

# Laundry & Cleaning Tricks

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# Laundry & Cleaning Tricks

## Clean Green & Serene

Sparkling results without the waste — simple, safe, and sustainable

Say goodbye to harsh chemicals and hello to a greener home, and a cleaner planet! Making the switch to eco-friendly cleaning doesn't mean sacrificing results. In fact, it often means simpler ingredients, less waste and a healthier environment for you and your family. From natural stain removers to DIY cleaning sprays, these smart, sustainable swaps are better for your budget and the Earth.

*\*Note – When discussing the addition of soap, we are strictly referring to Castile Liquid or Soap bars as it is a versatile vegetable based soap. This means it is made free of animal fats and synthetic ingredients.*

## \*Safety Warnings\*

### First Aid Instructions

**If ingested, seek medical advice immediately.**

**Avoid contact with eyes, skin and open wounds.**

**If irritation occurs, wash affected area with water.**

**Keep out of reach of Children and Pets.**

**Please contact emergency care if either do occur.**

**\*Poison Hotline QLD 24/7 – 13 11 26 \***

**This is a homemade, natural product. No guarantees of effectiveness are made. Always exercise caution when using near children and around animals.**

**Tip:** *Even if it's natural, it's a good idea to treat all cleaning sprays, scrubs, softeners and detergents with the same respect you would a store-bought cleaning products — especially if you're giving or selling it.*

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## Eco Swaps Made Easy — Even When Life's Busy!

Let's be real, we all want to do the right thing for the planet, but between work, life, and endless laundry, it can feel a little overwhelming. The good news? You don't have to do everything at once. It's all about starting small, building habits, and giving yourself credit for every eco-win (even the tiny ones!).

And hey, if DIY isn't your thing or you're short of time, that's totally okay! There are so many amazing, ready-made eco-friendly products out there that make sustainable living super simple (and even fun). Here are a few favourites to get you started = tried, trusted and good for the planet.

### Top Eco-Friendly Products to Try:

1. [Simply Clean](#) – Australian-made, toxin-free cleaning and laundry goodies. Safe for your skin *and* the environment!
2. [Koala Eco](#) – Gorgeous, essential-oil-based cleaners that make your home smell like a spa. Eco-luxury at its best!
3. [Eco Store](#) – Budget-friendly, eco-certified options for your laundry, kitchen, and bathroom.
4. [Who Gives a Crap](#) – Toilet paper that's good for your bum and the planet! Made from 100% recycled or bamboo, wrapped in fun, plastic-free packaging.
5. [Biome](#) – The ultimate eco-hub! From plastic-free scrubbers to soap bars and refillable cleaning products, Biome's got you covered.

*Top tip: Check out Aldi for some "Who gives a Crap" paper. Use less, eco-friendly and easy on the cheeks*



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## Essential Oils for Eco Cleaning

Powerful scents, natural freshness

*Add a little magic to your cleaning routine! Each essential oil brings its own special power — from freshening the air to fighting grime. Here are some favourites that make cleaning feel (almost) like a spa day:*



### Tea Tree

Offers a fresh, medicinal scent which is antibacterial & deodorizing — Ideal for drains and surfaces that need a deep clean.

### Eucalyptus

Provides a cool, refreshing aroma providing an antibacterial & air-purifying qualities — perfect for musty bathrooms or stuffy laundry areas.

### Lavender

Provides a soft, floral scent with Odor-masking & calming qualities — Gives your bathroom or bedroom a gentle, relaxing spa feel.

### Lemon

Delivers a fresh zesty citrus scent with Odor-neutralizing & uplifting qualities — great for kitchens and general surface cleaning.

### Orange (Sweet Orange)

A sweet citrus scent with a lively, uplifting, naturally degreasing and antibacterial fragrance. It cuts through grime and leaves a cheerful, fresh scent — perfect for kitchens and benchtops.

### Geranium

Brings a floral, slightly rosy, with antimicrobial and mood-boosting scent. It adds a gentle fragrance while helping purify the air — great in living areas and bedrooms.

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### Pine

Transports a strong woody and crisp scent, known for disinfectant properties and traditional use in household cleaners. It's excellent for bathrooms and floors.

### Peppermint

Distributes a cool, minty fragrance which is known for offering a natural antibacterial, antifungal, and energizing scent. It's refreshing and great for repelling insects too — ideal for kitchens or entryways.

### Clove

Dispenses a warm, spicy scent with powerful antifungal and antiseptic qualities. It's particularly good for mould and mildew in damp areas.

### Rosemary

A fresh herbaceous and slightly woody scent which is antimicrobial and clarifying. Works well in multi-purpose sprays for kitchens or bathrooms, and pairs beautifully with lemon or eucalyptus.

