

LHITS Double Spritz Supplies

I keep all of these under my kitchen sink, minus the bar soap. We use it for handwashing, so there's one at every sink.

- spray bottle of vinegar
- spray bottle of alcohol
- spray bottle of hydrogen peroxide
- access to oil (I like olive)
- box of cornstarch
- box of baking soda
- bars of soap, like Ivory (or [liquefied bars of soap](#), if you prefer)

For scrubby supplies, I'd suggest:

- what you like to wipe with: sponges, rags, or paper towels
- palm-sized scrub brush
- old toothbrush if you have grout
- generic magic eraser (optional, but I can't live without them.)

LHITS Double Spritz “Recipes”

Every one of the cleaners you can make for your household are a combination of the above ingredients. But there's no real reason to go ahead and mix them up if you know how to DOUBLE SPRITZ.

General All-Purpose Wipe Down (counters, appliances, floors, etc):

- Spritz with just vinegar, or DOUBLE SPRITZ any combination of the spray above.
- Leave a while, if crusty.
- Optional, but awesome, use generic magic eraser here.
- Wipe away. (Scoot on bath towel for floors.)

Double Spritz Disinfectant (can even be used on food, [see link](#)):

- DOUBLE SPRITZ vinegar and peroxide in any order.
- Wipe or allow to dry.
- The reaction is the important part so don't go ahead and mix them in the bottle.

Dishwashing, Scrubbing Most Anything Including [Floor Grout](#) (not Soap Scum):

- Bang wet brush on the soap bar.
- Scrub the mess out of it.
- Wipe off suds, rinse out rag. Repeat.
- If concerned about residual soap, spritz with vinegar and wipe.

Alternative method for "sink-filling" chores like mopping, floor scrubbing, or lots of dishes:

- Throw bar of soap in sink
- Run hot water over it while filling sink.

Serious, Hard Core, Vicious Scrub (not soap scum)

- Sprinkle with baking soda
- Bang wet brush on bar soap (not spritzing, but there's your DOUBLE)
- Scrub the mess out of it

Alternative method (fine for soap scum):

- Sprinkle with baking soda
- Spray generously with peroxide (First a shake, then a spritz, still DOUBLE, no?)
- Scrub the mess out of it.

Soap Scum and Hard Water Deposit Scrub

- Spray generously with vinegar.
- Walk away for an hour or more. (Do not allow to dry.)
- Wipe with magic eraser. (OR scrub with brush, sigh)
- Rinse.
- If not gone, sprinkle generously with baking soda.
- Walk away for a while.
- Scrub with brush.
- Rinse with vinegar for a fizzy, bubble-the-scum-away finish.

Glass, Mirrors, Windows and the like:

- Spritz mirror with both vinegar and alcohol.
- Wipe with something that's not linty.

Wood polish:

- Spritz with vinegar and then oil (or put some oil on your cloth, if it's not a spray.)
- Rub in.
- Wipe off excess.

Pulling out oil, moisture, odors, from carpet, upholstery, dog, your hair (kid you not)

- sprinkle on some cornstarch
- sprinkle on some baking soda
- lightly brush it in
- wait (the longer the more thorough)
- vacuum (not your dog or your hair, HA! Brush out.)