



Westwood Grows



Natural Cleaning

The basics:

We all deserve the health and happiness that comes with a clean home and body. Creating your own cleaning products is a great way to have control over the chemicals you are exposed to and it also gives you the option to add specific ingredients and scents you prefer.

Keep in mind:

Never combine ammonia-based cleaners with chlorine bleach or products containing bleach, such as powdered dishwasher detergent. The fumes they'll create are extremely dangerous. Before doing any mixing, read the product labels first. Always label any bottles of DIY cleaners with all the ingredients inside. In case a child or animal gets into it, it's important to know what the mixture contains.

Take action:

Try one of these sprays to green your clean:

- All purpose cleaning spray with vinegar (avoid on wood, stainless steel, natural stone): Combine $\frac{1}{2}$ cup of hot water, $\frac{1}{4}$ cup of white vinegar, 20 drops of essential oil (I like a combo of lavender & lemon) in a spray bottle.
- All purpose cleaning spray without vinegar (better for marble & granite): Combine 2 tablespoons of vodka, $\frac{3}{4}$ cup of distilled water (tap water can cause streaking), 15 drops of essential oil (I like a combo of lavender & tea tree) in a spray bottle. Use to clean countertops, stovetops, or as a freshening spray for bed linens.
- Glass cleaner: Combine $\frac{1}{2}$ cup of distilled water and $\frac{1}{2}$ cup of rubbing alcohol into a spray bottle. Add 2 tablespoons of cornstarch and shake vigorously. Spritz onto windows, mirrors, or glass and wipe clean with a towel or cloth for a streak free shine!



Our Mission

To cultivate collaboration through education that empowers and celebrates success.

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Limpieza Natural

Lo básico:

Todos merecemos la salud y la felicidad que vienen con un hogar y un cuerpo limpios. Crear tus propios productos de limpieza es una excelente manera de tener control sobre los químicos a los que estás expuesto, y también te da la opción de agregar ingredientes y aromas específicos que prefieras.

Ten en cuenta:

Nunca combines limpiadores a base de amoníaco con cloro o productos que contengan cloro, como el detergente en polvo para lavavajillas. Los vapores que generarán son extremadamente peligrosos. Antes de mezclar cualquier producto, lee primero las etiquetas. Siempre etiqueta las botellas de limpiadores caseros con todos los ingredientes que contienen. En caso de que un niño o un animal tenga acceso a ellos, es importante saber qué contiene la mezcla.

Toma acción:

Prueba uno de estos sprays para limpiar de manera más ecológica:

- **Spray de limpieza multiusos con vinagre** (evita usarlo en madera, acero inoxidable o piedra natural): Combina $\frac{1}{2}$ taza de agua caliente, $\frac{1}{4}$ de taza de vinagre blanco y 20 gotas de aceite esencial (me gusta la combinación de lavanda y limón) en una botella con atomizador.
- **Spray de limpieza multiusos sin vinagre** (mejor para mármol y granito): Combina 2 cucharadas de vodka, $\frac{3}{4}$ de taza de agua destilada (el agua de grifo puede dejar marcas) y 15 gotas de aceite esencial (me gusta la combinación de lavanda y árbol de té) en una botella con atomizador. Úsalo para limpiar encimeras, estufas o como spray refrescante para ropa de cama.
- **Limpiador de vidrios:** Combina $\frac{1}{2}$ taza de agua destilada y $\frac{1}{2}$ taza de alcohol isopropílico en una botella con atomizador. Añade 2 cucharadas de fécula de maíz y agita vigorosamente. Rocía en ventanas, espejos o vidrios y limpia con una toalla o paño para obtener un brillo sin rayas.



Nuestra Misión

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Homemade Soap Recipe

Ingredients

- 11.68oz water
- 4.94oz lye (from Amazon: Red Crown brand)
- 10.6oz olive oil (Kroger)
- 10.6oz coconut oil (Kroger)
- 10.6oz sunflower oil OR grapeseed oil (Kroger)

- Holiday Spice additions: 1/2 T ground cloves, 1/2 T cocoa, 1.75oz orange essential oil, 0.4oz cinnamon essential oil, 0.25oz clove essential oil
- Peppermint additions: 2oz peppermint essential oil, 2 pinches dried peppermint flakes (from tea bag)
- Lavender additions: 2oz lavender essential oil, 1T dried lavender flowers

Equipment:

- Gloves
- Goggles
- Face mask
- Wooden mixing spoon
- 3 large microwave safe bowls
- Ice (optional)
- Electronic scale that is accurate to the hundredths place

- Small sauce pot
- Parchment paper
- Wooden box & silicone mold
- 2 cloth bath towels
- Digital cooking thermometer
- 2 hand towels
- Immersion blender
- Paper towels

Instructions:

1. Arrange all supplies on a clean surface and put on personal protective equipment.
 - a. CAUTION: Lye is very caustic! Take all precautions not to touch the lye with any part of your skin or have it spill. Once you have added water to the lye, the chemical reaction will heat up the mixture to 200°F. Ensure you have a safe space for the lye to cool where it is out of reach of children and animals. If lye comes in contact with the skin, rinse under cool water for at least 10 minutes.
2. Measure lye in one microwave safe bowl and water into another. Take bowls and wooden mixing spoon outdoors or another well ventilated space. Slowly add water into the bowl with the lye, taking care not to breathe in the smoke that's created. Mix thoroughly with the wooden spoon. Set aside lye mixture on a heat safe surface to cool. Optional: to speed up cooling, add ice to the empty water bowl. Nestle the bowl with the lye mixture in the ice to cool.
3. Measure out coconut oil and melt it in the sauce pot. Remove sauce pot from heat. Measure out other oils individually and add to coconut oil in the sauce pot.
4. Take temperature reading of lye mixture. Lye mixture should be between 95°F-105°F before moving to the next step. Take temperature reading of oil mixture. Oil mixture needs to be within 5-10 degrees from oil mixture. Remember you can heat up the oil mixture but you can't heat up lye so be proactive at this part. You can put either bowl in an ice bath if needed.
5. Optional: Measure out essential oils and additions
6. Carefully add oils to lye water without splashing. Mix with an immersion blender until the saponification process is complete. You can tell the saponification process has completed when droplets of the mixture adhere to the surface of the blender creating an emulsion (also known as "trace").
7. Optional: mix in essential oils and additions
8. Pour half of soap mixture in silicone lined box mold
9. Optional: sprinkle on or stir in dry additions if using them
10. Repeat steps 8 & 9 as needed until mold is full
11. Cover top of soap with cut piece of parchment paper so that it is airtight
12. Wrap box mold bath towels so it cools slowly, otherwise it may crack
13. Set to cool on top of fridge or someplace similar
14. Wipe equipment clean with paper towels and then wash in hot soapy water
15. After 48 hours, cut the soap and let it dry under tea towels for six weeks