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## Safer Cleaning and Household Recipes and tips

*Check out these easy to make recipes and tips for keeping your home clean while being more earth friendly, and using less harsh ingredients. Many of these are made with ingredients you'll already have at home, or you can find at [Chemistry Connection / saveoncitric.com](#)*



### **Castile soap and / Or [\\*Decyl Glucoside](#)**

in liquid or bar form serves as a biodegradable, vegetable-based surfactant and all-around cleaner (avoid mixing with vinegar, which neutralizes its cleansing properties). \*Our renewable, corn derived [Decyl Glucoside](#) is a better (higher) foamer, and cleans grease more effectively than Castile Soap.

**[Baking soda](#)** (sodium Bicarbonate) cleans, whitens, neutralizes odors and softens water. It's an excellent scrubbing agent for bathrooms, refrigerators and ovens.

**[Borax](#)**, a natural mineral, improves the effectiveness of laundry soap. Although classified (as is salt) as a low-level health hazard that should be kept away from children and animals, borax is non-carcinogenic and isn't absorbed through skin.

**[Washing soda / Soda Ash](#)** (a caustic chemical cousin of baking soda), softens water and can help remove many stains from tile floors, outdoor furniture etc... Washing soda and water can be very alkaline - WEAR GLOVES \*IF you want foam and extra cleaning boost-especially with outside jobs - add a small amount of (in order of cleaning strength - [Lauramine Oxide](#), [Decyl glucoside](#), or [coco-glucoside](#)

**[Hydrogen peroxide](#)** is considered an effective disinfectant and bleach alternative by the Environmental Protection Agency. Use it to whiten grout and remove stains. (test first)

**[Essential oils](#)** derived from plants infuse cleaners with fragrance and boost germ-fighting power. [Tea tree](#), [eucalyptus](#) and lavender oils all boast antibacterial, antiviral and antifungal properties. Although EO's can be pricy, many say that the investment will pay for itself many times over.

**[Lemon juice or citric acid](#)** cuts through grease, removes mold and bacteria and leaves dishes streak-free.

**[Coarse salt](#)** helps soften dishwasher water and acts as a scouring agent.

**[All-purpose cleaner](#)**: Try combining 1 cup vinegar, 1 cup water and add to it 10 to 15 drops of lemon oil in a spray bottle. Use it anywhere, including glass and mirrors. For serious disinfecting, follow up with a hydrogen peroxide spray. If you want foam - try adding [decyl glucoside](#), an all natural surfactant made from corn.

### **[Foaming hand/dish soap](#)**:

Shake one cup of water, a quarter-cup of castile soap or [Decyl glucoside](#) and 15 drops of [essential oil](#) in a foaming dispenser. Use in bathrooms and kitchens.

**[Dishwashing detergent](#)**: Mix 1 cup of [borax powder](#), 1 cup of [Soda Ash](#) / washing soda, and  $\frac{3}{4}$  cup of [citric acid](#) and  $\frac{1}{2}$  Cup of coarse salt. Leave it uncovered for several days, stirring often to prevent clumping. Cover and refrigerate. Use one tablespoon per load with a half-cup of citric acid in the rinse to combat streaks.

## Coupons

Enter code **twofiftysoc** at checkout to receive \$2.50 off a \$35.00 purchase.

Offer expires 07/31/2016.

Enter Code **cleanupnow** in checkout to get 10% off any order of \$250.00 or more

Offer expires 07/31/2016



**Make CHLORINE BLEACH FOAM (interesting "trade secret")** - to make foamy bleachy SOAP (house cleaning for example)- add [Lauramine Oxide](#) or our [ChemConx AIOS-40](#) to household bleach. (Warning - be careful when handling bleach and follow directions on container).

**Laundry detergent:** Combine 1 cup of [borax](#), and 1 cup of [Soda Ash](#)

/ washing soda and one 14-ounce bar of a grated soap. Use one tablespoon per load, adding a half-cup of lemon juice to the rinse cycle. \*Add a very small amount of [decyl glucoside](#) for more foamy cleaning.

**Laundry detergent #2 BULK** Grate 3 bars of Fels Naptha Soap. Combine the grated fels naptha soap with 3 pounds of [Soda Ash](#) (washing soda) , 2 cups of [Baking Soda](#), 4 pounds of Powder [Borax](#). \* Optional - add 1 pound of Oxyclean type cleaner for booster and stains. \*Optional - add [Tea Tree Oil](#) or [Eucalyptus oil](#) for fragrance.

