

DIY RECIPES

FOR A HEALTHIER HOME



**Wholefoods
Market**



DESIGN & ARTWORK BY SOUL-O CREATIVE
FOR BIN INN RETAIL GROUP LTD

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ALL CLEANING INGREDIENTS COME WITH VARYING DEGREES OF HAZARDS THAT YOU SHOULD BE AWARE OF. PLEASE ENSURE THAT YOU READ THE LABELS CAREFULLY AND USE AS DIRECTED.

- **Keep out of reach of children**
- Store securely and safely in glass or other suitable containers.
- Clearly label each product.
- If medical advice is needed your Bin Inn store can provide product information.
- These products are intended for household use.
- These products may be toxic to aqua life and should not be disposed of in waterways or stormwater drains.
- When using cleaning products always wear protective eye wear, gloves and clothing.
- If any of these ingredients get in your eyes, rinse immediately with water for 15mins.
- If in contact with skin, rinse the area thoroughly with water and remove contaminated clothing.
- If you swallow any, rinse your mouth and drink water as per instructions on the label and do not induce vomiting.
- At any time if symptoms persist seek immediate medical advice.

NATURAL CLEANING ESSENTIAL INGREDIENTS



Many everyday household items are among the ingredients to create your natural cleaning ingredients, and they can be used on their own or in any number of DIY natural cleaning recipes.

Creating your own DIY range can save \$100's every year, and they are proven to work

BAKING SODA Works best on proteins, grease, and animal messes, and because it's only slightly abrasive, it can scour surfaces without fear of scratching. It's also a natural deodorizer and less expensive than commercial scrubbing powders.

BORAX (Sodium Tetraborate) is an alkali that's good for cutting grease, oil, and dirt. Borax occurs naturally, being produced by the repeated evaporation of seasonal lakes.

BORAX SUBSTITUTE (Sodium Sesquicarbonate), a mixed crystal of Sodium Carbonate (washing soda or soda crystals) and Sodium Bicarbonate (bicarbonate of soda). It has a similar pH to borax. It is also gentler than Sodium Carbonate yet stronger than Bicarbonate of Soda. The water bound up in the crystal means that the product is cold-water-soluble, unlike Sodium Carbonate (washing soda/soda crystals), which cakes with cold water.

CASTILE SOAP is available in liquid or bar form and helps rinse dirt away. It's made with olive oil or a vegetable base and is available unscented or scented. Both attach to soil at the molecular level, so you can rinse dirt away with water.

DISTILLED WHITE VINEGAR works on alkaline substances by dissolving scale, inhibiting mold, and cutting soap scum. A mild acid, it's terrific for removing coffee stains, rust, wax build up and tea. It's typically sold diluted in water at a 4% concentration, but more effective at higher concentrations, so pay attention to the fine print.

HYDROGEN PEROXIDE is simply water with an extra oxygen molecule (H_2O_2). It breaks down into harmless oxygen and water, so it's a more eco-friendly alternative to chlorine bleach.

LEMON lends a fresh scent, but it's also hard-working, especially when combined with another green cleaning product, borax. Both are known for their cleaning and whitening powers, but each work differently. Because it is an alkali, borax is good for cutting grease, oil, and dirt. Lemons are slightly acidic, so they work well at eliminating soap scum and hard-water. No Lemons? – just use Lemon Juice.

SALT is a cleaning powerhouse, thanks in part to its abrasive nature. Use this natural cleaning product to scrub away baked-on grime on oven racks or stove grates or partner salt with lemon wedges to clean copper. For a paste that removes hard-water stains, mix 1/4 cup salt with 2 tablespoons vinegar.

SODIUM PERCARBONATE (Oxygen Bleach) Sodium Percarbonate is another must have ingredient that can be used around the house in multiple areas that need to be de-stained, deodorized or cleaned. It is efficient, safe, non-toxic, environmentally safe, biodegradable, and leaves no harmful by-products or residues which may harm the environment.

Main benefits:

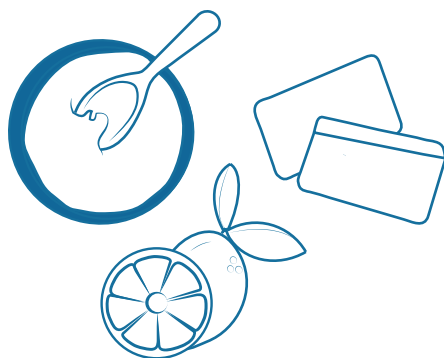
- No environmental hazards – breaks down to oxygen, water, and sodium carbonate is wash water.
- Colour safe and fabric safe. It brightens colours
- Continual use will not cause yellowing of cotton fabric.
- Effective stain removal
- Does not weaken fabric strength like chlorine bleach
- Popular with campervanners for flushing out and deodorising onboard holding tanks.
- Very effective laundry pre-soak.

