



## Tips for a Greener Clean - Natural Cleaning

There is a huge amount of choice when it comes to commercial cleaning products, many using harsh, powerful chemicals to do their job. However, there are often much easier ways of cleaning using natural products, which are less harmful to your health and the environment. Here are some suggestions for a greener clean from the domestic cleaning experts.

### Fresh Water

Nature's purest cleaning product can work wonders in the home! In many cases, especially if the dirt or stain is fresh, flushing with lots of water will do the job. Rinsing and/or soaking in water can lift off many types of dirt without the need for stronger chemicals.

### Salt

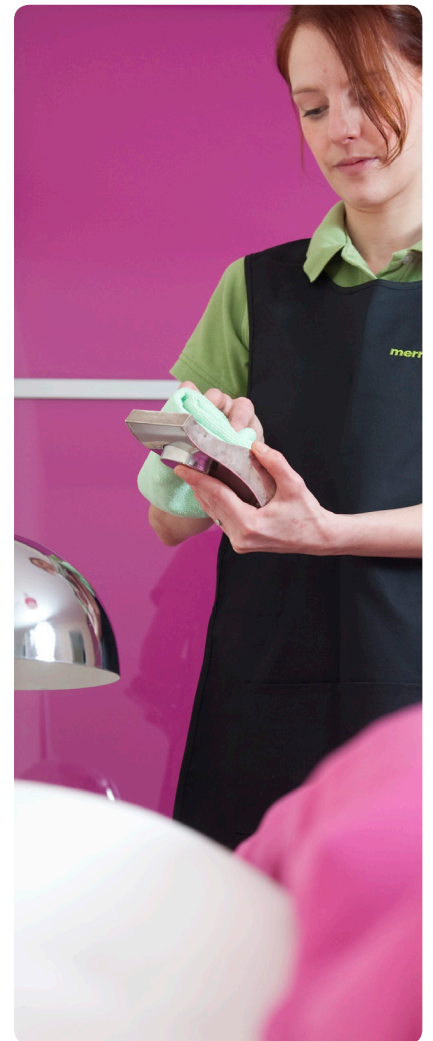
Salt is common household product that is not appreciated enough for its cleaning properties. Mixing salt with alcohol (one part salt to four parts Isopropyl alcohol - available from your local chemist) creates a great product for tackling grease.

Barbara Roberts of Merry Maids recommends using salt as the first port of call when you spill red wine or find a blood stain. "Salt is a fabulous stain remover, pour a generous amount over the stain and watch it absorb and lift the stain".

### Baking Soda

Baking soda (4 tbsp) and warm water (1 litre) is a good general cleaner. Baking soda on a damp sponge will clean all kitchen and bathroom surfaces. Mixing baking soda with lemon juice, vinegar or even just some water and making it into a paste will create a great all-purpose cleaner and stain remover.

Baking soda is also an incredible deodoriser - it doesn't just absorb odours but it also neutralises them as well, making it a great cleaner for the fridge. Sprinkling it onto carpets ten minutes before vacuuming will also help with any general unpleasant lingering smells in the room, especially pet odours.



For more cleaning advice from the experts or to find your nearest Merry Maids call 0800 021 3072 or visit the website.

**merry maids**.co.uk

## Vinegar

White vinegar is a great all-round stain remover, whether it is food stains in pots and pans, stains in toilet bowls, perspiration from clothes or scorch marks. Like baking soda, it is also a natural air freshener – if you have a room filled with smoke or paint fumes, place a small bowl of vinegar in the room or spray some into the air and this will help to remove strong smells.

## Lemon Juice

Like vinegar, lemon juice is mildly acidic and dissolves grease very effectively. It also has a bleaching and deodorising effect. Use lemon juice to remove smells and stains from cutting boards and clean many household items from stainless steel cutlery to the kitchen sink! Combined with salt, it can shift a whole host of stains from fabrics and rubbed straight into your hands will help you get ride of any stains from berry juices.

