

**Homemade Laundry Detergent**

16 cups of water  
1 cup washing soda  
1/3 cup of kosher salt  
1 cup liquid castile soap  
20-40 drops essential oil

Take 2 cups of the water and put into a pot & heat to just below boiling. Add the washing soda and kosher salt stirring until both have dissolved. Mix into the remaining cold water and add liquid castile soap. Add whatever essential oil you prefer. I make mine using purification essential oil as it neutralizes any odors and leaves a fresh scent. Mix it all together and store in a one gallon plastic milk jug or glass container. Shake or stir before each use. If using a plastic jug for storage make sure to use a new jug for each batch as the essential oils will break down the plastic over time (glass is much preferred).

Use ¼ to ½ cup per load depending on load size and soil level.

*Cost: \$7.70 per batch (34 – 68 loads)*

If you are having difficulty finding washing soda I will give you a tip...baking soda (sodium bicarbonate) and washing soda (sodium carbonate) are nearly identical in their chemical composition. In fact, you can turn baking soda into washing soda simply by baking it. Spread the baking soda out on a shallow pan and bake at 200°F for an hour and viola...you now have washing soda!

**Homemade Fabric Softener**

16 cups (one gallon) of distilled white vinegar  
20-40 drops of essential oil

Mix together. Add ¼ to ½ cup to the rinse cycle to soften clothes.

*Cost: \$5.17 per batch (32-64 loads)*

**Homemade Bleach Alternative**

6 cups water  
¼ cup lemon juice  
1 cup (3%) hydrogen peroxide  
10-12 drops of lemon or orange essential oil

Mix all ingredients together. Use 1 cup per large wash load to whiten. Let solution soak with laundry for about one hour.

*Cost: \$1.39 per batch (6 loads)*

**Homemade Stain Remover**

3-4 Tablespoons of Homemade Bleach Alternative  
1 teaspoon of baking soda  
½ teaspoon of kosher salt  
2-4 drops of lemon essential oil

Apply mixture to stain and let soak. Scrub fabric gently. Rinse and repeat as needed.

*Cost: less than 40 cents per application!*

**Homemade Dryer Sheets**

Add 3-5 drops of essential oil onto a piece of fabric or a facecloth. Toss the cloth in dryer with clothes. Re-apply essential oils with each load.

**Wool Dryer Balls**

The use of wool dryer balls will soften and fluff clothes, reduce static, and reduce the drying time.

For best results use 6 felted 100% wool balls. Add a drop or two of your favorite essential oil onto each dryer ball for great smelling laundry!

**Static Stopper**

Synthetic fabrics are especially prone to static. Attaching a small safety pin on the fabric will eliminate the static on that garment. Over drying fabrics will increase static. Try setting the timer for 10 minutes less than normal.

*I only use and recommend Young Living Essential Oils, due to their rigorous safety testing and because of their therapeutic qualities and high concentration level.*

*You can select the oil you use in your laundry products not only for a nice fragrance and it's cleaning properties, but also to benefit you and your pets physical and emotional health. Imagine that instead of using toxic products you could be using products that offer therapeutic benefits!*

*Because therapeutic oils are very concentrated you only need a few drops each use. Here are the costs per drop of the most common essential oils I use in my laundry:*

*Cedarwood 0.05/drop   Citrus Fresh 0.07/drop   Lavender 0.11/drop   Lemon.05/drop*

*Orange 0.05/drop   Purification 0.09/drop*

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