Please note: Sodium Percarbonate is not suitable to use on silk or wool.

Handy Tip

Lemon (Acidic) & Borax (Alkali) work well together.

To get the benefits of both, dip a lemon half in borax and use it as a scrubber for the bathroom, kitchen counters, cupboards, and appliances—any surface that is likely to have both alkali and acidic dirt. To remove rust or food stains on countertops, rub a cut lemon over the spot or squeeze fresh lemon juice onto the area and let it sit for up to 30 minutes



NEXT TO NATURAL 8.5 CLEANING VINEGAR 2L

Naturally fermented,
8.5% Acetic Acid.

Next to Natural
– exclusive to
Bin Inn stores
nationwide.

NEW



*A staple for many
elements of cleaning
around the home, great
value for money, and
trusted for many years.*

WHAT IS NATURALLY FERMENTED CLEANING VINEGAR?

Natural White Vinegar is made by fermenting alcohols distilled from corns or grains. Bacteria process the alcohol into acetic acid and water » vinegar.

Most Vinegar used for cooking is 4% acetic acid, whereas Next to Natural Cleaning Vinegar is double strength at 8.5% acetic acid.

Industrial vinegar contains up to 20% Acetic Acid and releases strong fumes. It is listed hazardous goods with restricted supply.



Next To Natural 8.5 White Cleaning Vinegar is a naturally fermented concentrate which as the name suggests, is 8.5% acetic acid. In many of the DIY cleaning recipes it should be diluted, in others it can be used "neat".

SAFE USE TIPS

White Cleaning Vinegar can be safely mixed with other ingredients as outlined in this booklet, but it should never be mixed with any bleach or other chemical cleaners as it can give off toxic fumes and become hazardous.

Cleaning Vinegar should not be consumed or used in cooking. Unlike cooking vinegar, it may not be tested for all the impurities that could impact on the human body.

Never use vinegar solutions on stone surfaces such as granite or marble, cast iron, aluminium, or waxed surfaces. The acid in the vinegar can etch, pit, and strip finishes or otherwise damage these surfaces.

Cleaning vinegar can also cause disintegration on rubber gaskets.

DIY CLEANING SOLUTION

Great for the planet
Great for your wallet
Great for your home

BRING
YOUR OWN
CONTAINER FOR A

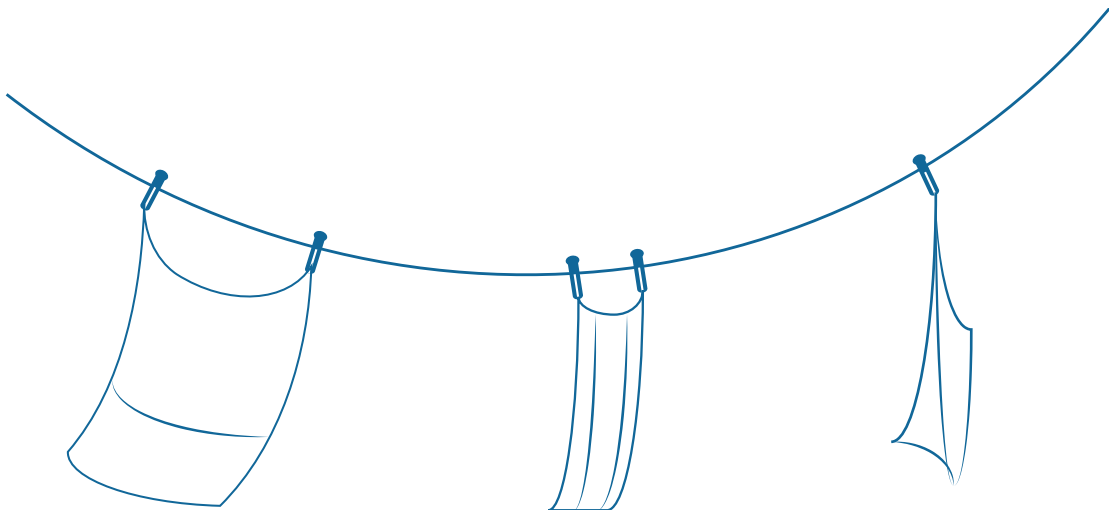
5%
DISCOUNT



your best choice
for a clean home

A wicker laundry basket filled with clean laundry. A bright blue t-shirt is prominently displayed on the left, and a light blue long-sleeved shirt is on the right. The basket is made of woven wicker and sits on a light-colored surface against a plain white background.

