



## Clodagh's Cleaning Bible

*At Clodagh Design, we know that the world we live in is in a fragile state, and we need to do more than just acknowledge this fact; we need to start actively maintaining our planet. Just as a long journey begins with one single step, the road to environmental responsibility begins with small changes in our daily lives. Converting our homes to solar power and switching out our SUVs for Shwins won't happen overnight, but this shift in consciousness can start at our next trip to the store. Below is a list we've compiled of environmentally friendly cleaning products, tips and resources that will get you thinking green.*

### ARCHITECTURAL ELEMENTS

#### Materials and Products

**Art glass:** Seventh Generation Window & Glass, Natural Chemistry Glass Cleaner, The Master's Miracle Liquid Soap

**Concrete (sealed) Flooring:** Dr. Bronner Finish Concrete (window sills, fireplace hearth) Seventh Generation Window & Glass, Diluted AFM Super Clean. (Never use Pledge or other furniture polish)

**Glass:** Seventh Generation Window & Glass, Natural Chemistry Glass Cleaner, The Master's Miracle Liquid Soap

**Finish Plaster:** (walls, ceilings) Dry yellow dust rag

**Faux Wall Finishes:** Mix Ivory Liquid soap and water. Use only the suds on a soft sponge to clean surface

**Metals** (includes stainless steel): Dr. Bronner, Orange-Sol Stainless Steel Cleaner

**Painted surfaces:** ( oil and water based) Mix Ivory Liquid soap and water, AFM Super Clean (Use only the suds on a soft sponge to clean surface)

**Slate:** Dr. Bronner, AFM Super Clean

**Stone:** Dr. Bronner or TEC, AFM Super Clean (never use citric based cleaners)

**Tile:** Dr. Bronner or TEC, AFM Safety Clean, or any "neutral" non-ammonia cleaner.

**Wood Cabinetry:** Dry yellow dust rags, when necessary use Dr. Bronner, or The Natural Furniture Cleaner by The Clean Environment Company

**Wood Floors:** Envirorite Hard Floor Cleaner, AFM Super Clean- If wood has a polyurethane finish you may also use white vinegar diluted in water ratio of 1:24. (do not use Murphy's oil soap)

#### Notes

*Dr. Bronner can be used on any surface other than hardwood floors and furniture. Any citric flavored cleaners will damage surfaces that contain plastic or stone.*



### GENERAL MAINTENANCE TIPS

#### Care and Precautions

Use coasters under all glasses, particularly those containing alcohol or citrus juices. Many common food and drinks contain acids that will etch or dull the surface of many stones. Do not place hot items directly on the stone surface. Use trivets or mats under hot dishes and place mats under china, ceramics, silver or other objects that can scratch the surface.

#### Cleaning Procedures and Recommendations

Dust mop interior floors frequently using a clean non-treated dry dust mop. Sand, dirt and grit do the most damage to natural stone surfaces due to their abrasiveness. Mats or area rugs inside and outside an entrance will help to minimize the sand, dirt and grit that will scratch the stone floor. Be sure that the underside of the mat or rug is a non-slip surface. Do not use vacuum cleaners that are worn. The metal or plastic attachments or the wheels may scratch the surface.

Clean stone surfaces with a few drops of neutral cleaner such as Ivory liquid dish-washing detergent and warm water. Use a clean rag mop on floors and a soft cloth for other surfaces for best results. Too much cleaner or soap may leave a film and cause streaks. Do not use products that contain lemon, vinegar or other acids on marble or other calcareous stones. Rinse the surface thoroughly after washing with the soap solution and dry with a soft cloth. Do not use scouring powders or creams.

To remove soap scum, use a non acidic soap scum remover or a solution of ammonia and water (about ½ cup ammonia to a gallon of water.) Frequent or over-use of an ammonia solution may eventually dull the surface of the stone.

On countertops and vanities use a neutral, pH-balanced cleaner specially formulated for stone on a regular basis to remove residues from cooking oils and everyday food spills, as well as hairspray or other cosmetics.