### Bathroom soft scrub:

Create a thick paste with liquid castile soap or a small amount of [decyl glucoside](#) and  $\frac{3}{4}$  cup of [baking soda](#). Scour tubs, showers and stainless steel surfaces with a sponge, and then rinse.

**Toilet bowl cleaner:** Sprinkle one cup of powdered [borax](#) into the toilet at bedtime and then clean the loosened grime with a brush the next morning. Wipe outer surfaces with the all-purpose spray.

**Hard floor cleaner:** *Environmental Working Group's DIY Cleaning Guide* suggests combining a half-gallon of hot water with one cup of white vinegar in a bucket to mop. For foam - try our sulfate free [Chemconx AIOS40](#) or [Decyl Glucoside](#)

**Carpets cleaner:** Freshen rugs by sprinkling [baking soda](#) at night and vacuuming in the morning. For deeper cleaning, combine one cup of vinegar and two-and-a-half gallons of water in a steam cleaner. For extra fragrance - add a tablespoon of our fresh [lavender buds](#) and just vacuum up with the baking soda!

**White vinegar** is a very effective, and popular cleaner! Vinegar cleans, deodorizes, cuts most household grease - and it reportedly disinfects against bacteria, viruses and mold.

**Wood polish:** One popular blend is Mix one quarter-cup vinegar or lemon juice, with a few drops of [olive oil](#) and lemon oil.

**SIMPLE Sulfate Free Shampoo and wash Appx** *By Weight To 2/3<sup>rd</sup>* Water (66%) ADD 3 tbsp [Vegetable Glycerin](#) (Moisturizer / Humectant) (4%) Then add [cocamidopropyl betaine](#) (Coconut based surfactant) 10% Last add the primary surfactant [Decyl glucoside](#) 17% (surfactant)

\*Optional to thicken - Add [Crothix](#) 2% OR Table Salt at  $\frac{1}{2}$  percent.

\*Optional - add a favorite [fragrance or EO](#) in with decyl glucoside. \* Starting formulation for an excellent and green and skin friendly shampoo / body wash- experiment and make it your own.

[Learn More](#)



## [Bath Bombs! Recipe 1](#)

Supplies: [Baking Soda](#), [Citric Acid](#), [Corn Starch](#), Spritzer bottles or droppers, [Fragrance or EO](#), colorants

1. Sift 1 and 3/4 cup baking soda, and 1 cup citric acid, and 2 cups of cornstarch through a sieve to blend (and remove lumps). \* To make different tints, fill small spritzer bottles or droppers with water and add 4 to 6 drops of food coloring to each.
2. Pour 1 cup of the powdered blend into a glass bowl. Lightly spritz, stirring after each spritz, until the powder is desired color. Add water *slowly*, so mixture does not fizz. If mixing two tints, alternate colors as you spritz. Check the consistency of powder with your fingers; when it can be tightly packed or shaped, stop spritzing (this may take a little while).
3. Select your fragrance oil or essential oil (or oils) Add 3 to 5 drops if it's a strong scents (peppermint, lavender), 6 if it's a weaker one (lemon, grapefruit). Mix well. Firmly pack mixture into your [bath bomb molds](#). We used 1/4 cup for each fizzy, which is good for one bath. Allow the molded bath bombs to firm up in the mold and then carefully pop them out. Repeat with different tints for remaining powder

## [Lavender Bath Bomb Recipe 2 \(less water\)](#)

Supplies: 1 cup [baking soda](#), 1/2 cup [Citric Acid](#), 1/2 cup [cornstarch](#), 3 tablespoons [epsom salt](#), 2 teaspoons [Sweet Almond Oil](#), 3/4 tsp water (or witch hazel) Lavender Essential Oil, tablespoons of [dried Organic Lavender Flowers](#), [Bath Bomb Mold](#)

1. In large bowl combine baking soda, citric acid, cornstarch, epsom salt and dried lavender.
2. In a small bowl combine almond oil, water, and essential oil.
3. Pour the wet mixture into dry mixture. Mix with a whisk until fully blended. Test mixture by pressing a handful together. If the mixture doesn't hold LIGHTLY, with a spray bottle, spray with water once or twice (or add a little more oil) . Avoid adding too much water or the mixture will fizz and not form in the mold correctly. Once it's the right consistency tightly press the mixture into mold and allow to dry at least 2 hours before removing. Set bath bombs on a soft towel to dry overnight (in high humidity - drying may take longer).

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