



ALL-PURPOSE SPRAY

NATURALLY CLEAN KIDS

INGREDIENTS + SUPPLIES

- ★ 16-ounce spray bottle
- ★ ½ cup fresh herbs (rosemary, sage, peppermint, thyme, dill, and lemon balm all have some antibacterial qualities!)
- ★ 1 ½ cups of white vinegar
- ★ 3-ply square of cheesecloth or 2 coffee filters
- ★ 16 oz. mason jar with lid + band
- ★ Funnel

INSTRUCTIONS

- ★ Rip up herb of choice. Put herbs into your mason jar.
- ★ Pour vinegar over herbs. Screw lid on tight.
- ★ Shake every day for 2 weeks - 1 month.
- ★ To strain: replace lid with cheesecloth and secure with band. Pour into your spray bottle using a funnel.
- ★ Use your spray almost anywhere!*

**Note: for delicate surfaces like wood, natural stone, etc., test in small area before spraying entire surface to ensure it does not damage.*



REUSABLE DISINFECTING WIPES

NATURALLY CLEAN KIDS

INGREDIENTS + SUPPLIES

- ★ Reusable wipe container
- ★ Mixing bowl and spoon
- ★ (9-12) 9"x 9"x 2-ply flannel cloth sheets
- ★ ½ cup distilled water infused with lemon balm* **
- ★ ¾ cup white vinegar

INSTRUCTIONS

- ★ Fold flannel sheets into the reusable container
- ★ In mixing bowl, combine distilled herb-infused water and vinegar. Stir well.
- ★ Pour mixture over wipes, allowing liquid to soak into sheets before use.
- ★ Clean up messes everywhere!
- ★ *To reuse: wash the used cloth sheets on your laundry machine's disinfecting cycle, follow these instructions, and they're ready to use again!*

**Note: You may replace the lemon balm water with any infused herb water or regular distilled water. To make your own herb-infused water, follow instructions for all-purpose spray, replacing white vinegar with distilled water.*

***Note: It is important that it's distilled and not tap or spring water as those types of water will leave a film on surfaces.*

