



**For Immediate Release: May 15, 2012**

## **Five Green Cleaning Recipes for a Spring Home Detox**

*Maid Brigade Reveals Natural Cleaning Tips to Minimize Asthma and Allergy Symptoms*

ATLANTA— Did you know that ground cinnamon is an effective and organic way to control ants? How about using a combination of sea salt and lemon to clean chrome, copper, and brass? It doesn't take harsh chemicals to get the house cleaning job done well. In fact, the Environmental Protection Agency (EPA) estimates that indoor environments may be two to five times more polluted than the outdoors, in part due to the regular use of traditional cleaning supplies laden with harmful chemicals.

Detox your home this spring with the Maid Brigade [Spring Cleaning Go to Guide](#) authored by Green Cleaning Coach Leslie Reichert and Maid Brigade Consumer Health Advocate Marie Stegner. Below are some natural, green cleaning solutions as featured in the guide to minimize asthma and allergy triggers and improve your family's overall health.

### **1. Daily All-Purpose Cleaner**

1 cup white vinegar  
1-cup seltzer water  
8 drops tea tree oil  
1/8-cup hydrogen peroxide

Mix ingredients in a spray bottle. Spray on surface to disinfect and let soak for several minutes before wiping away. Hydrogen peroxide eventually loses its strength so you will need to add more to the mixture each time you use the solution.

### **2. Furniture Polish**

1 tsp. olive oil  
1 tsp. water  
Juice of 1 lemon

Mix liquids in a spray bottle. Shake well and apply to furniture. Allow polish to sit for 5 minutes before buffing with a dry polishing cloth.

### **3. No Wax Floor Cleaner**

1/4 cup lemon juice  
8 drops dish soap  
3 tbsp. skim milk or powdered milk

2 cups warm water

Combine ingredients in a spray bottle and spray directly onto floor. Use a microfiber cloth to clean, then rinse the floor as needed. This method does not require a bucket and uses less cleaner and water than traditional methods.

#### **4. Ant Repellant**

Ground Cinnamon

Find where the trail of ants is entering your home and spread ground cinnamon around the entire area. Ants do not like the smell and will go back to the nest with cinnamon stuck on their legs, moving out shortly after.

#### **5. Chrome, Copper, and Brass Cleaner**

1 whole lemon

1 small dish of sea salt

Cut the lemon in half and dip it in the salt. Rub the salted lemon on the tarnished metal. Then squeeze the juice of the lemon out slowly to cover the metal. Once clean, wash in warm water with a gentle dish soap.

For even more green cleaning recipes and healthy [house cleaning tips](https://www.maidbrigade.com) visit [www.maidbrigade.com](https://www.maidbrigade.com).

#### **About Maid Brigade**

Headquartered in Atlanta, Maid Brigade is the only [house cleaning](https://www.maidbrigade.com) service that is Green Clean Certified® with more than 400 franchise service areas in the United States and Canada. Established in 1979, Maid Brigade is the green cleaning industry leader and has a longstanding legacy of providing quality customer service and consistent and thorough cleaning using the most advanced techniques and equipment. The company has also implemented a consumer advocacy program in response to reports from the EPA linking chemicals in traditional cleaning products to a wide range of health risks. For more information visit [maidbrigade.com](https://www.maidbrigade.com) or call 866-800-7434.

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