LAUNDRY



HOMEMADE NON-TOXIC LIQUID LAUNDRY DETERGENT

INGREDIENTS

½ cup Natural Borax
½ cup Washing Soda
½ cup of Castile Liquid Soap
4 cups Hot Water

Combine the first three ingredients into a large container (i.e recycled milk bottle) and then pour in the water to dissolve the ingredients. Fill the container to the top with cold water. Shake before each use. For a standard-sized load of laundry, ¼ cup should work. Use a little extra for a more heavily soiled load.

Handy Tip

Wash new towels in
120gm of Baking Soda to
increase fluffiness and
absorbency

LAUNDRY

HOMEMADE FABRIC SOFTENER

INGREDIENTS

5 ½ cups water

1 x 400ml bottle of your favourite
natural hair conditioner

2.5 cups Next to Natural 8.5 cleaning vinegar
diluted to 1:1 with water. 20 drops of essential
oil for fragrance (optional)

Combine all ingredients in a bowl and mix
well. Pour into empty storage container
(such as empty fabric soft container). Use
approximately ¼ cup per normal washload
prior to the rinse cycle.

HOMEMADE DRYER SHEETS

WHAT YOU'LL NEED

Find some old cotton t-shirts and cut them
into washcloth sized squares. Next, you will
take some of the homemade fabric softener
from the previous recipe. Fill about ½ of an
airtight, lidded storage container with this.
Place the t-shirts in the container and press
them down to soak up the fabric softener.
Squeeze out excess before tossing a square
into the dryer with your clothes. These are
obviously recyclable, and don't have to be
laundered between uses!

HOMEMADE STAIN REMOVER

INGREDIENTS

Baking Soda

Next to Natural 8.5 Cleaning Vinegar.

Water

Dilute the Vinegar in a 1:1 ratio with water (1 part vinegar /1 part water). Simply sprinkle the baking soda onto the stain, spray with diluted 8.5 cleaning vinegar. Scrub the paste into the stain and let it stand for about 20 minutes. Launder as usual.

Handy Tip

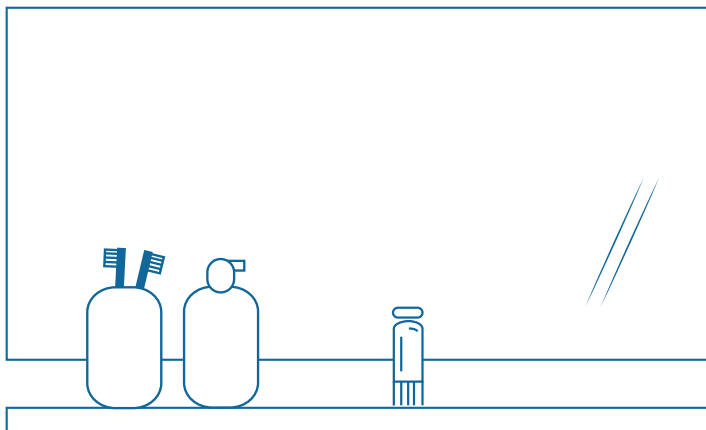
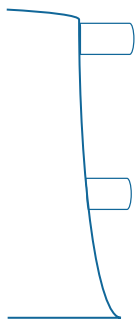
Clean fruit & vegetables with Baking Soda, sprinkle in water, soak and rinse before eating or cooking



The **Soapnut** is the dried fruit of the Ritha tree and the saponin released is a 100% substitute to normal detergents. Ideal for washing clothes, dishes, cloth nappies, as a liquid soap, cleaning and shining ornaments, household cleaner etc.



BATHROOM



HOMEMADE GLASS SHOWER DOOR CLEANER

INGREDIENTS

Next to Natural 8.5 cleaning vinegar

Water

Dishwashing liquid

Spray bottle

Sponge

Cleaning cloth

Add equal parts Next to Natural cleaning vinegar and water in a spray bottle. Pour 1 teaspoon of dishwashing liquid into the spray bottle. Spritz solution onto shower door and let sit for 15 minutes. After 15 minutes, use a cloth to wipe clean. For heavy build-up scrub with a delicate scrubber or eraser-type sponge. Rinse and buff dry each use. For a standard-sized load of laundry, $\frac{1}{4}$ cup should work. Use a little extra for a more heavily soiled load.

Handy Tip

To help reduce soap scum build up shower glass, squeegee after showering on a daily basis.

