, vasodilator, vulnerary
Mastic Oil			
May Chang Oil			
Melissa Oil	Middle Note		anti-spasmodic, antibacterial, antidepressant, anti-histaminic, antispasmodic, bactericidal, carminative, cordial, diaphoretic, emenagogue, febrifuge, hypotensive, insect repellent, nervine, sedative, stomachic, sudorific, tonic
Mentha Arvensis Oil			
Mint Oil	Top Note		
Mugwort Oil			cordial, digestive, diuretic, emenagogue, nervine, stimulant, uterine, vermifuge
Mustard Oil			anti-rheumatic, antibacterial, anti-fungal, appetizer, cordial, diaphoretic, hair vitalizer, insect repellent, irritant, stimulant, tonic
Myrrh Oil	Base Note	Spicy, Earthy, Woody	anticatarrhal, anti-inflammatory, anti-spasmodic, anti-fungal, antimicrobial, antiseptic, astringent, carminative, circulatory, diaphoretic, expectorant, good for respiratory, heals mouth sores, immune booster, immune stimulant, revitalizing, sedative,

			stimulant, stomachic, tonic, vulnerary
Myrtle Oil	Middle Note	Floral	antibiotic, anti-fungal, antiseptic, astringent, deodorant, expectorant, sedative
Neroli Oil	Middle to Base Note	Floral, Citrus	anti-depressant, anti-spasmodic, antiseptic, aphrodisiac, bactericidal, carminative, cicatrisant, cordial, cytophylactic, deodorant, digestive, disinfectant, emollient, sedative, tonic
Niaouli	Top Note		analgesic, anti-rheumatic, antiseptic, bactericidal, balsamic, cicatrisant, decongestant, expectorant, febrifuge, insecticide, stimulant, vermifuge, vulnerary
Nutmeg Oil	Middle Note	Spicy	analgesic, anti-emetic, anti-parasitic, anti-rheumatic, anti-spasmodic, antibiotic, antioxidant, antiseptic, aphrodisiac, cardiac, laxative, prostaglandin inhibitor, stimulant, tonic, vermifuge
Oakmoss Oil	Base Note	Earthy	antiseptic, demulcent, expectorant, restorative
Olibanum Oil	Base Note		
Orange Leaf Oil			
Orange Oil (Sweet)	Top Note	Citrus	anti-inflammatory, anti-spasmodic, antibacterial, antidepressant, antiseptic, aphrodisiac, carminative, cholagogue, diuretic, sedative, tonic
Oregano Oil			analgesic, anti-allergenic, anti-inflammatory, anti-parasitic, antibacterial, antibiotic, anti-fungal, antioxidant, antiseptic, anti-spasmodic, anti-toxic, antiviral, bactericidal, digestive, emenagogue, fungicidal, stimulant, tonic
Orris Oil			
Palmarosea (Palmarosa) Oil	Middle Note (Top Note)	Floral	antiseptic, antiviral, bactericide, cytophylactic, digestive, febrifuge, hydrating
Palo Santo	Middle Note		
Parsley Oil	Middle Note		anti-arthritic, anti-rheumatic, antimicrobial, antiseptic, astringent, carminative, circulatory, depurative, detoxifier, digestive, diuretic, emenagogue, febrifuge, hypotensive, laxative, stimulant, stomachic, uterine
Patchouli Oil	Base Note	Earthy, Spicy, Oriental	anti-inflammatory, anti-phlogistic, antibiotic, antidepressant, anti-fungal, antimicrobial, antiseptic, aphrodisiac, astringent, bactericidal, cicatrisant, cytophylactic, deodorant, diuretic, febrifuge, fungicide, good for skin, insecticide, nervine, nervous exhaustion, sedative, stress, tonic
Pennyroyal Oil			anti-arthritic, anti-hysterical, anti-rheumatic, antibacterial, antimicrobial, antiseptic, astringent, cordial, decongestant, depurative, digestive, emenagogue, insecticide, stomachic
Peppermint Oil	Top Note (Middle Note)	Minty	analgesic, anesthetic, anti-galactagogue, anti-phlogistic, anti-spasmodic, anti-infectious, anti-inflammatory, anti-fungal, antiseptic, astringent, carminative, cephalic, cholagogue, cordial, decongestant, digestive, emenagogue,

