

Tub/Tile/Sink Disinfecting Spray

Because bathrooms come in three types—dirty, really dirty, or really, really dirty—we've provided three variations for this tub, tile, and sink disinfecting cleaner.

Option One

This is best for light cleaning.

Yields approximately 1½ cups

6 ounces white vinegar or rubbing alcohol
(70 percent)

6 ounces water

20 drops of essential oil of choice
(including eucalyptus, rosemary, peppermint,
lemon, lavender, or others). You can mix any
combination of oils, up to 20 drops.

Mix ingredients together (do not mix vinegar
and alcohol—choose one or the other) and
add to a spray bottle.

Option Three

This recipe is best on stained surfaces.

Baking soda

Hydrogen peroxide

1. Sprinkle sink, tub, or bathroom surface with baking soda.
2. Let sit for 1–2 minutes, then scrub with a brush, sponge, or washcloth.
3. Pour a small amount of hydrogen peroxide onto cloth, sponge, or brush and continue scrubbing.
4. Let sit for 1–2 minutes (or longer for tough stains) then rinse with water.

Option Two

This is best for light cleaning and brightening
dirty grout. Unfortunately, this mixture is not
stable for long periods of time and won't be as
effective if it's exposed to light or air, so it's
best to make it right before cleaning.

Yields 1½ cups

6 ounces hydrogen peroxide

6 ounces water

20 drops of essential oil of choice
(including eucalyptus, grapefruit seed,
rosemary, peppermint, lemon, lavender, or
others). You can mix any combination of oils, up
to 20 drops.

1. Mix ingredients together and add to a spray bottle.
2. Spray directly on grout and let sit for a few minutes, then clean with a stiff brush.

