

Start your Home Detox TODAY with these simple and effective tips

3 Reasons why a Home Detox will Improve your Child's Health

1. Your kids won't be guinea pigs
2. Your child's immune system will be stronger
3. You will reduce your child's overall chemical load.



Natural Dishwasher Powder Ingredients

- 1 ½ cups citric acid
- 1 ½ cups washing soda
- ½ cup sodium bicarbonate
- ½ cup sea salt

Directions

Mix all ingredients together and store in an airtight container. Use 1 tablespoon per load.



Natural Mould Remover

Mix ¼ teaspoon clove essential oil with 1 litre water and spray directly on the mould. Wipe down after 20 minutes, or leave on overnight for best results.



Natural Dishwasher Rinse Aid

Place 4-6 drops of pure lemon essential oil in your dishwasher before you start the wash cycle.

D.I.Y. Moth Balls

Soak cotton wool balls in clove essential oil. When dry, place throughout your wardrobe, linen cupboard and drawers. Replace every three months.

How to Deter Pantry Moths

Place bay leaves throughout your pantry, including in canisters of flour.

3 Natural Ways to Kill Bacteria and Germs in Your Home

1. Eucalyptus Essential Oil
2. Lemon Essential Oil
3. Distilled White Vinegar

How to Deter Silverfish

Make sachets of fresh or dried rosemary and place where silverfish are present.