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Ready to freshen up your routine the eco way? Let's get scrubbing – sustainably!

### General Spray Cleaners

#### All-Purpose Citrus Cleaner

*Ingredients:*

White Vinegar, citrus peels (which ever you have on hand) & water

*How to make:*

Fill a jar with citrus peel of your choice, cover in vinegar, allow to sit for a minimum of 2 weeks. Now strain, then dilute equal parts of your vinegar mix with water and place in a spray bottle. Now grab one of your UpCycled home clothes and clean away with freshness....

*Tip:* Now place all that organic peel into your compost, the vinegar will neutralize quickly in a healthy compost bin, added bonus it will possibly help reduce unwanted pests!

\*As long as you're not dumping large amounts, you're good to go!

#### Citrus Power Stain Spray

*Ingredients:*

1 cup white vinegar, 1 cup water, 10 drops lemon or lavender essential oil

*How to make:* Place ingredients into spray bottle and shake well

*How to use:* Spray onto soiled item and allow to sit for up to 10 mins, before washing.

*Tip:* If you add 1 tsp of Bi-carb to the mix before use, will assist with harder to remove stains 😊

#### Grease Busting Laundry Spray

*Ingredients:* ½ cup white vinegar, ½ cup dish soap (Ecostore is a great option), 1 tsp baking soda, 1 cup warm water

*How to make:* Place all ingredients into a spray bottle, shake well.

*How to use:* Spray directly on oily or greasy stains and allow to sit for up to 20 mins before washing.

*Tip:* This is best used fresh, if requiring a smaller amount half the ingredients for best results.

#### Fresh Fabric Spray

*Ingredients:* 1 cup water, ½ cup vinegar, 10 drops essential oils

*How to make:* Place all ingredients in spray bottle and shake well

*How to use:* Hold bottle 6-8 inches away from clothing, spray in a sweeping motion, avoid saturating fabric

*Tip:* For a fresh clean, sophisticated fragrance try Bergamot.

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## Natural Glass & Mirror Cleaner

*Ingredients:* 1 cup distilled water, 1 cup white vinegar, 1 tbsp rubbing alcohol (optional), 3 drops peppermint or lavender essential oils.

*How to make:* Combine all ingredients in a spray bottle. Store in cool dry cupboard. Shake gently before each use.

## \*How to minimise Micro-Plastic shedding in your Laundry\*

Did you know your laundry habits could be contributing to microplastic pollution?

Many of our clothes are made from a blend of fibres, including **natural materials** like cotton, wool, silk, and linen, **synthetic fibres** such as polyester and nylon, and **reconstituted plant-based fibres** like viscose, rayon, and lyocell. While natural fibres break down more easily in the environment, synthetic fibres—derived from petroleum—are a form of plastic and do not biodegrade.

When we wash synthetic clothing, **millions of tiny plastic fibres** (called *microfibers*) are released. These microfibers are a major source of microplastic pollution, shedding due to friction during washing. Unfortunately, even with wastewater treatment, a significant number of these particles make their way into rivers, lakes, and oceans.

## How Microplastics Affect the Food Chain

Once in the environment, microplastics are easily mistaken for food by marine organisms such as plankton, small fish, and shellfish. These organisms ingest the particles, which can cause physical harm, disrupt feeding patterns, or introduce toxic substances into their systems.

As these smaller creatures are consumed by larger animals, **microplastics move up the food chain**—accumulating in birds, fish, and even marine mammals. Eventually, they can end up on our own plates. Research shows that humans may be exposed to microplastics through seafood, salt, water, and even the air we breathe. Though the long-term health impacts are still being studied, there's growing concern about their effect on the gut, hormones, and overall wellbeing.

## What You Can Do: Practical Ways to Reduce Microplastic Pollution from Laundry

1. *Wash Less Often:*  
Washing less frequently helps reduce fabric wear and friction, meaning fewer microfibers are released. Aim to wear items multiple times when appropriate before washing.
2. *Use Cold water:*  
Cold water washes are gentler on fabrics and release fewer microfibers than hot washes. It's also energy-efficient—a win-win!



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3. *Install a Microfibre Filter or use a Laundry Bag:*  
Add-on filters or laundry bags can trap microfibers before they enter the wastewater system:
  - **Microfiber filters** (available at Bunnings, Harvey Norman, and The Good Guys) are affordable and effective solutions for capturing microfibers.
  - **Mesh laundry bags** like Guppyfriend or Cora Ball help reduce fibre loss and collect microplastics during the wash.
4. *Use Less Detergent:*  
Too much detergent can lead to more vigorous washing, which increases fibre breakdown. Use the recommended amount—less is often more when it comes to microplastic prevention.
5. *Line Dry Instead of Using the Dryer:*  
Dryers can release microfibers into the air. Line drying not only helps reduce shedding but also extends the life of your clothing.
6. *Choose Natural Fibres When Shopping:*  
Natural fabrics like **organic cotton, wool, or linen** shed fewer harmful fibres and decompose more easily in the environment.
7. *Rethink Your Wash Cycle:*  
Ironically, *delicate* or *gentle* cycles can cause more microfiber shedding due to longer wash times. Use regular or eco modes when suitable, especially for synthetic clothing.