BATHROOM

HOMEMADE TOILET CLEANER

INGREDIENTS (OPTION 1)

1 cup Next to Natural 8.5 cleaning vinegar
1 cup Baking Soda

Mix together equal parts 8.5 cleaning vinegar and baking soda in a container. Once the mixture is complete, pour it into the toilet bowl and wait for it to fizz. After the fizzing subsides, take a brush and use it to scrub away any stains or spots in the bowl.

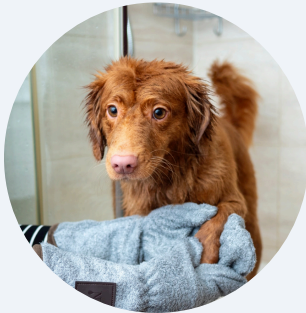
INGREDIENTS (OPTION 2)

1 cup Baking Soda
½ cup Citric Acid
½ cup Next to Natural 8.5 cleaning vinegar

Combine the baking soda and citric acid in a bowl, gently stir. Store the cleaning vinegar in a separate container. Start cleaning toilet by adding the citric acid and baking soda mix, allowing it to sit in the bowl for two minutes. Scrub the bowl. Then add the cleaning vinegar, allowing it to bubble. Once the bubbling subsides scrub the toilet again and flush.

Handy Tip

Add 120mls (1/2 cup) of Sodium Percarbonate to the toilet and flush into the septic tank twice a week.



Our natural cleaning recipes are great for the planet, great for your wallet, and great for this guy

HOMEMADE TOILET DEODORIZING & CLEANING BALLS

INGREDIENTS

½ cup Baking Soda
½ cup Citric Acid
½ cup Borax
Water in a spray bottle
1 litre size container
25 drops essential oil (your choice)
Silicon molds

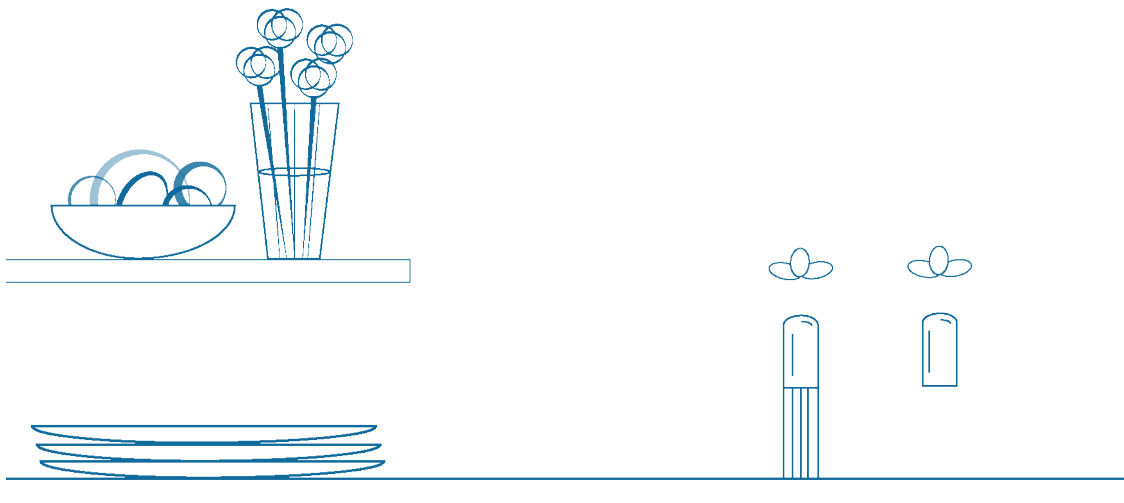
Place the baking soda, citric acid & borax into the container. Thoroughly mix and knead to combine ingredients. Spray 2-3 times with water. Mix and knead until all the moisture is absorbed. Repeat this step a few times but don't overdo the water as you may end up with a weak, crumbly product. It's ready when the mixture stays clumped and has the consistency of pie dough. Add the essential oils and mix again. Place the mixture into your silicone mould. Leave the balls to dry for upto 48 hours, then unmold. They will appear fragile at first but will harden considerably over the next few days. Store in sealed jar until ready for use. To clean your bowl just drop one in and they will fizz up, releasing the cleaning and deodorising properties.



Lemon (Acidic) & Borax (Alkali) work well together. To get the benefits of both, dip a lemon half in borax and use it as a scrubber for the bathroom, kitchen counters, cupboards, and appliances—any surface that is likely to have both alkali and acidic dirt. To remove rust or food stains on countertops, rub a cut lemon over the spot or squeeze fresh lemon juice onto the area and let it sit for up to 30 minutes.