In outdoor pool, patio or hot tub areas flush with clear water and use mild bleach solution (such as Ultra Clorox Regular Bleach diluted in water or the Natural Chemistry Pool & Spa Treatment) to remove algae or moss.

#### Spills and Stains

Blot the spill with a paper towel immediately. Don't wipe the area, it will spread the spill. Flush the area with plain water and mild soap and rinse several times. Dry the area thoroughly with a soft cloth. Repeat as necessary.



## PRODUCT RESOURCES

AFM: Order Directly from Environmental Construction Outfitters, 1.800.238.5008

Dr. Bronner: Any natural food/health store, or order directly from [www.drbronner.com](http://www.drbronner.com)

Dry yellow dust rags: Available at any hardware store or order directly from [www.ercwipe.com](http://www.ercwipe.com)

Envirorite: [www.envirorite.com](http://www.envirorite.com) or available by catalogue order

Allergy Control: available by order from [www.allergycontrol.com](http://www.allergycontrol.com), 1.800.422.3878

National Allergy Catalogue: available by order from [www.nationalallergy.com](http://www.nationalallergy.com), 1.800.522.1448

Ivory Liquid Soap: Any drug/grocery/health store or order directly from [www.ivory.com](http://www.ivory.com)

The Master's Miracle: Any natural food/health store, or order directly from [www.themastersmiracle.com](http://www.themastersmiracle.com)

Natural Chemistry: Available by order from [www.naturalchemistry.com](http://www.naturalchemistry.com)

Orange-Sol: available by order from [www.orange-sol.com](http://www.orange-sol.com)

Planet: Available at most natural food/health stores or direct from [www.planetinc.com](http://www.planetinc.com)

Seventh Generation: Any natural food/health store, or order directly from [www.seventhgeneration.com](http://www.seventhgeneration.com)

TEC: Available at Ideal Tile (various locations in NYC) or order directly from [www.tecspecialty.com](http://www.tecspecialty.com)

The Clean Environment Company: order directly from [www.cleanenvironmentco.com](http://www.cleanenvironmentco.com), 1.800.266.2353

## HOUSEHOLD CLEANING SUPPLIES

### General

- Planet: All Purpose Spray Cleaner
- Seventh Generation: All Purpose Cleaner, Carpet Cleaner
- The Clean Environment Company: the Natural Spray and Wipe

### Kitchen

- Ivory: Ivory Dish Liquid
- Planet: Ultra dish-washing Liquid
- Seventh Generation: All Purpose Cleaner, Window & Glass Cleaner, Free & Clear Dish Liquid, Automatic dish-washing Powder
- The Clean Environment Company: The Natural Auto & Hand dish-washing Spray & Wipe

### Powder Room

- Planet: All Purpose Spray Cleaner
- Seventh Generation: All purpose Cleaner, Window & Glass Cleaner, Toilet Bowl Cleaner, Shower Cleaner.
- The Clean Environment Company: The Natural Toilet Bowl Safety Clean

### Laundry

- Ivory: Ivory Snow
- Planet: Ultra Liquid or Powdered Laundry Detergent, Delicate Laundry Wash
- Seventh Generation: Laundry Powder, Laundry Liquid available in Free & Clear or Natural Citrus
- The Clean Environment Company: The Natural Laundry Detergent

## CONTACTS AND RECOMMENDATIONS

### Resources Recommendations

- Safe Shopper's Bible: A Consumer's Guide to Non-Toxic Household Products, Cosmetics and Food, David Steinman and Samuel S. Epstein, MD. Macmillan, 1995
- Clean and Green: The Complete Guide to Non-Toxic and Environmentally Safe Housekeeping, Annie Berthold-Bond. Ceres Press, 1990
- Better Basics for the Home, Annie Berthold-Bond. Three Rivers Press, 1999
- Green Clean: The Environmentally Sound Guide to Cleaning Your Home, Linda Mason Hunter & Mikki Halpin. Melcher Media, 2005

### Contacts

Environmental Construction Outfitters of New York 1.800.238.5008 Paul T. Novack