### Every Load Counts

Making a few simple changes to your laundry routine can significantly reduce your environmental footprint. By being more mindful of what we wear and how we wash, we can help limit microplastic pollution, and protect our waterways, wildlife and future generations.

### Laundry Detergents

#### Bare Laundry Powder

*Ingredients:*

1 cup washing soda, 1 cup Bi-carb, 1 bar grated castile soap

*How to make:*

Mix altogether, store in an UpCycled Jar which is air tight!

*How to use:*

Use 2 tbsp mix for general load (3 for washing that requires a little more – that extra soiled load!)

#### Classic & Simple Laundry Powder

*Ingredients:* 1 cup washing soda, 1 cup Bi-carb, 1 bar soap (grated), 10-15 drops essential oils

*How to make:* Mix all ingredients into a large bowl, store in an airtight container.

*How to use:* 1-2 tbsp per wash load

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*Tip:* Use lavender, lemon or eucalyptus in your mix for a fresh smell all round.

## Laundry Liquid Detergent

*Ingredients:* 1 bar soap (grated), 1 cup washing soda, ½ cup Bi-carb, 10-15 drops essential oils, Approx 8 cups water

*How to make:* In a saucepan, melt grated soap with water (8 cups to begin with), add washing soda and Bi-carb until all dissolved, add essential oils after cooling and stir, pour mixture into large container, then add additional water to make up to 2-3 litres total. Stir well and allow to cool. Shake mix before each use.

*How to use:* Shake before use. Use ¼ - ½ cup per load.

## Snuggle Soft Baby Wash Powder

*Ingredients:* 1 cup washing soda, 1 cup oxygen bleach (like sodium percarbonate), ½ cup Bi-carb, few drops of essential oils.

*How to make:* Mix all ingredients in a bowl, store in air tight container.

*How to use:* 1-2 tbsp per load.

*Tip:* Unscented is best for babies, best not to add essential oils before 3 months of age. Best not to add essential oils if your baby has sensitive skin.

*Top Tip:* 5 drops lavender soothes, promotes calm and leaves a mild floral smell. 3 drops Roman Chamomile mixed with 2 drops lavender is a gentle duo that perfect for bedtime, wash baby sheets and pyjamas. 3 drops mandarin and 2 drops lavender is uplifting and sweet. 2 drops sweet orange and 1 drop lavender is delicate and soft and mildly uplifting.

*Bonus Tip:* Stick to top quality essential oils, possibly organic. Avoid essential oils such as eucalyptus, peppermint, tea tree, rosemary and clove for babies under 2 yrs.

## Snuggle Suds Baby Liquid

*Ingredients:* 1 bar pure castile soap or baby soap (unscented is best e.g. goats milk or olive oils based), ½ cup washing soda, ½ cup oxygen bleach, 10-12 cups water, 5-10 drops essential oils.

*How to make:* Grate soap finely. In a larger saucepan, dissolve the soap in approx 4 cups water hot water over medium heat. Add washing soda and oxygen bleach, stirring until all dissolved. Pour mixture into large container or Jug. Add remainder of water (warm). Shake well before each use.

*How to use:* ¼ - ½ cup per regular size load.

*Tip:* Unscented is best for babies, best not to add essential oils before 3 months of age. Best not to add essential oils if your baby has sensitive skin.

*Top Tip:* 5 drops lavender soothes, promotes calm and leaves a mild floral smell. 3 drops Roman Chamomile mixed with 2 drops lavender is a gentle duo that perfect for bedtime, wash

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### Fabric Softeners

#### Fluff & Fresh

*Ingredients:*

1 ½ cups white vinegar, Mix of 10-15 drops of essential oils

*How to make:*

Mix well, store in an UpCycled Jar which is air tight!

*How to use:*

Add ¼ cup to your rinse cycle.

*Tip:* Be creative with your senses. Choose some fragrances you like – personally we always use a lavender base for our sheets it has a soft floral scent, assists in relieving stress, eases your tired muscles and helps promote sleep – perhaps even add a little vanilla to allow the scent to become calmer. You can even be adventurous and test out Bergamot which has a bright citrus scent layered with gentle spicy and balsamic hints which is also uplifting and comforting.