KITCHEN





HOMEMADE LIQUID DISH SOAP

INGREDIENTS

½ cup warm distilled water

2 tsp coarse sea salt

½ cup Next to Natural 8.5 cleaning vinegar

½ cup castile soap

1 tsp lemon juice

Lemon essential oil (optional)

Combine distilled water with salt, stirring until the salt is dissolved. In a separate bowl, combine the vinegar, castile Soap, and lemon juice. Stir this mixture into the salt-water mixture. Stir until thickened. Pour mixture into a recycled container for storage.

Handy Tip

You may wish to add 10 – 15 drops of lemon essential oil both for scent and for disinfectant properties.

KITCHEN

HOMEMADE RINSE AID

INGREDIENTS

500ml Next to Natural 8.5 cleaning vinegar

500ml water

10-12 drops essential oil (optional)

Dilute the cleaning vinegar by mixing with the water. Add the drops to the container of vinegar. Mix together and store in a suitable container Use 1/4 cup in the rinse cycle.

HOMEMADE LIQUID SOAP - USING SOAP NUTS

INGREDIENTS

1 cup deseeded dried soap nuts

6 cups of water

10-15 drops of essential oil of choice (optional).

Add 1 cup soap nuts to 6 cups of water in a pot. Bring to a gentle boil. Reduce heat and cover the pan. Let simmer over low heat for about 45 minutes. Strain liquid into a bowl and set aside. Once the solution has cooled, you can add essential oils of your choice. Reuse soap nuts for another batch. Add 4 cups of water, simmer for 30 minutes, strain and add to the first batch.

HOMEMADE ALL PURPOSE CLEANER

INGREDIENTS

1 cup Next to Natural 8.5 cleaning vinegar

1 cup Water

2 tsp Lemon Juice

Lemon essential oil (optional)

Combine ingredients into a spray bottle and let sit for 5-7 days. Ideal to use to most surfaces, although not granite benches, and stainless steel.

HOMEMADE ALL PURPOSE DEODORISER & CLEANER

INGREDIENTS

4 tablespoons Baking Soda

1 litre Warm Water

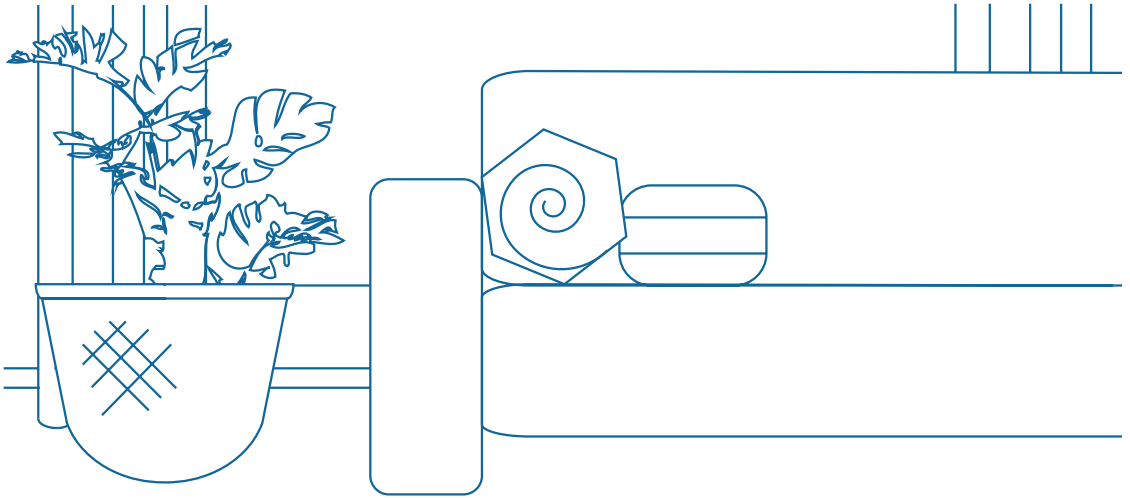
Combine ingredients into a spray bottle. Ideal to use on kitchen counters, appliances, stainless steel, inside fridges/ microwaves.

Handy Tip

Skip the store-bought sprays, which can be irritating to people who are sensitive to smells or chemicals.



AROUND THE HOME



HOMEMADE UPHOLSTERY FRESHENING SPRAY

INGREDIENTS

1/4 cup baking soda

10 drops essential oil, such as lavender

1-1/2 cups water

Use a funnel to add the baking soda to a spray bottle. Add the essential oil. Fill the bottle with water and shake gently to combine. Test on a small, inconspicuous area of upholstery (such as on the back or under a cushion) to ensure it won't leave a mark. Spray over upholstery whenever it needs freshening.