			expectorant, febrifuge, hepatic, invigorating, nervine, stimulant, stomachic, sudorific, vasoconstrictor, vermifuge
Perilla Essential Oil			
Petitgrain Oil	Top to Middle Note	Woody, Floral	anti-depressant, anti-spasmodic, antiseptic, deodorant, nervine, sedative
Pimento Oil			
Pine Geranium Oil			
Pine Oil	Middle Note	Woody	analgesic, antibacterial, antibiotic, antiseptic, aromatic, diuretic, energizing
Ravensare Oil			analgesic, anti-allergenic, anti-spasmodic, antibacterial, antidepressant, anti-fungal, antimicrobial, antiseptic, antiviral, aphrodisiac, disinfectant, diuretic, expectorant, relaxant, tonic
Red Cedar Oil			
Roman Chamomile Oil	Middle Note		analgesic, antiseptic, antispasmodic, digestive, nerve sedative, respiratory distress
Rose Geranium Oil	Middle Note		
Rose Oil	Middle to Base Note	Floral	anti-phlogistic, anti-spasmodic, antidepressant, antiseptic, antiviral, aphrodisiac, astringent, bactericidal, cholagogue, cicatrisant, depurative, emenagogue, haemostatic, hepatic, laxative, nervine, stomachic, uterine
Rose Otto Oil			
Rosehip Oil			
Rosemary Oil	Middle Note	Herbaceous	analgesic, analgesic, anti-inflammatory, anti-rheumatic, antibacterial, antiseptic, antispasmodic, astringent, carminative, decongestant, disinfectant, diuretic, may stimulate hair growth, restorative, stimulant, tonic
Rosewood Oil	Middle Note (Base to Middle)	Woody	analgesic, anti-infectious, antibacterial, antidepressant, anti-fungal, anti-parasitic, antiseptic, aphrodisiac, cephalic, deodorant, insecticide, stimulant, tones skin
Rue Oil			
Sage Oil			anti-inflammatory, antibacterial, anti-fungal, antimicrobial, antioxidant, antiseptic, antispasmodic, cholagogue and cholaretic, cicatrisant, depurative, digestive, disinfectant, emenagogue, expectorant, febrifuge, laxative, stimulant
Sandalwood Oil	Base Note	Woody	anti-inflammatory, antibacterial, anti-fungal, anti-phlogistic, antiseptic, antispasmodic, antiviral, aphrodisiac, astringent, carminative, cicatrisant, decongestant, disinfectant, diuretic, emollient, expectorant, hypotensive, insecticide, memory booster, sedative, tonic

