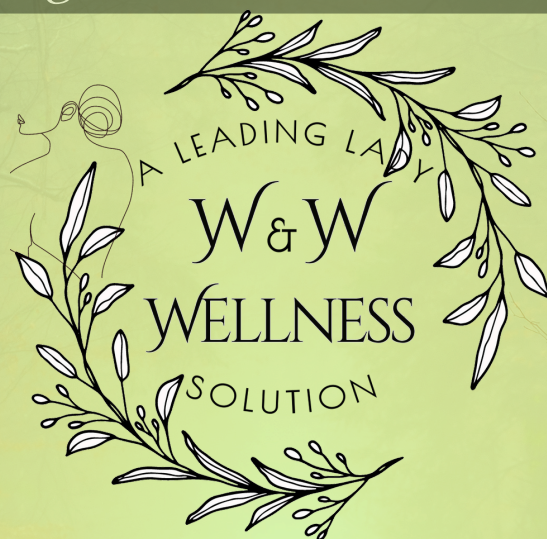




# Sharise's AROUND THE HOUSE CLEANING COLLECTION

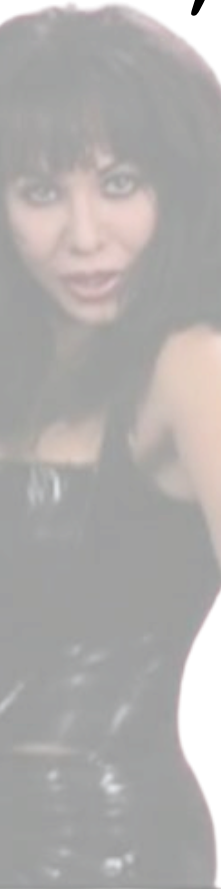
Keeping it Green & Glamorous



Sharise Parviz  
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Wholistic Practitioner  
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# From City Cool to Country Calm



Once a city girl who lit up the urban scene with heels, street smarts, and a whole lotta sass, I'm now mixing up cleaning potions that'd make any downtown loft shine—no chemical junk needed.

That's me—Sharise Parviz, the “Glam Girl of the Holistic World” (they tried to throw shade, but I'm owning it). I'm living a natural life, but the city's still in my soul. You know what they say, “You can take the girl out of the city, but not the city out of the girl”.

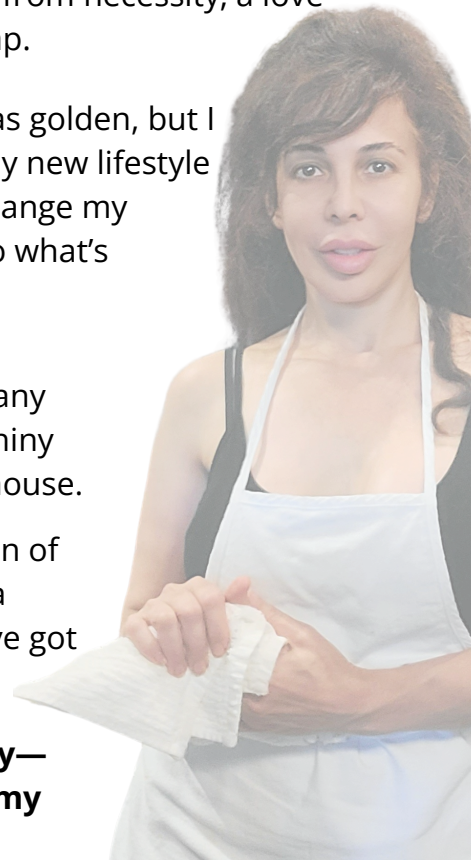
I won't push fancy gadgets on you—I'm too practical for that. I live by K.I.S.S. (Keep it Simple, Sweetheart!), and these DIY cleaning recipes are born from necessity, a love for keeping it real, and a city girl's knack for making things snap.

After falling ill many years ago I changed my diet, thinking I was golden, but I was still surrounded by chemical cleaners that didn't match my new lifestyle—a toxic world I had to escape. I knew I had to step up and change my household care, if I really wanted to get healthy. So I turned to what's simple, natural—and budget-friendly.

These recipes fuse nature's raw power with a sparkle of practicality—many ingredients serve multiple purposes, delivering spotless counters and shiny floors inexpensively, perfect whether you live in a penthouse or a farmhouse.

If you've already enjoyed my beauty recipes, welcome to the next edition of your wholistic journey—because a pure home is the perfect match for a glowing you. Want a space that's pure and stylish without the hassle? I've got you, with a side of sass to boot!

**Because I'm always keeping an eagle-eye out for purity and quality—companies can slack, you know—check my latest brand picks on my Resources page, [here](#).**







# Laundry Love

## Soften and Refresh Clothes

### Ingredients:

- ¼ cup Epsom salt

### Directions:

- Add to your wash cycle with detergent.