Handy Tip

Get streak free windows with this simple homemade cleaner. Invest in some soft cotton or linen cloths for best results.

AROUND THE HOUSE

HOMEMADE DUSTING SPRAY

INGREDIENTS

1 Tbsp liquid soap
15 drops lemon essential oil
2 cups water

Combine ingredients in a spray bottle and shake gently to combine. Use as you would any typical dusting spray, either spraying onto a clean cloth and wiping, or spraying on the surface and wiping.

HOMEMADE WOOD POLISHING SPRAY

INGREDIENTS

$\frac{3}{4}$ Cup of Olive Oil or Avocado Oil
 $\frac{1}{4}$ Cup Next to Natural 8.5 cleaning vinegar
Essential Oil (optional, your choice of fragrance)

Combine ingredients in a spray bottle and shake before use. Spray directly onto wood furniture and buff with a clean, dry cloth.

HOMEMADE WINDOW AND GLASS CLEANER

INGREDIENTS

2 cups water
 $\frac{1}{4}$ cup Next to Natural 8.5 cleaning vinegar
 $\frac{1}{2}$ teaspoon dish soap

Mix all ingredients in a large spray bottle. Shake to combine. Use on windows or glass fronts of appliances.

HOMEMADE NATURAL FLOOR CLEANER

INGREDIENTS

3.5 litres water

½ cup Next to Natural 8.5 cleaning vinegar

Mix together water and cleaning vinegar in a bucket and use to mop your floors.

Note: Vinegar and other acidic cleaners should not be used on stone floors.

HOMEMADE CARPET STAIN REMOVER (PROTEIN BASED)

INGREDIENTS

1/4 cup table salt

1/4 cup Next to Natural 8.5 cleaning vinegar

1/4 cup borax

Mix ingredients into a paste and apply to the stained area. Let it dry for 24 hours and vacuum. The paste kills bacteria and acts as a deodorizer as it removes the stain. After vacuuming, clean the area with water to remove residue. Blot well with a clean, dry cloth. This carpet stain remover recipe is effective on protein-based stains like blood, bodily fluids, dairy products, baby formula, eggs, and baby food.

Note: Always test in an inconspicuous spot first.

Handy Tip

It's important to match the type of stain to the kind of cleaner you use.

HOMEMADE AIR FRESHENER (VINEGAR BASED)

INGREDIENTS

½ cup Next to Natural 8.5 cleaning vinegar

3 cups water

Essential Oil (your choice of fragrance, up to 25 drops depending on desired strength)

Combine in a spray misting bottle and spray to freshen the room. Ratio of ingredients can be altered to suit personal preference.

HOMEMADE AIR FRESHENER (ALCOHOL BASED)

INGREDIENTS

1 ethyl alcohol (or Vodka)

3 cups water

10-20 drops essential oil

Add all ingredients to a spray bottle and mist into the air as needed.

Note: If you can't buy ethyl alcohol, Vodka is a favourite for homemade cleaners. It contains ethyl alcohol, a main ingredient in many store-bought air fresheners. Any kind of vodka will work, so there's no need to spring for a top-shelf bottle. Isopropyl Alcohol can also be used but handle this product with care.

CARPET DEODORISER

INGREDIENTS

- 1 cup baking soda
- 1/2 cup cornstarch
- 5 drops of any essential oil

Combine the baking soda and cornstarch in a medium bowl, then add 5 drops of your favourite essential oil. Stir to combine the ingredients and pour the mixture into a Perfit jar using a funnel. Using a hammer and nail, (or drill) punch small holes into the jar's lid. Sprinkle the homemade deodoriser onto carpets as needed. Let the mixture sit for at least 30 minutes before vacuuming up. **Mix together a homemade carpet deodoriser to freshen up area rugs and floors.**

Handy Tip

This recipe works with any essential oil, so choose one that smells best to you.



Pair your DIY recipes with environmentally friendly cleaning essentials. Find them at Bin Inn stores nationwide.

HOMEMADE ODOUR REMOVERS



Baking Soda – a go-to DIY home cleaning basic.

