



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):

Gentle Disinfecting Laundry Detergent

6 capfuls NSP Sunshine Concentrate

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.

Natural Aromas Laundry Scent for the Dryer

5 drops NSP Bergamot BIO essential oil

4 drops Lemon BIO essential oil

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

Natural Laundry Freshener

4 drops NSP Thyme Linalool BIO [Sweet Thyme] essential oil

4 drops NSP Lavender Fine AOC essential oil

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

Bathroom & Kitchen Tile Cleaner and Disinfectant

2 capfuls NSP Sunshine Concentrate

10 drops NSP Thyme Linalol BIO [Sweet Thyme] essential oil

7 drops NSP Rosemary essential oil

15 drops NSP Bergamot BIO 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.

Antiseptic Spray for Surfaces

15 drops NSP Lemon BIO essential oil

10 drops NSP Thyme Linalol BIO [Sweet Thyme] essential oil

5 drops NSP Clove Bud BIO 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.

Disinfectant Room Spray

6 drops NSP Eucalyptus BIO essential oil

6 drops NSP Bergamot BIO or Lemon BIO essential oil

4 drops NSP Pine Needle essential oil

2 drops NSP Peppermint essential oil

2 oz. purified water

Delicate Surface Scrubber

2 Tbsp. chalk

½ tsp NSP Sunshine Concentrate

Enough water to make a paste

Use paste on a cloth to scrub surface.

Greasy Surface Scrubber

3 Tbsp. baking soda

2 tsp. NSP Sunshine Concentrate

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

Water to make a paste

Use paste on a cloth to scrub surface

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.

Drain Cleaner I

Baking soda and vinegar make a great drain cleaner as well. Pour ½ 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.

Joy's Drain Cleaner II

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.

Sink Scrubber

1 Tbsp. sea salt

1 Tbsp. baking soda

7 drops NSP Lemon BIO essential oil

Enough water to make a paste

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

Carpet Freshener

1/3 cup baking soda

3 drops NSP Peppermint essential oil

7 drops NSP Thyme Linalool BIO [Sweet Thyme] essential oil

8 drops NSP Lemon BIO 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.

Moth-Away Sachet

Cedar chips or wood shavings

3 drops each NSP Lavender Fine AOC and NSP Geranium essential oils

5 drops each NSP Lemon BIO 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.

Safe Mosquito Repellent

6 drops NSP Eucalyptus BIO essential oil

2 drops NSP Geranium essential oil

4 drops NSP Lemon BIO essential oil

1-2 drops Peppermint essential oil

1 Tbsp. NSP Herbal Trim

¼ tsp. vegetable oil



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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.

Refreshing Peppermint Hand Soap

4 oz. liquid castile soap

4 oz. purified water

28 drops NSP Peppermint essential oil

32 drops NSP Eucalyptus BIO essential oil

1 Tbsp. vegetable oil

1 tsp. NSP Jojoba oil

Combine ingredients and store in a ceramic soap pump dispenser.

Forest Fresh Body Moisturizer and Gentle Bath Oil

2 oz. NSP massage oil

4 drops NSP Ylang-ylang Complete BIO essential oil

2 drops NSP Sandalwood essential oil

3 drops NSP Pine Needle essential oil

2 drops NSP Clary Sage essential oil

1 drop Lavender Fine AOC 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 towel drying.

Refreshing Bath Oil

3 drops NSP Bergamot BIO essential oil

2 drops NSP Lemon BIO essential oil

1 drop NSP Rosemary essential oil

Aloe Vera and Jojoba Normal Skin Moisturizer

2 Tbsp. NSP Aloe Vera gel

1 Tbsp. NSP Jojoba oil

15 drops essential oil of your choice

Combine all ingredients. Makes several applications.

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.

4316 N. Prospect Road • Peoria Heights, IL 61616 • (309) 685-7721 • (309) 685-7756 Fax
options@mtco.com • www.options-center.com