

RECIPE FOR MAKING YOUR OWN LAUNDRY DETERGENT

50 gm pure soap (to be grated from bar)

½ C washing soda crystals

½ C white vinegar

1½ tsp eucalyptus oil or tea tree oil

few drops lemon or lavender pure essential oil for fragrance

5 L cold water

4.5 L hot water

- Grate the soap into a large saucepan and cover with 1 L of the cold water
- Bring to the boil, add the washing soda and stir until completely dissolved
- Stir in Eucalyptus oil, white vinegar and essential oil
- Pour into a bucket, add the hot water then stir in the remaining cold water (4 L)
- When cool, transfer to smaller containers and label

Ref: Alison Haynes, Murdoch Books Australia, 2004

Clean Sweep: The Ultimate Guide to Decluttering, Detoxing and Destressing your Home