WARDROBE *Keep a small box of Baking Soda to absorb any lingering smells and prevent them permeating your clothing. Change every month.*

BABY STAINS *Dip a moist cloth in Baking Soda and dab onto the stain and the odour will go away.*

URINE *Soak soiled clothing or sheets in a mix of 120gm Baking Soda in a bucket of water for 30 mins before washing. For pet accidents clean up the fluid then sprinkle Baking Soda onto the patch.*

VOMIT *Sprinkle Baking Soda over stained area and leave for 60 mins then wash as usual. This method can be used on clothing, rugs, bedding & carpet.*

STUFFED ANIMALS *Sprinkle your child's soft toys with Baking Soda and leave for about 15 mins. Brush off and lingering odours will have disappeared.*

KITCHEN SPONGES & SCRUBBERS *Soak them overnight in a mix of 1 litre water and 4 tablespoons of Baking Soda. Halve recipe for 500ml solution.*

RUNNING SHOES *Sprinkle 25gs of baking soda into your running shoes to eliminate odours.*



Coromandel Mountains Tea Tree 100% Pure Manuka & Kanuka Oil Manuka Oil really is one of nature's wonders and has long been valued for its health benefits. It is antifungal, antiviral and antibacterial with research showing it is effective against many ailments including –acne, athletes foot, cold sores, itchy skin & scalp, cuts & abrasions, rashes, throat infections, colds, bee & insect stings just to name a few. Kanuka oil is an effective anti-inflammatory with antibacterial properties. Together they make a powerful combination.

ESSENTIAL OIL COMBINATIONS

You can use a single essential oil for your DIY home cleaning products or you can mix up a few for different purposes or just for the smell.

Rosemary is supposed to be calming and helpful for focus, which I think we could all use. A combination of rosemary, cedar and vanilla can be refreshing and invigorating. Frankincense or cedar can be added to create a woody aroma.

Essential Oils with antiseptic properties include lemongrass, eucalyptus, orange or peppermint.

Lavender is a classic for calming, and lemon is a great option if you like the "clean" scent of traditional cleaning products.

PURIFY THE AIR AROUND YOUR HOME WHILE YOU TACKLE YOUR ANNUAL SPRING CLEANING RITUALS.

*2 drops Rosemary Essential Oil
3 drops Lemon Essential Oil
3 drops Lime Essential Oil*

AWAKENING MORNING BLEND TO SHAKE OFF THE SLUMBER AND TAKE ON THE BRAND-NEW DAY.

*3 drops Bergamot Essential Oil
2 drops Grapefruit Essential Oil
1 drop Ylang Ylang Essential Oil*

ALLERGIES? KEEP SYMPTOMS AT BAY AND GIVE YOUR IMMUNE SYSTEM A BOOST.

*4 drops Lemon Essential Oil
3 drops Rosemary Essential Oil
2 drops Frankincense Essential Oil
1 drop Eucalyptus Essential Oil*

REMINISCENT OF THE FRESH SPRING AIR, THESE OILS BRING A CLEAN, SUBTLY SWEET AROMA.

*2 drops Lemon Essential Oil
2 drops Lavender Essential Oil
2 drops Eucalyptus Essential Oil*

A ROMANTIC, RELAXING BLEND OF FLORALS AND CITRUS. PERFECT FOR A CANDLELIT SPRING EVENING.

*3 drops Grapefruit Essential Oil
3 drops Lavender Essential Oil
3 drops Ylang Ylang Essential Oil*

RECREATE THE CALMING SMELL OF THE SPRING RAIN.

*3 drops Cedarwood Essential Oil
2 drops Rosemary Essential Oil
2 drops Ylang Ylang Essential Oil
2 drops Patchouli Essential Oil
1 drop Spearmint Essential Oil*

A SIMPLE BLEND TO HELP GET FOCUSED ON WHAT YOU WANT.

*3 drops Eucalyptus Essential Oil
3 drops Spearmint Essential Oil
3 drops Ylang Ylang Essential Oil*

When making a room spray with essential oils, you can use alcohol as a base to help disperse the essential oils and help the spray dry quickly.

The types of alcohol commonly used for this purpose is either vodka, ethyl alcohol, or isopropyl alcohol (rubbing alcohol). Vodka is often preferred due to its neutral scent, but isopropyl alcohol is also commonly used because it is readily available and inexpensive. Ethyl Alcohol can be hard to find.

Here are some considerations for each type of alcohol:

VODKA is a good choice for room sprays as it is clear, odorless, and blends well with essential oils. It is also safe to use and less likely to cause irritation. You can use regular vodka or high-proof vodka, depending on your preference.

ISOPROPYL ALCOHOL is another option for making room sprays with essential oils. It is a more economical choice compared to vodka. However, it has a distinct smell that may not be as pleasant as other options. If you choose to use isopropyl alcohol, it is recommended to use the highest percentage available (usually 70% or higher) to ensure that it evaporates quickly and doesn't leave a residue.

