FREE PRINTABLE • HOMEMADE CLEANER

Homemade Scrub for Kitchen and Bathroom

One gentle, gritty paste for sinks, tubs, tiles, stovetops and grout. Made in 5 minutes from baking soda and Castile soap - no harsh fumes, no scratchy powders.



5 min	About 1 cup	2-3 weeks	1-2 tsp
TO MAKE	MAKES	KEEPS IN JAR	PER JOB

The Main Recipe - Soft Scrub Paste

Ingredients - tick as you add

- [ ] 1 cup baking soda
- [ ] 1/4 cup liquid Castile soap
- [ ] 1-2 tablespoons water, added slowly
- [ ] 5-10 drops lemon or tea tree essential oil (optional)

For extra grease-cutting, see the fresh Lemon Scrub variation on page 2. Make that one fresh and use it straight away.

You Will Need

- [ ] Mixing bowl and spoon
- [ ] Clean jar with a lid, for storage
- [ ] Soft sponge or non-scratch pad
- [ ] Soft brush or old toothbrush, for grout
- [ ] Microfibre cloth, for rinsing and buffing
- [ ] Rubber gloves

Method - 5 Easy Steps

1. **Put the baking soda in the bowl.** Break up any lumps with the spoon so the scrub feels even.
2. **Stir in the Castile soap.** Mix slowly until you get a thick, frosting-like paste.
3. **Add water a little at a time.** You want a soft paste that holds on a sponge - not a runny liquid. Stop as soon as it holds together.
4. **Add the essential oil, if using,** and stir once more. Spoon the paste into the clean jar and put the lid on.
5. **Label the jar** with the name and the date you made it. Use within 2-3 weeks. If it dries out, stir in a few drops of water.

Why it works

Baking soda gives gentle grit that lifts burnt-on food, soap scum and water marks without scratching most hard surfaces. Castile soap cuts grease and helps the paste spread and rinse clean. Together they do the work of a shop-bought cream cleaner, with ingredients you can read at a glance.

How to Use It - Area by Area



Area	How to use the scrub
Kitchen sink and taps	Spread 1 teaspoon on a damp sponge, scrub all over, leave 2 minutes, rinse and buff dry for shine.
Stovetop and oven door	Apply a thicker layer to cooled surfaces only. Leave 10-15 minutes on burnt-on spots, scrub gently, wipe clean with a damp cloth.
Pots, pans and baking trays	Scrub the outside and stubborn bottom marks. Avoid non-stick coatings - the grit can dull them.
Bathtub and shower	Work the paste over soap scum with a sponge, leave 5 minutes, scrub, then rinse well so no grit is left behind.
Tiles and grout	Push paste into grout lines with an old toothbrush, leave 10 minutes, scrub in small circles and rinse.
Bathroom sink and toilet exterior	Scrub, leave 2-3 minutes and rinse. For the toilet bowl, flush first, apply under the rim, leave 10 minutes, brush and flush.

Lemon Fresh Variation - Make Fresh, Use at Once

Ingredients

- [ ] 1/2 cup baking soda
- [ ] Juice of 1/2 lemon, added slowly
- [ ] 1 teaspoon Castile soap (optional)

Mix in a small bowl - it will fizz lightly. Use it straight away on sinks, chopping boards and greasy hobs while it is fresh and active. Do not store this version and do not seal it in a jar: the fizz creates pressure, and the mix loses its strength within the hour.

Safety and Storage Checklist

Stay safe

- [ ] Never mix this scrub - or any homemade cleaner - with bleach
- [ ] Always test a hidden spot first, especially on coloured grout and acrylic tubs
- [ ] Do NOT use on marble, granite or other natural stone
- [ ] Do NOT use on waxed wood or delicate, high-gloss finishes
- [ ] Wear gloves if you scrub often or have sensitive skin
- [ ] Keep out of reach of children and pets

Store it right

- [ ] Store the main paste in a sealed, labelled jar
- [ ] Keep in a cool cupboard, away from food
- [ ] Use within 2-3 weeks; make a fresh batch after that
- [ ] Use a clean, dry spoon - not wet fingers - to scoop it out
- [ ] Stir in a few drops of water if the paste dries out
- [ ] Never add vinegar to the jar - it neutralises the baking soda

Tick It Off - Kitchen Scrub Clean

- [ ] Sink scrubbed, rinsed and buffed dry
- [ ] Taps and drainer wiped free of water marks
- [ ] Stovetop scrubbed (cooled first) and wiped clean
- [ ] Oven door inside and out scrubbed and rinsed
- [ ] Microwave plate and inside walls wiped with a little paste on a sponge
- [ ] Bin lid and rim scrubbed, rinsed and dried

Tick It Off - Bathroom Scrub Clean

- [ ] Bathtub and shower tray scrubbed and rinsed well
- [ ] Tiles and grout lines brushed, left 10 minutes and rinsed
- [ ] Bathroom sink and taps scrubbed and buffed
- [ ] Toilet exterior, seat and base scrubbed and wiped
- [ ] Toilet bowl scrubbed under the rim and flushed
- [ ] Shower screen edges and taps wiped free of soap scum

Monthly Deep Scrub

- [ ] Kitchen grout, tile splashback and cooker hood edges
- [ ] Bathroom grout deep clean, patch by patch
- [ ] Oven racks soaked, then scrubbed in the sink
- [ ] Washing machine powder drawer and seal wiped
- [ ] Outdoor step, doorstep or utility sink, if you have one

Top tip: Let the paste sit before you scrub. Five to fifteen minutes of dwell time softens grease, soap scum and burnt-on food, so you scrub half as hard and use half as much paste.

Cut-Out Jar Label

Homemade Scrub - Kitchen and Bathroom

Date made: _____ Use within 2-3 weeks Do not use on natural stone

Notes