

# Project Green Challenge

## Day 21

### #clean

GREENEST

Youxuan Wei

@ChrisCat

*"It is estimated that between 80,000 and 85,000 chemicals are in use in the environment in the United States, yet only about 200 of these chemicals have been thoroughly tested for safety. Of those chemicals that have been tested, most have been evaluated only for their acute impacts to adult males in industrial settings. The chemical exposure routes and health impacts on women – especially girls, women of color and women of reproductive age – are different and have historically been largely overlooked."*

*-Women's voices for the earth*



Fighting for better regulations is one way of protecting myself -as a girl, my health should matter and secured by the government. And that's why we need to support groups like Women's voices for the earth who fends for consumer's right and a better earth.

Meanwhile, avoiding toxic chemical s is another way of fending myself -so let's DIY clean, safe, and better products

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## #Clean

WATCH THE COMPLETE TUTORIAL HERE:

<https://www.youtube.com/watch?v=HnBb9nzqYgk>



In my bathroom, I found tons and tons of cleaning products. Different brands, different colors, all promising me good smell, ultra clean, safe to use...



**BUT ARE THEY REALLY?**

As someone who's really sensitive to smells, the piercing smell of bleach, or the bathroom cleaner that stays in my bathroom everytime my dad cleans it troubles me all the time -not to mention their toxicity.

# Project Green Challenge

## #Clean

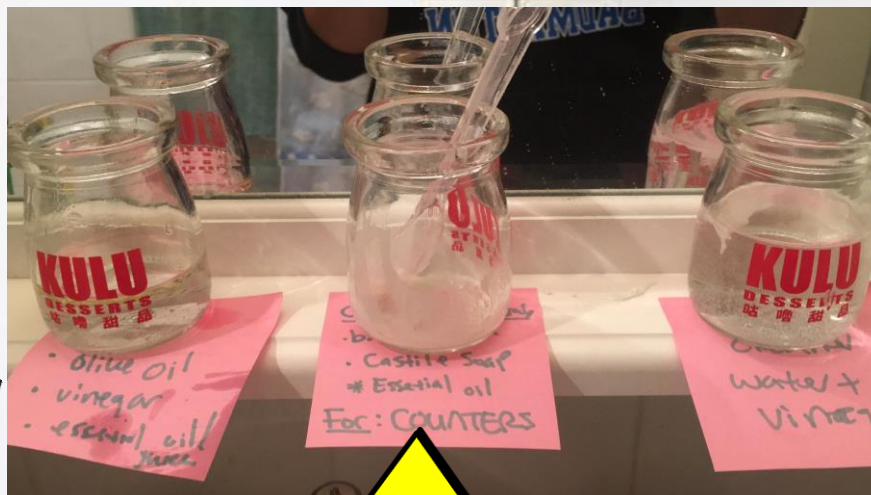
GOOD NEWS is that there's tons of **green cleaning recipes** out there!

For me, I **picked three** off of the Women's voices for the earth site 😊



but more recipes 😊

<https://www.womensvoices.org/take-action-with-womens-voices/green-cleaning-parties/green-cleaning-recipes/>



### 🌿 Furniture Polish

These recipes were all super easy to follow, with only 2-3 ingredients for each - and that's how it should be -simple!

### 🌿 Creamy Soft-Scrub

### 🌿 All Purpose Cleaner

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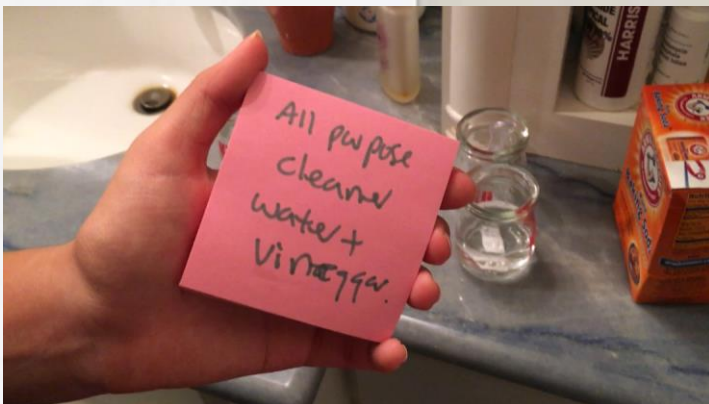
## #Clean