ETHYL ALCOHOL is another name for Ethanol, and can also be referred to as white methylated spirits. It is also known as "drinking alcohol" as it is often fermented naturally from grains or sugars and often used in food and beverage production. It's also used cosmetics, as a base in cleaning products, and as an additive to fuels.

CAUTION
All alcohol-based products should be handled with care, and the safety instructions for each product should be read and understood. Always wear gloves and eye protection when using these products.



ECO-FRIENDLY CLEANING TOOLS

**TAKE THE
PLASTIC OUT OF
CLEANING WITH
OUR RANGE OF
SUSTAINABLE
CLEANING
PRODUCTS.**



At every Bin Inn store you will find a great range of environmentally friendly cleaning tools to keep your home hygienic and clean. Whether it be for the kitchen, bathroom, or laundry, we will have the right tool for you.





OUTDOORS



HOMEMADE CONCRETE CLEANER

INGREDIENTS

2 Litres Next to Natural 8.5 Cleaning Vinegar

6 Litres water

1 cup of salt

1 cup washing soda

Mix ingredients together. Use a brush broom to rub into the concrete. Leave for 48 hours and hose off, or until the rain washes it off. For small areas alter the mix to the same ratios.

Handy Tip

Wash new towels in
120g of Baking Soda to
increase fluffiness and
absorbency

OUTDOORS

HOMEMADE DECK CLEANER

INGREDIENTS

2 cups washing soda

2 cups Next to Natural 8.5 cleaning vinegar

Squirt of dishwashing liquid

Put washing soda, vinegar and a good squirt of dishwashing liquid in a 20 litre bucket and fill with warm water. Spray on decks and hose off. Some scrubbing may be required in hard to clean areas. This recipe can also be used in the cow shed.

HOMEMADE WEED KILLER

INGREDIENTS

3.5 Litres of Next to Natural 8.5 cleaning vinegar

1 cup of salt

1 tablespoon of dish soap.

(Makes just under 4 litres of weedkiller, ½ ingredients for 2 litres) Make sure it is properly stirred, then put the mixture in a spray bottle for easy use. You can store the bottle in your house for repeated use. It is best to apply the weed killer during the sunniest part of the day, as the sun and heat help dry out and kill the weeds. Spray the weeds from close range, making sure they are entirely soaked. **Remember that the solution makes no distinction between weeds and desired plants, so be sure to spray it only on what you want eliminated.**

Handy Tip

Each of these ingredients has special properties that combine to kill weeds. Both the salt and the vinegar contain acetic acid, which serves to dry out and kill the plants. The dish soap, meanwhile, reduces the surface tension in the mixture so that the liquid enters the pores of the leaves rather than remaining harmlessly on the surface.

HANDY TIPS

KEEP ANIMALS OUT OF YOUR GARDEN

Soak a few old cloths in Cleaning Vinegar and place around your garden. This will deter animals naturally and without risk or cruelty.

CLEANING TERRACOTTA POTS *Wash them in cleaning vinegar to remove dirt and help restore their colour.*

PLANT BOOST *Rhododendrons, Hydrangeas, Gardenias & Azaleas thrive in acidic soil. Add one cup of vinegar to 4 litres of water and add it to soil of these plants.*

BYE BYE ANTS *Mix equal parts of vinegar and water and spray at the entrance of their nest or on the surfaces or pathway you find them on.*

GET YOUR SEEDS GROWING *The night before planting soak your seeds in a solution of 500ml water and 125ml of vinegar to help them germinate better.*

KEEP YOUR GARDEN TOOLS IN GOOD NICK *After gardening soak your tools in vinegar for a few minutes then rinse to help prevent rust from developing.*

LEAF MOULD *Mix 2 tablespoons of Vinegar with freshly brewed Chamomile Tea and spray on any affected plants until the fungus has gone.*

TIME TO RELAX...



After a hard day cleaning around the home or gardening, pamper yourself with a relaxing bath and soak in the Next to Natural Epsom salts that are infused with the soothing qualities of Arnica, Peppermint, and Eucalyptus. Exclusive to Bin Inn, and blended here in New Zealand.

*Next to Natural Bath Soap.
5 luxurious flavours –
Sandalwood, Lemongrass,
Manuka & Kelp, Goat Milk, and
Rose & Almond. Packaging
free to eliminate waste. These
soaps are triple milled for
enhanced quality. Exclusive to
Bin Inn stores nationwide.*





**RECIPES
FOR A
HEALTHIER
HOME**



**Wholefoods
Market**