



## Carpet Cleaner

I do not have carpet in my home so I have not actually tried the following recipe however I have been told by people who have used it that it worked well.

If you're using a steam cleaner fill the reservoir with hot water (I don't know what the reservoir holds but this recipe is for 1 gallon). Add approximately three Tablespoons of unscented castile soap, 1/4 cup of vodka for disinfecting and a total of 20 - 25 drops of essential oils. (one individual informed me that he had less foam buildup in the dirty water collector when he used the oils). You can use one or more oils depending on your preference. Some nice combinations are :

- 10 - 12 drops of vanilla essential oil
- 10 - 12 drops of sweet orange essential oil

or

- 5 drops lavender essential oil
- 5 drops vanilla essential oil
- 5 drops lemon essential oil
- 5 drops ginger essential oil

You may want to blend some of these oils together before you add them to the water in the steam cleaner to ensure that you actually like the fragrance. Everyone has their own particular likes and dislikes so it is always a good idea to mix the blends before making a recipe that you may decide you do not want to use.

**Safety Guidelines :** Always keep essential oils out of the reach of children ; they are powerful substances and some are potentially toxic if ingested. Some oils can irritate skin so they must be mixed with water, or some other medium before use. Some oils should be avoided during pregnancy. To learn which oils are safe during pregnancy please contact a qualified aroma-therapist.