**Why It Works:** Epsom salt softens hard water, letting your detergent clean better—no more scratchy towels.

**Bonus Tips:** Pair with sunlight drying for a natural brightness boost—your shirts will love the sunshine.



## Whiten Whites

### Ingredients:

- 1 scoop oxygen bleach
- ½ cup white vinegar

### Directions:

- Soak whites overnight in warm water with oxygen bleach, then wash, adding vinegar to the rinse cycle.

**Why It Works:** Oxygen bleach whitens safely, vinegar cuts residue—crisp whites without the bleach stink.

**Bonus Tips:** Don't mix oxygen bleach and vinegar in the soak—they'll cancel each other out; keep vinegar for the rinse only.

## Ditch the Dryer Sheets

Toss in wool dryer balls instead of chemical-laden softener sheets—they keep clothes soft and static-free the natural way.







# Clothing Detergent

## Ingredients

- 1/2 cup shaved bar soap (Dr. Bronner's castile bar soap is my go-to—pure and simple)
- 1 3/4 cups borax
- 1 3/4 cups washing soda
- 1/4 cup food-grade citric acid
- (Opt): 1/4 cup oxygen bleach for a whitening boost in case of stubborn stains

## Directions

1. Shave the bar soap into fine flakes with a grater.
2. Mix all ingredients together well for several minutes
3. *Option:* Blend ingredients in a blender or food processor to make a powder that dissolves easily - even in cold water. Just make sure to let the dust settle before removing lid off your blender or food processor so you don't inhale the fine particles)
4. Use 1 Tbs for a small load, 2-3 Tbs for large or heavily soiled loads.

## Notes

- Feel free to Dbl the recipe
- Store in covered container with small scoop.

## Bonus Tips (The Wise & Wild Way)

- **Soft Fabrics:** Add ½ cup distilled white vinegar to the rinse cycle—softens, brightens, and kills odors.
- **Move It:** Sweat 3x a week with my Peak Performance or Stretch Classes to flush toxins—clean body, clean clothes.
- **Nourish:** Clean and nourish from the inside out with GAPS or Nourishing Traditions foods from my Wise & Wild Way—Foods as pure as your laundry.







# In the Kitchen

## Streak-Free Dishes

### Ingredients:

- White vinegar

### Directions:

- Fill the rinse dispenser of your dishwasher with white vinegar.

**Why It Works:** Vinegar cuts soap residue and prevents water spots—your dishes will sparkle, no scent left behind.

### Bonus Tips:



## Counter and Cutting Board Spray

### Ingredients:

- Soap (like liquid castile soap)
- Water
- White vinegar

### Directions:

1. Wash counters or cutting boards with soap and water.
2. Spray with white vinegar and let air-dry—no wiping needed

**Why It Works:** Soap and water clean off grime, vinegar kills most meat-related germs—your kitchen stays safe and fresh.

**Bonus Tips:** For wooden boards, rinse and dry occasionally to avoid drying out. *Don't use* on untreated countertops like marble—vinegar can etch the surface.







# Dishwasher Detergent

## Ingredients

- 1 cup of Borax
- 1 cup of Washing Soda
- 1/2 cup of food-grade citric acid

## Directions

1. Mix all ingredients together
2. Transfer to a covered container—I keep mine under the sink for easy access.
3. Use 1 Tbsp for a regular load, 2 Tbsp for a heavy load (think post-Thanksgiving disaster)
4. Add to your dishwasher's detergent compartment and run as usual.

## Notes

- Double the recipe if you're a dishwashing pro—my family eats like it's their job, so I always do.

## Bonus Tips (The Wise & Wild Way)

- **Spot-Free Shine:** Fill the rinse compartment with distilled white vinegar for dishes that come out sparkling.
- **Breathe deep:** Take a nice cleansing breath (or 2 or 3)—inhale through the nose and exhale through the mouth with a sigh. Cleansing the inside is as important as cleansing the outside.







# Fruit & Veggie Wash

## Ingredients

- 1 Tbsp fresh squeezed lemon juice (organic is best—natural disinfectant)
- 1 cup distilled white vinegar (for extra disinfectant power)
- 2 cups cold, filtered water
- (Opt): sprinkle of salt

## Directions

1. Pour the lemon juice, vinegar, and water into a clean spray bottle.
2. Add a sprinkle of salt (if using), then cap and shake until mixed.

## Application

1. Spray on fruits and veggies, let sit for 5 minutes, scrub if needed, then rinse with cold, filtered water.
2. For berries/lettuce: Fill a bowl with filtered water, add a few sprays, soak for 5 minutes, swish, drain, and rinse.

## Notes

- Double the batch for a big produce haul—my family eats like it's a race.
- Use organic lemon and filtered water—don't sabotage your clean eating.

## Bonus Tips (The Wise & Wild Way)

- **Bug Buster:** Add a sprinkle of salt to the bowl—flushes bugs from leafy greens, rinse well.
- **Eat Clean!** Eat organic produce only, grow your own or befriend your local, regenerative farmer!