*Bonus:* This method also assists in soap reissue build-up

#### Soft & Simple

*Ingredients:*

1kg Epsom salts, 20-30 drops essential oils

*How to make:*

Place Epsom salts into a bowl with your essential oils and mix well.

*How to use:*

Add 1/3 cup to your rinse cycle.

*Tip:* Please be creative with your senses. Once again lavender is lovely to use, however mix some fragrances and let your senses go wild. This mix will truly enhance the feel of your towels also making them so soft and gentle on your skin.

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## Drain Fresheners

### Fizz & Fresh Drain Cleanse

*Ingredients:*

½ cup Bi-carb, ½ cup vinegar, essential oils

*How to use:*

Place 10 drops of your favourite essential oils into drain, pour Bi-carb into drain, followed by the vinegar. Allow this aromatic mix to fizz up for up to 10 mins then chase down with some hot water (kettle is best here).

*Tip:* The method is able to be completed 2 different ways here. You can use the fizz mix first then after flushing with hot water you add your essential oils. Pick your preference. If you choose the second version you are able to allow the essential oils sit and settle, therefore the scent is able to last longer.

*Top tip:* Let your senses run wild with this one, we use 4 drops Tea Tree, 4 drops Eucalyptus and 4 drops Lavendar essential oils – this tends to leave behind a fresh illuminating scent for all to enjoy.

### Citrus Drain Bomb

*Ingredients:* 1 cup Bi-carb, ¼ cup citric acid, 1 tbsp water, 10-15 drops orange or lemon essential oil, silicon- or ice cube mold tray.

*How to make:* Mix all ingredients until it resembles wet sand. Press into silicone-molds or ice cube tray. Allow to sit and dry over night. Store in an UpCycled container or glass jar.

*How to use:* 1-2 bombs into the drain, wait 10 mins, then rinse with hot water.

### Herbal Vinegar Rinse

*Ingredients:* Citrus peels and fresh herbs, white vinegar.

*How to make:* Place peels and herbs into an UpCycled glass jar, cover with white vinegar. Let the mix sit for up to 2 weeks. Strain. Use ½ cup directly into drain. Use weekly to maintain a fresh-smelling drain.

## Stain Removing Scrubs, pastes & other household cleaners

### Stain Buster Paste

*Ingredients:*

Bi-carb and water

*How to make:*

4 tbsp Bi-carb, a few drops of water (enough to make a paste, amounts will change depending on size of stain)

*How to use:*

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Using a freshly made soft wash cloth, place a small amount on cloth and rub gently on stovetops, grout or stained mugs (just a few examples).

*Tip:*

Place a small amount of lemon essential oil to the mix, smooth cleansing paste for your kitchen.

### Sparkle & Scrub

*Ingredients:* 2 tbsp baking soda, 1 tbsp water or lemon juice, optional 1 drop of lemon or tea tree essential oil.

*How to make:* Mix into a thick paste.

*How to use:* Apply directly to stain, Use an old toothbrush to scrub lightly. Allow to sit for up to 15mins. Wash as usual.

*Tip:* Great for sweat, deodorant and food stains

### Golden Glow Scrub

*Ingredients:* 1 tbsp raw Honey, 1 tbsp Bi-carb

*How to make:* Combine gently to for thick paste.

*How to use:* Dab onto stain and massage gently. Allow to sit for 15-20 mins. Wash as per usual.

*Tip:* Best for delicates and Baby Clothes

### Fresh Pickle Polish

*Ingredients:* 2 tbsp coarse salt, 1 tbsp white vinegar, 1 drop eucalyptus essential oil.

*How to make:* Mix into a gritty paste

*How to use:* Rub directly onto stubborn stains. Allow to sit for 10-15 mins. Rinse and then wash as per normal.

### Tub & Tile Cleaner Paste

*Ingredients:* ½ cup Bi-carb, 1 tbsp dish soap, 1 tbsp hydrogen peroxide or white vinegar

*How to make:* Mix all ingredients into a paste.

*How to use:* Apply with a sponge, scrub then rinse well.

### Natural Floor Cleaner

*Ingredients:* 3.5 litres warm water, ½ cup vinegar, 8-10 drops essential oils

*How to make:* Mix directly into your mop bucket.

*How to use:* Mop as usual, rinsing not necessary unless sticky residue remains.

*Tip:* Lemon and tea tree essential oils recommended.

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### DIY Toilet Bombs

*Ingredients:* ½ cup Bi-carb, ¼ cup citric acid, 1 tbsp water, 10 drops essential oils, silicon- or ice cube mold tray.

*How to make:* Mix together in small bowl. Press into silicon- or ice cube mold trays. Allow to dry over night. Store in air tight container.

*How to use:* Drop 1-2 in the toilet to fizz and freshen.

*Tip:* Great for quick freshening and deodorise.

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