

Tub Scrubs

Necessary materials:

- Bowl
- Spoon
- Baking Soda
- Essential Oil
- Water
- Measuring spoons



(Optional materials: Liquid Castile soap, Hydrogen Peroxide)

The Procedure:

Step 1: Measure out $\frac{3}{4}$ of a cup of baking soda and add that into your mixing bowl. Use your spoon to break up any clumps if they are present.



Tub Scrubs

Step 2: Add in 5 to 7 tablespoons of water and mix after every few additions of water.



Step 3: Add in 5 to 10 drops of the essential oil of your choice, something milder like lavender or peppermint smells great without becoming overpowering. You want your mixture to be that of a thick paste. After that, it is ready to use.



Elevated Tub Scrubs

Step 1: Follow step one as directed above

Step 2: Add in 2 to 3 tablespoons of liquid castile soap. Make sure to stir well after this addition.



Step 3: Add in 2 to 3 tablespoons of hydrogen peroxide. Once again, stir after this addition. After that, your tub scrub is ready to use. If you would like, you can add in essential oils, but liquid castile soap is frequently scented, so this step is unnecessary.



Elevated and Normal Tub Scrubs

To use, cover the bottom of your bathtub with a thin layer of the tub scrub. Grab a rag or scrubbing brush and make circular motions when scrubbing to get rid of any built up grime. Once you have finished scrubbing, rinse the bathtub with water—now it should be squeaky clean!



The tub scrub on the left is the basic tub scrub recipe. It is a lot pastier than the elevated tub scrub but still works well. The elevated tub scrub seen above on the right is a lot fluffier and is a better option when trying to tackle a messier tub.

Notes: This tub scrub should be used quickly after making it does not store well.

Elevated Tub Scrub Credit: Kathryn Kellof from Practically Zero Waste