Sassafras Oil			
Savin			
Savory Oil			antibacterial, anti-fungal, antiseptic, antispasmodic, carminative, cephalic, emenagogue, expectorant, insecticide, nervine, restorative, stimulant, tonic
Schisandra Oil			
Scotch Pine Oil			
Spearmint Oil	Top Note	Minty	
Spike lavender Oil			
Spikenard Oil	Base Note	Earthy	anti-inflammatory, antibacterial, anti-fungal, deodorant, laxative, sedative, uterine
Spruce Oil	Middle Note		anti-inflammatory, anti-infectious, antimicrobial, antispasmodic, expectorant, grounding, immune system stimulant, mentally invigorating
Star Anise Oil			
Tagetes	Top Note		anti-spasmodic, antibiotic, antimicrobial, anti-parasitic, antiseptic, disinfectant, insecticide, sedative
Tangerine Oil	Top Note	Citrus	
Tansy Oil			anti-histaminic, anti-inflammatory, antibacterial, anti-fungal, antiviral, febrifuge, hormone stimulant, insecticide, sedative, vermifuge
Tarragon Oil			anti-inflammatory, anti-rheumatic, antiseptic, antispasmodic, aperitif, circulatory, deodorant, digestive, emenagogue, stimulant, vermifuge
Tea Tree Oil	Middle Note (Top to Middle)	Medicinal/Camphorous	anti-infectious, antibacterial, antibiotic, anti-fungal, antimicrobial, anti-parasitic, antiseptic, antiviral, balsamic, cicatrisant, decongestant, expectorant, fungicide, insecticide, stimulant, sudorific
Thuja Oil			anti-rheumatic, astringent, diuretic, emenagogue, expectorant, insect repellent, rubefacient, stimulant, tonic, vermifuge
Thyme Oil	Middle Note (Top to Middle)		anti-rheumatic, anti-spasmodic, antibacterial, anti-fungal, antimicrobial, antiseptic, antispasmodic, antiviral, bactericidal, be-chic, cardiac, carminative, cicatrisant, diuretic, emenagogue, expectorant, hypertensive, insecticide, stimulant, tonic, vermifuge
Tsuga Oil			
Tuberose Absolute			aphrodisiac, deodorant, relaxing, sedative, warming
Turmeric Oil			
Valerian Oil			
Vanilla			anti-carcinogenic, antidepressant, antioxidant, aphrodisiac, febrifuge, relaxing, sedative, tranquilizing
Vetiver Oil	Base Note	Woody, Earthy	anti-inflammatory, antiseptic, aphrodisiac, cicatrisant, nervine, sedative, tonic, vulnerary



Wintergreen Oil			analgesic, anodyne, anti-arthritic, anti-rheumatic, anti-spasmodic, antibacterial, antiseptic, aromatic, astringent, carminative, diuretic, emenagogue, stimulant
Wormseed Oil			
Wormwood Oil			anti-helmitic, cholagogue, deodorant, digestive, emenagogue, febrifuge, insecticide, narcotic, tonic, vermifuge
Yarrow Oil	Middle Note		anti-inflammatory, anti-rheumatic, anti-spasmodic, antiseptic, astringent, carminative, cicatrisant, diaphoretic, digestive, expectorant, haemostatic, hypotensive, stomachic, tonic
Ylang Ylang Oil	Middle to Base Note	Flora	anti-infectious, anti-seborrhoeic, antidepressant, antiseptic, aphrodisiac, euphoric, hormone regulator, hypotensive, nervine, sedative, tonic
Zedoary Oil			

## List of Property Descriptions

Property	Description
Alterative	Cleanses the Blood and Corrects Impure Blood Conditions
Analgesic	Relieves Pain (Creates Loss of Sensation)
Anaphrodisiac	Diminishes Sexual Desire
Antacid	Neutralize Excess Stomach/Intestinal Acids
Anthelmintic	Destroys or Expels Intestinal Worms
Anti-sudorific	Reduces Sweating
Anti-allergenic	Reduces Symptoms of Allergies
Anti-arthritic	Combats Arthritis
Anti-emetic	Reduces the Incidence and Severity of Vomiting
Anti-inflammatory	Alleviates Inflammation
Anti-pruritic	Relieves or Prevents Itching
Anti-rheumatic	Relieves Rheumatism
Antibortive	Inhibits Abortive Tendencies
Antiasthmatic	Relieves the Symptoms of Asthma
Antibiotic	Inhibit the Growth of Bacteria, Viruses, Etc.
Anticatarrhal	Eliminates Mucus or Prevents It From Forming
Anticonvulsive	Helps Arrest or Control Convulsions
Antidepressant	Uplifts, Counteracts Melancholy
Antimicrobial	Resists and Destroys Pathogenic Organisms
Antiphlogistic	Reduces Inflammation
Antipyretic	Cools, Reduces Fevers and Body Temperature
Antiseptic	Helps Control Infection
Antispasmodic	Prevents and Eases/Relieves Spasms and Cramps
Aphrodisiac	Arouses Sexual Desire

