



LIVING AND LOVIN HERBS PODCAST

Lavender All Purpose Cleaner 14 Ounce

Lavender has antibacterial properties, and during the Middle Ages, it was discovered it was perfect for bathing and cleaning. Today, Lavender continues to be the ideal all natural herb to use for cleaning.

Here is a recipe from Sarah Berringer's book "*Lavender Lover's Handbook*."

2 Tablespoons	Distilled White Vinegar
1 Teaspoon	Borax Powder
Distilled Water	
¼ cup	Liquid Castile Soap
10 Drops	Lavender Essential Oil
5 Drops	Lemon Essential Oil or 1 teaspoon of fresh lemon juice

Mix the white vinegar and the borax together in a 16-ounce spray bottle. Fill the bottle three-quarters full of hot distilled water. Shake well until borax is dissolved.

Add the liquid castile soap and the essential oils to the solution and shake well. Use as you would any other all-purpose cleaner.

REFERENCES:

Bader Berringer, Sarah, *The Lavender Lover's Handbook* 2012 175