# In the Bathroom

## Scouring Scrub

### Ingredients:

- ½ cup baking soda
- ¼ cup salt
- Water (or 3% hydrogen peroxide for extra power)

### Directions:

1. Mix baking soda and salt, add water (or peroxide) to make a paste.
2. Store in a container with with a lid; mix fresh if using peroxide

**Why It Works:** Baking soda and salt scrub away grime; water makes a solid paste, while optional peroxide kills germs—your tub will shine.

**Bonus Tips:** Got hard water stains? Pre-soak with white vinegar, then scrub—don't mix vinegar in the paste, it'll fizzle out the power because vinegar and baking soda cancel each other out.



## Cleaning Hacks & Tricks

### Scrubby Gloves Trick

- Use body scrubby gloves (not the ones you bathe with) to clean crevices around tubs and floors—gets into those tight spots like a pro.

### Tub Scrub Hack

- Keep an over-the-cupboard caddy under your sink with scrubby gloves and homemade scouring scrub—clean the tub right after your shower, no excuses.





# Fresh Floors & Carpets

## Baking Soda Freshener

### Ingredients:

- Baking soda

### Directions:

- Sprinkle baking soda on carpets, let sit 1 hour, vacuum.

**Why It Works:** Baking soda kills odors by neutralizing and trapping stink—an hour soaks up the deep funk.

**Bonus Tips:** In a rush? 15 minutes works for a quick refresh, but an hour gets the real stink out.



## Orange Peel Powder Boost

### Ingredients:

- Dried orange peel (ground into powder)
- Baking soda

### Directions:

1. Grind fully dried orange peel into powder.
2. Mix with baking soda, sprinkle on carpets, let sit 1 hour, vacuum.

**Why It Works:** Baking soda kills odors with an hour to tackle deep smells, orange peel adds a citrus zing to your carpets and vacuum.







# Sparkle and Shine

## Window Cleaner

### Ingredients:

- ½ cup water
- ½ cup white vinegar
- 1 drop liquid castile soap (not too much, just enough to cut greasy smudges without residue)

### Directions:

- Mix all ingredients in a spray bottle.

**Why It Works:** Vinegar cuts streaks, one drop of soap tackles greasy smudges—your mirrors will look brand new.



## Oxygen Bleach Soak

### Ingredients:

- 2-3 Tbsp oxygen bleach (for sinks/tubs) or 1 Tbsp (for toilets)
- Warm water

### Directions:

1. For sinks/tubs: Fill with warm water, add 2-3 Tbsp oxygen bleach, soak overnight, scrub.
2. For toilets: Add 1 Tbsp to toilet water, soak overnight, scrub.

**Why It Works:** Oxygen bleach makes stains vanish—your bathroom will look brand new.





# Wood Polishing Furniture Oil



## Ingredients

- ¼ cup olive oil
- 2 Tbsp white vinegar
- 5 drops lemon extract (or 5 drops orange essential oil for a citrus kick)

## Directions

1. Mix all ingredients in a small jar.

## Application

1. Dip a soft cloth into the oil, rub onto *sealed* wood furniture or floors in circular motions (use a thin layer on floors to avoid slipping), then wipe with a clean cloth to remove excess—buff for a shiny glow.

## Notes

- **Why It Works:** Olive oil nourishes wood, vinegar cleans grime, lemon adds a fresh scent—your wood will glow.

## Bonus Tips (The Wise & Wild Way)

- Test on a small spot first—some finishes don't love vinegar; don't use on unsealed wood floors, it'll get greasy and slippery; reapply every few months to keep wood hydrated.







# All-Purpose Cleaner

## Ingredients

- ½ cup liquid castile soap
- ¼ tsp baking soda
- 1 cup cold water
- *Opt:* 2½ Tbsp witch hazel (for extra cleaning)
- *Opt:* ¼ tsp tea tree extract (for disinfecting)
- *Opt:* 4 drops orange essential oil (for scent)

## Directions

1. Mix soap, baking soda, and water in a spray bottle.
2. Add witch hazel, tea tree extract, and essential oil if using, then shake gently and thoroughly.

## Application

1. Spray and wipe—great for counters, floors, you name it.

## Notes

- **Why It Works:** Baking soda boosts cleaning without gelling the soap (unlike vinegar, which would clump it), soap tackles grime, optional tea tree disinfects—your house will be spotless.

## Bonus Tips (The Wise & Wild Way)

- Shake before each use if it settles



# Your Natural Glow: The Next Step in Pure Living

You've tackled these DIY cleaning recipes—probably shocked at how easy it was to ditch the chemical junk—and now you're wondering: what's next for living naturally?

Oh, there's so much more! A pure home is just the start. True vibrancy comes from within—how we nourish our bodies, calm our minds, and lift our spirits. It's in the love we pour into our relationships (yep, even the one with ourselves).

Nothing will make your home—and your life—shine brighter than living the way God intended! If you're ready to go deeper, creating not just a clean space but a life full of health, joy, and connection—here's how to step it up..

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*Sharise Parviz*