### PRODUCT #1 -ALL PURPOSE CLEANER

This is my **grandma**, who lives in Beijing, china -When we used to live together, **she'd** always show me her little recipes & cleaners made from vinegar.



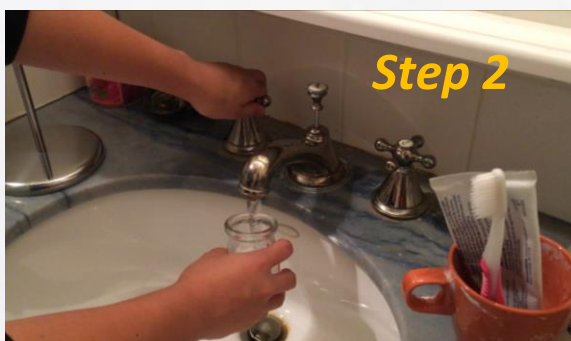
*I secretly thought she was crazy tbh, but now I get why!*



#### INGREDIENTS:

- Vinegar
- Water

Simple beyond belief, right?



Mix 1 part water to 1 part white vinegar

-The smell is wonderful I& organic compared to the artificial scents of normal cleaners!

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### NUMBER 2- CREAMY SOFT SCRUB – FOR COUNTERS AND GLASS



**STEP1: ADD BAKING SODA**



**STEP2: ADD DR. BRONNER'S**



**MIX WELL**

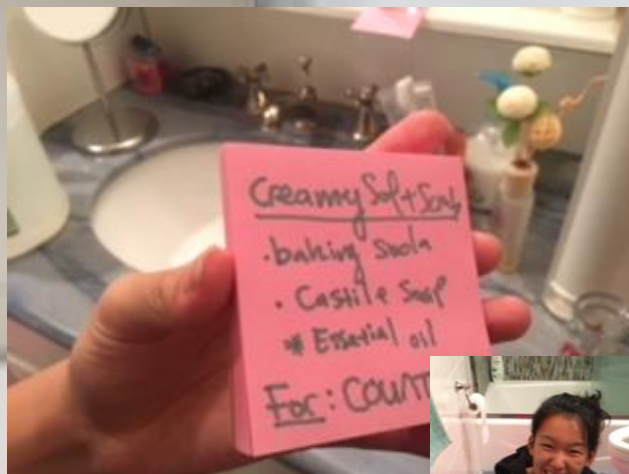


**STEP3: ESSENTIAL OIL**



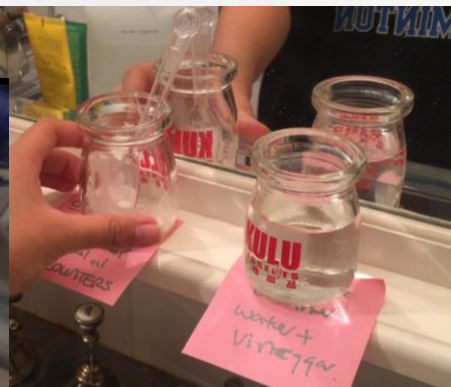
### INGREDIENTS:

- Baking Soda
- Dr. Bronner's Soap
- Lavender essential oil



**CAN I JUST ADMITT HOW GOOD IT SMELLS?** Just by holding Dr. Bronner's soap in my hands, the beautiful smell still lingers on my fingertips 😊 And the lavender oil, needless to say, gave the whole room an amazing fragrance that I couldn't stop breathing in.

