

MAKE YOUR OWN CLEANING SPRAY

One bottle. Four ingredients you already have. No mystery chemicals in the air you breathe.

THE RECIPE

2 parts	water (filtered if you have it)
1 part	white vinegar
a dash	of dish soap
a couple drops	of thyme or lemongrass essential oil

HOW TO MIX IT

- Pour the water in first, then the vinegar, so it does not foam over.
- Add a small squirt of dish soap and a couple drops of thyme or lemongrass oil.
- Cap it, swirl gently (do not shake hard, the soap will foam), and label the bottle.
- Shake lightly before each use, since the oil separates as it sits.

WHY IT WORKS

- Vinegar's acidity cuts grease, soap scum, and hard-water film, and lifts everyday grime.
- A dash of dish soap is the surfactant that helps it sheet off the surface instead of streaking.
- Thyme oil carries thymol and lemongrass carries citral, both naturally antimicrobial, each leaving a clean, fresh scent.

GOOD TO KNOW

- Skip vinegar on natural stone (granite, marble, travertine) and waxed wood, the acid can etch them.
- Never mix vinegar with bleach or any chlorine product. Keep oils away from kids and pets.

CHOOSING YOUR OIL

Thyme leans warm and herbal, lemongrass is bright and citrusy. Both bring natural antimicrobial power, so pick the scent you would happily breathe every day. Start with a couple drops and add more until it smells right to you.