

Your Natural Home



By Niki Wyld

Take care of the earth



And she will take care of you

The Natural Home

For many years I have been working towards creating a natural environment within my home.

I have always had a deep connection with the earth and it worries me what we are doing to her and what chemicals we are using.

I also cannot believe the amount of chemicals we expose ourselves to.

Over the years I have also become more and more aware on what I use within my home and what product I use on myself.

I continue to work towards creating a natural home switching to natural products where I can.

Recently posting some of my recipes within my blog posts I have received such positive feedback so I thought I would share the love and create this little e-book with some more of the recipes I use within my home.



Cleaning

Laundry Liquid



Tools

- * Either a Medium saucepan and a 10 litre bucket **or** a big 10 litre soup pot
- * Containers for washing liquid (I recycle 3 litre milk containers)

Ingredients

- * 1 1/2 litres water
- * 1 cup of soap flakes
- * 1/2 cup washing soda
- * Containers

Creating

Place the water into your pot or saucepan on a low to medium heat.

Add the soap flakes and stir until all have dissolved then add the washing soda and again stir. When it all is dissolved and thickened turn the heat off and fill with water to the top of the pot. If you are using the medium saucepan pour your brew into the bucket, then fill the bucket nearly to the top with warm tap water and keep stirring periodically as it cools.

When it has cooled enough pour your brew into your separate containers leaving room at the top so you can shake it before use. I use about $\frac{1}{3}$ a cup per wash.

You will notice, when you use this laundry liquid, that it does not make suds in the washing machine, which is totally ok, because it does not contain the chemicals that are added to all of the commercial products to make them bubble.



Toilet Cleansing Cubes

- * 1 Cup Baking Soda
- * 1/4 Cup Citric Acid
- * 1 Tablespoon Dish Liquid (I use environmentally friendly products like Ecostore)
- * Silicone Ice Cube Tray
- * Airtight Jar or Container

Add one cup of baking soda to a large bowl and mix in $\frac{1}{4}$ cup of Citric Acid.

Slowly mix in the dishwashing liquid little by little.

When it is all mixed together press the mixture into your silicone molds or an ice cube tray.

Let them dry for at least 4 hours or overnight. Once they are completely dry, gently pop them out and store in an airtight container.

To clean and deodorize your toilet, simply toss a toilet bomb into your toilet bowl. It will fizz, which means your toilet cleaning bombs are doing their work!



Cleansing Paste

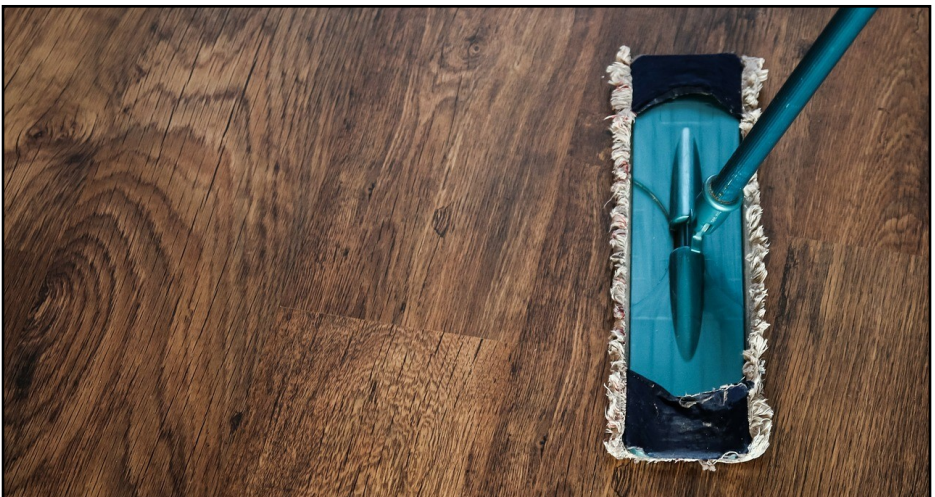
Put $\frac{1}{2}$ cup of baking soda into a bowl and mix in some of your laundry liquid to make a thick paste. This is perfect for cleaning the bathroom.

Cleaning windows

Pour a little bit of vinegar onto some newspaper and wipe over the window. Use a dry piece of newspaper to wipe over and polish the windows.

Floor Cleaner

Mix $\frac{1}{2}$ a cup of vinegar with 2 litres of hot water in a bucket.