*The baking soda gave the scrub a really nice texture!*





# Project Green Challenge

## #Clean

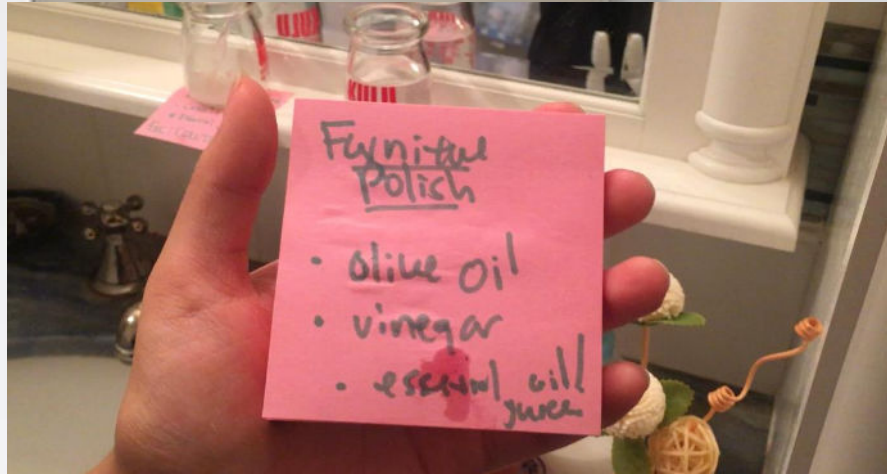
### PRODUCT #3- FURNITURE POLISH

#### INGREDIENTS:

- Olive Oil
- Vinegar
- Essential Oil
- (Lime juice)

*Add in the oil and vinegar in 1:1  
ratio, a drop of essential oil -  
and you're done!*