Astringent	Contracts/Tightens/Binds Tissues
Bactericide	Destroys Bacteria
Balsamic	Soothing, Balsaming
Cardiac	Stimulates the Heart
Carminative	Settles the Digestive System, Expels Gas From the Intestines
Cephalic	Stimulates and Settles the Mind
Cholagogue	Increases the Secretion and Flow of Bile Into the Duodenum
Choleretic	Aids Excretion of Bile by the Liver
Cicatrissant	Helps the Formation of Scar Tissue
Cordial	A Stimulant and Tonic for the Heart
Cytophylactic	Encourages Growth of Skin Cells
Decongestant	Relieves and Reduces Mucus Congestion
Demulcent	Soothes, Softens and Allays Irritation of Mucous Membranes
Deodorant	Destroys Odor
Depurative	Detoxifies and Purifies the Blood
Diaphoretic	Promotes Perspiration
Digestive	Aids Digestion
Disinfectant	Prevents or Combats the Spread of Germs
Diuretic	Increases the Flow of Urine
Emetic	Induces Vomiting
Emmenagogue	Promotes and Regulates Menstrual Flow
Emollient	Soothes and Softens Skin
Expectorant	Helps to Expel Mucus From the Respiratory System
Febrifuge	Cools, Reduces High Body Temperature
Fungicide	Destroys Fungus and Fungal Infections
Galactagogue	Increases Secretion of Milk
Germicidal	Destroys Germs and Micro-Organisms
Hemostatic	Stops Bleeding Hemorrhage
Hepatic	Stimulates the Function of the Liver and Gall Bladder
Hypertensive	Increases Blood Pressure
Hypoglycaemiant	Lowers Blood Sugar
Hypotensive	Lowers Blood Pressure
Insecticide	Kills Insects
Laxative	Aids Bowel Evacuation
Lithotriptic	Helps to Dissolve and Eliminate Urinary and Biliary Stones
Mucolytic	Breaks Down Mucus
Nervine	Strengthens the Nervous System
Parasiticide	Destroy Parasites in the Digestive Tract or on the Skin
Parturient	Helps During Delivery/Childbirth
Prophylactic	Helping Prevent Disease
Relaxant	Sooths, Relaxes, Relieves Strain and Tension
Rubefacient	Warms. Stimulates Blood Flow
Sedative	Calms, Reduces Functional Activity

Sialagogue	Stimulates the Flow of Saliva, Aids in Digestion of Starches
Soporific	Induces Sleep
Spasmolytic	See Antispasmodic
Splenetic	A tonic for the Spleen
Stimulant	Increases the Physiological Body Activity
Stomachic	Digestive Aid and Tonic
Styptic	Arrests External Bleeding
Sudorific	Increases Perspiration
Tonic	Strengthens and Improves Bodily Performance
Uterine	Tonic to the Uterus
Vasoconstrictor	Contracts Blood Vessel Walls
Vasodilator	Dilates Blood Vessels
Vermifuge	Expels Worms
Vulnerary	Prevents Tissue Degeneration and Arrests Wound Bleeding

### Kitchen Measurement Comparison Chart

Gallons	Quarts	Pints	Cups	Ounces	Liters	Milliliters	Tablespoon	Teaspoon
1	4	8	16	128	3.8	3800	253.3	759.9
0.251	1	2	4	32	0.95	950	63.3	198.9
126.84	507.36	1	2	16	0.48	480	32	96
63.42	253.68	507.21	1	8	0.24	240	16	48
0.0159	0.0634	0.1268	0.25	2	0.06	60	4	12
0.004	0.0159	0.0317	0.0634	0.5	0.015	15	1	3