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## Day 10 Body Greenest

**Do you know what's in the products you use every day?**



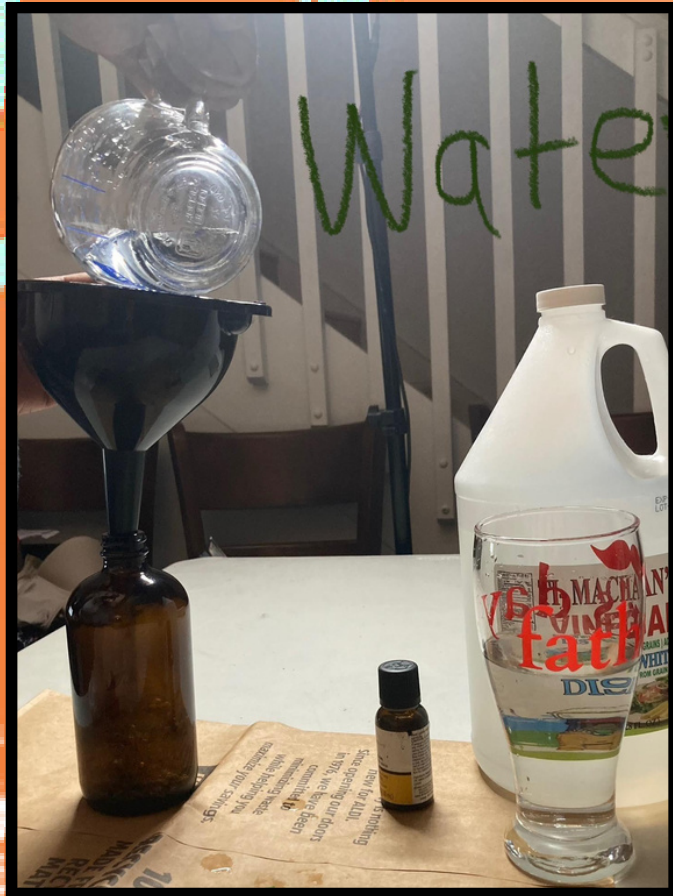
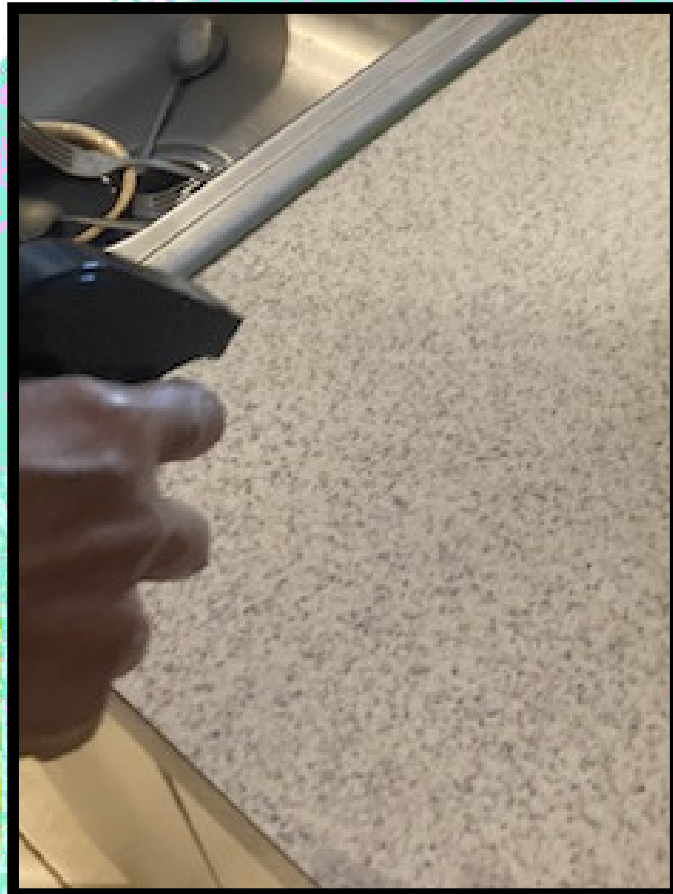
# DIY Cleaning Products

- **What recipe did you choose?**  
I chose the All Purpose Cleaner.
- **How did you select ingredients? I selected the ingredients because I already had them at home.**
- **Could you source any organically?**  
Yes, I could source the essential oil organically.
- **What did you put your product in?**  
I put the product in a plastic-free glass spray the bottle I had at home.





# All Purpose Cleaner





# **Sharing My DIY Project With a housemate**

- **Did your DIY product work?**  
**Yes, my DIY product did work.**
- **Were they surprised by any of the facts?**  
**My housemate was surprised that it worked because he was expecting a vinegar smelt instead of a soothing lemon scent.**
- **Will they follow your lead and take a look at the ingredients in their own current products?**  
**My housemate will definitely follow my lead and take a look at the ingredients in their own current products.**
- **Are they open to switching to more conscious products?**  
**Yes, my housemate is open to switching to more conscious products.**



# **4 Facts That I Learned From This Body Challenge**

- 1. Studies have shown that white vinegar is just as effective as killing germs as commercial cleaners.**
- 2. White vinegar is 99.9% effective as a commercial cleaner at killing germs like E. coli.**
- 3. White vinegar has some natural antibacterial properties**
- 4. Essential oil also has natural antibacterial properties.**



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

