



### **Furniture Polish Can Be a Toxic Brew:**

Many commercial furniture polishes contain aromatic solvents (benzene, toluene), phenol, petroleum distillates (also called naphthas or mineral spirits), silicones, synthetic polymers, cyclotetrasiloxane, and turpentine. Benzene is a known carcinogen, mineral spirits can damage DNA, and cyclotetrasiloxane can cause reproductive and developmental issues. Spray furniture polish contains hydrocarbons (an organic compound made of carbon and hydrogen), which—when inhaled—can cause blurred vision, low blood pressure, vomiting, and more.

## Furniture Polish

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Wood finishes can be delicate, so test this polish on an inconspicuous part of your furniture before you use it.

Yields just over  $\frac{1}{2}$  cup

$\frac{1}{4}$  cup white vinegar

2 tablespoons olive oil

2–4 drops lemon oil

1. Mix in spray bottle or small jar.
2. Apply to wood surface with clean cloth and wipe clean.