



OPTIONS CENTER HEALTH TOPIC



Natural alternatives to household products

The following are examples of natural alternatives to household products.
(excerpted from *Is Your Home Safe?* By Larissa Jones):

Antiseptic Spray for Surfaces

- 15 drops NSP Lemon essential oil
- 10 drops NSP Thyme, Wild essential oil
- 5 drops NSP Clove Bud essential oil
- 2 Tbsp. vodka, witch hazel, or vinegar
- 3 oz. distilled water

Dissolve essential oils in vodka, witch hazel, or vinegar in a spray bottle. Add water. Shake well before using and keep out of reach of children.

Bath Oil, Refreshing

- 3 drops NSP Grapefruit, Pink essential oil
- 2 drops NSP Lemon essential oil
- 1 drop NSP Rosemary essential oil

Body Moisturizer and Gentle Bath Oil, Forest Fresh

- 2 oz. NSP massage oil
- 4 drops NSP Ylang-Ylang, Organic essential oil
- 2 drops NSP Sandalwood essential oil
- 3 drops NSP Pine Needle essential oil
- 2 drops NSP Clary Sage, Organic essential oil
- 1 drop NSP Lavender, Organic essential oil

Combine ingredients in a 2 oz. amber bottle. Add 1 tsp. to a running bath. The oils will adhere to your skin as you enter and leave the bath. Use additional oil on wet skin immediately after bathing, before toweling dry.

Carpet Freshener

- 1/3 cup baking soda
- 3 drops NSP Peppermint essential oil
- 7 drops NSP Thyme, Wild essential oil
- 8 drops NSP Lemon essential oil
- 2 drops NSP Pine Needle essential oil

Combine essential oils with baking soda in a glass container. I like to use a sugar shaker. Sprinkle onto carpet, wait 15 minutes, and then vacuum. The essential oils will disinfect and deodorize your carpets.

Disinfectant Room Spray

- 6 drops NSP Eucalyptus essential oil
- 6 drops NSP Grapefruit, Pink essential oil or Lemon BIO essential oil
- 4 drops NSP Pine Needle essential oil
- 2 drops NSP Peppermint essential oil
- 2 oz. purified water

Drain Cleaner I

Baking soda and vinegar make a great drain cleaner as well. Pour 1/2 cup baking soda, and then 1 cup of vinegar into your drain. You can also add 10 drops of NSP Grapefruit, Pink essential oil to improve the smell and help cut grease. Allow to sit 5 minutes, and then flush drain with very hot water.



OPTIONS CENTER HEALTH TOPIC



Drain Cleaner II, Joy's

Drop 2 tablets of Alka-seltzer down the drain, add a little water and allow sitting for several minutes. Flush drain with very hot water.

Hand Soap, Refreshing Peppermint

4 oz. liquid castile soap
4 oz. purified water
28 drops NSP Peppermint essential oil
32 drops NSP Eucalyptus essential oil
1 Tbsp. vegetable oil
1 tsp. NSP Jojoba oil

Combine ingredients and store in a ceramic soap pump dispenser.

Laundry Detergent Disinfectant, Gentle

4 Tablespoons liquid castile soap
15 to 30 drops NSP Tea Tree essential oil

Add to laundry machine while the water is filling the drum. Allow drum to fill ½ full before adding clothes.

Laundry Scent for the Dryer, Natural Aromas

5 drops NSP Grapefruit, Pink essential oil
4 drops NSP Lemon essential oil

Place essential oils on a dampened washcloth. Place in dryer with laundry for last 1/3 of drying cycle.

Laundry Freshener, Natural

4 drops NSP Thyme, Wild essential oil
4 drops NSP Lavender, Organic essential oil

Follow directions from the above recipes. This recipe may be added to the washer, the dryer, or both.

Mosquito Repellant, Safe

6 drops NSP Eucalyptus essential oil
2 drops NSP Geranium, Organic essential oil
4 drops NSP Lemon essential oil
1-2 drops NSP Peppermint essential oil
1 Tbsp. NSP Herbal Trim
¼ tsp. vegetable oil
1.5 oz. purified water

Pour all ingredients into a 2 oz. bottle with a spritzer top, and shake to blend. Spray liberally onto all exposed skin areas, and repeat as necessary throughout the day.

Moth-Away Sachet

Cedar chips or wood shavings

3 drops each NSP Lavender, Organic essential oil and NSP Geranium, Organic essential oils
5 drops each NSP Lemon and NSP Pine Needle essential oils

Optional: Dry lavender flowers, clean pine needles, or 1 drop patchouli

Combine all ingredients and place in a muslin bag.

Tile Cleaner and Disinfectant, Bathroom & Kitchen

2 Tablespoons liquid castile soap



OPTIONS CENTER HEALTH TOPIC



10 drops NSP Thyme, Wild essential oil
7 drops NSP Rosemary essential oil
15 drops NSP Grapefruit, Pink essential oil
2 gallons hot water

Pour Sunshine Concentrate into a large bucket. Begin adding hot water from the faucet and then drop in the essential oils. This recipe is effective for tile and vinyl floors and tile and solid surface countertops. For laminate countertops, reduce the amount of essential oils.

Shower Floor and Toilet Rim Cleaner

This recipe will lift the scum off your shower floor – with natural scrubbing bubbles! You will need just a little elbow grease in the form of a scrub brush. It is best to do the floor in sections, so you are scrubbing while the mixture is bubbling.

Baking soda

Vinegar

NSP Essential oils of your choice

Sprinkle baking soda on the surface to be cleaned. Drop on 2-3 drops of essential oil, and then enough vinegar to cover a small area. The mixture will start fizzing, and you should start scrubbing. Clean a small area at a time.

Skin Moisturizer, Aloe Vera and Jojoba Normal Skin

2 Tbsp. NSP Aloe Vera gel

1 Tbsp. NSP Jojoba oil

15 drops essential oil of your choice

Combine all ingredients. Makes several applications.

Sink Scrubber

1 Tbsp. sea salt

1 Tbsp. baking soda

7 drops NSP Lemon essential oil

Enough water to make a paste

Combine and use to scrub porcelain sinks, tile, and stainless steel.

Surface Scrubber, Delicate

2 Tbsp. chalk

½ tsp liquid castile soap

Enough water to make a paste

Use paste on a cloth to scrub surface.

Surface Scrubber, Greasy

3 Tbsp. baking soda

2 tsp. liquid castile soap

10 drops NSP Lemon essential oil or NSP Grapefruit, Pink essential oil

Water to make a paste

Use paste on a cloth to scrub surface

NSP = Nature's Sunshine Products. These products are generally carried in Options inventory. If they are not in inventory they can be ordered per your request.



OPTIONS CENTER HEALTH TOPIC