*Here are all three of  
my products -now  
let's try the out!*



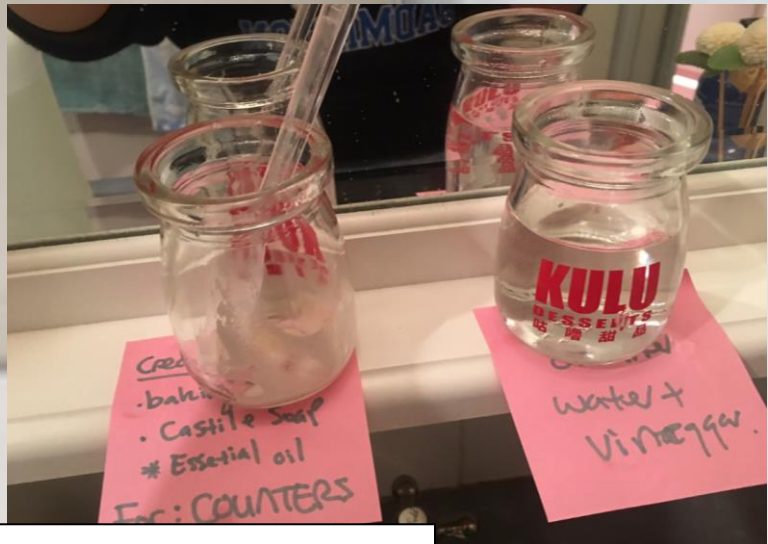
# Project Green Challenge

## #Clean

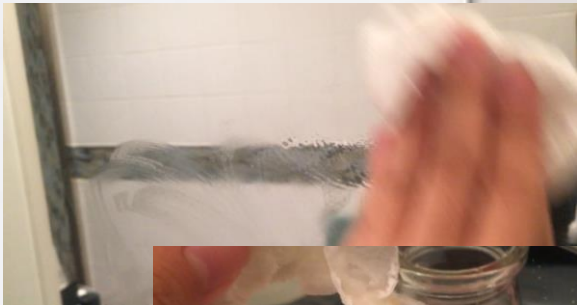
### TESTING MY NEW PRODUCTS ☺

#### TRIAL ONE-

- MIRROR-CLEANING with vinegar cleaning and counter scrub



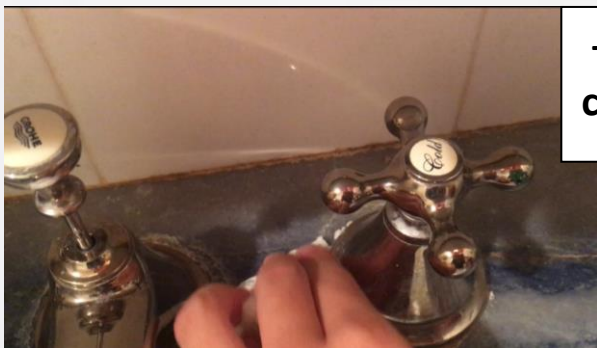
1) I went over the mirror with the vinegar cleanser



2) Apply the counter scrub (ahh it SMELLS SO GOOD)



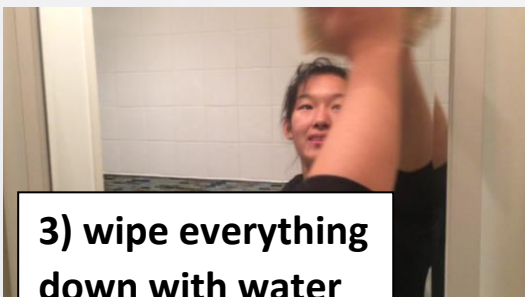
-the scrub is especially good to clean crusts on the side of the sink



So clean!



3) wipe everything down with water





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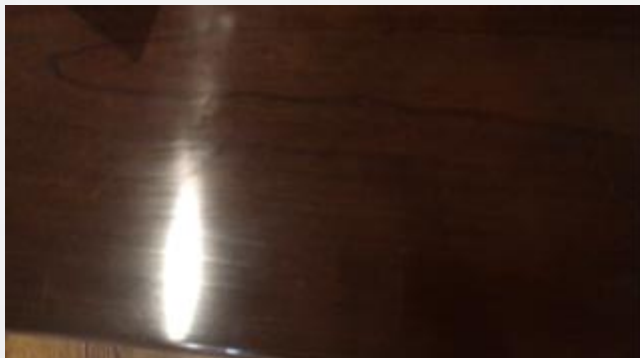
### TRIAL TWO-

- **POLISHING MY PIANO with the oil-vinegar polish**

*My piano is a delicate thing, and usually we don't every touch it with any cleaners, knowing that they contain strong chemicals that might damage the wood.*



But today, I gave my DIY cleaner the full trust -Dipping a bit of the liquid onto the piano and wipe it all in to the wood is all you need to do 😊



**NICE AND SHINY : ))**

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# *Project Green Challenge*

## *#Clean*

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### **REFLECTIONS**

Everything that I have used in the past were strong, and hard to bare the smell. Things especially like toilet cleaners, or the carpet cleanser that we used after we got a puppy, leave superficial foam and piercing smells behind.

However, these DIY cleansers have none of those problems – The essential oil leaves a beautiful scent that fills my bathroom (and now I don't even want to leave!). And Dr. Bronner's soap, too, had such a nice, and natural fragrance.

Even the white vinegar smelled natural -the smell is strong, but I loved it because at least I knew it was just purely food and organic 🌿

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## #Clean

### Sharing my experiences

chriscat\_gogreen



chriscat\_gogreen



arusheebhoja 赞了

chriscat\_gogreen #pgc2017 #clean These are all of the cleaners that I use- not only are they a lot, most of them contain strong, toxic chemicals that are bad for my health and bad for the environment.

However DIY cleaners have none of these problems!! They are non toxic, made from natural ingredients, and most importantly, you know what went into them cz you made it!! I found all of my recipe on women's voice for earth's site, you can find them there, too💚💚 A simple all purpose cleaner only requires one part water to one part vinegar-try it out✅

@turninggreenorg  
@women4earth  
@Drbronner

11 分钟前



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Thank you  
-Christy:)



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