Body Products

Natural Deodorant

Mix equal parts of coconut oil and cornflour together then add some essential oil, the number of drops of essential oils depends on the size of your batch.

Simple Exfoliating Facial Scrub

Finely grind 2 parts rolled oats and 1 part almond meal together. Mix in two teaspoons of this with enough warm water to make a paste and gently massage into damp skin. Rinse off with warm water.



Moistening Facial Mask

Honey. Yep that's it. Honey. Liquid gold from the gods.

Dampen your face and smooth the honey onto it.

Leave it for 15 minutes and rinse off with warm water.



Body Powder

Mix 1 cup of cornflour with approx. 20 drops of your essential oil. Mix well and place within a container and use when needed.

Bath Salts

Mix equal parts of Epsom Salts and Baking Soda together.

Add in a few drops of essential oils.

You may also wish to add herbs to the mix

Add to warm water within your bath and relax.



Herbal Oatmeal Bath

You will need 50g of rolled oats, $\frac{1}{2}$ tablespoon each of chamomile, rose petals and lavender.

Mix together and add to your bath.

You would also add some milk powder, even coconut milk powder to this bath for added goodness.

Pest Management

Repel Ants with oils

Use peppermint or spearmint essential oils to deter ants. Place a few drops on a cotton ball and put in the areas where you see ants. Keep the scent strong by replacing the cotton ball every few days.

Repel Cockroaches with oils

They do not like the smell of eucalyptus and / or rosemary oils. Like the Ant repellent, place a few drops on cotton balls and place in areas where you have seen them. Renew every couple of days to keep the scent strong.

Repel Flies with citrus & herbs

Place fresh orange and lemon peels in a bowl mixed with dried cloves to keep them away



*A clean environment is a
human right like any other.*

*It is therefore part of our
responsibility toward others to
ensure that the world we pass on
is as healthy, if not healthier,
than we found it.*

- Dalai Lama

I hope you loved my little Natural Home E-Book

A now I will share with you a little bit about me.

On the Full Moon you will find me at the beach watching the horizon and embracing the energy as she rises. Sometimes dancing, sometimes journaling, sometimes meditating but always present within the moment.



I have an inquisitive mind, I love reading and watching documentaries about self development, spirituality and health. So you could say I love the Mind Body & Spirit connection we all have. I love sharing what I know with others and helping them to make changes within their life, just like I have made changes within my own life over the years. It is so empowering to manifest within your life, knowing that you actually have a

choice to participate within the universal energy. Like what they say, “Life isn’t happening to us, it is happening for us” so I like to harness that energy and create the life I dream of.



I love the quite moments when you, with every cell of your body, connect to the energy around you and know that you are not you, but a manifestation of the collective consciousness. When you feel the magick tickling at your skin and running through your veins. And by the way, these moments can happen in a second, doesn't have to be at a retreat on a mountain top or in the beautiful surroundings of Byron Bay (which by the way I would love to live one day), it can happen when you are in your garden,

driving in the car and you find yourself deep in thought (this actually happened to me today driving home from grocery shopping), or when you are at your local park with the kids.

I have a passion for this earth and I am always searching for new ways to be more sustainable. I am working on reducing the plastic that is used within my household and other environments I am in. I have tried creating vegetable gardens for 2 years now (I would absolutely love to grow my own organic food) but I don't seem to have much success, perhaps not a green thumb in that area, although my huge amount of indoor plants absolutely thrive so what's that all about? But I will not give up, everything is a lesson. I create and use natural products within my home such as laundry liquid, cleaning



products, facial cleansing wipes and even make my own deodorant and it smells divine. I also look directly to nature to heal with anyone within my home falls ill. Why have all those chemical around our home. It is not needed, and I believe creating alot of the illness we have in today's society. Just saying!!

I am becoming more aware of my health. I am not getting any younger so recognise that I really need to take better care of myself. I am experimenting with different and healthier food choices which I am thoroughly enjoying. I am giving up habits that no longer serve me and to do that I meditate on releasing it, creating new ones to replace it, working with the energy for strength to do so, and again, looking at nature to help heal me what is healing.



Now I am focused on deepening my knowledge, deepening my connection to the universe to stay in the flow with the energies that surround me to manifest the experiences I want within this beautiful life of mine so I can continue to share with you and help you along your path.

So as you can see, I am a normal gal weaving her way through this magnificent world.

I would love to connect with you so find your way to my [Facebook](#) and [Instagram](#) to join in the journey.

