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Natural Recipes for Furniture Polish

Store bought furniture polishes add more than shine to your wood; they contain dangerous chemicals that can linger in the air and on your furniture for days. Trust our [homemade green cleaning recipes](#) for natural furniture polishes that are better for your furniture, your family, and the environment.

Quick Facts: Health Hazards of Common Furniture Polishes

- **Petroleum distillates (naphtha):** Causes nervous system and kidney damage; skin and eye irritation; eye clouding with long-term with temporary exposure; and nervous system damage with long-term exposure.
- **Turpentine:** Eye, nose, throat, and respiratory irritant. It can also cause nausea, dizziness, headaches, and coughing.
- **Hydrocarbons:** These chemicals, when ingested, cause organ and gastrointestinal damage, and can lead to death if severe.

DIY Green Cleaning Recipes for Furniture Polish

1. **Lemon furniture polish:** In a bowl or jar, squeeze the juice of one lemon and shake to combine it with 3 tablespoons of water and two teaspoons of olive oil. Apply the mixture to furniture with a soft cloth, and then discard the unused portion.
2. **Vinegar and oil furniture polish recipe:** Combine two tablespoons of olive oil or jojoba oil with one tablespoon of white vinegar in a small bowl or jar; add 3-5 drops of lavender essential oil for fragrance if desired. Rub into wood with a soft cloth. Discard unused olive oil mixture or store the jojoba polish in a sealed container.
3. **Mineral oil recipe for furniture polish:** Combine 1 cup of mineral oil with 5 drops of lemon extract or lemon oil. Rub oil into wood using a soft, dry cloth, and then store the remaining oil in a sealed container.



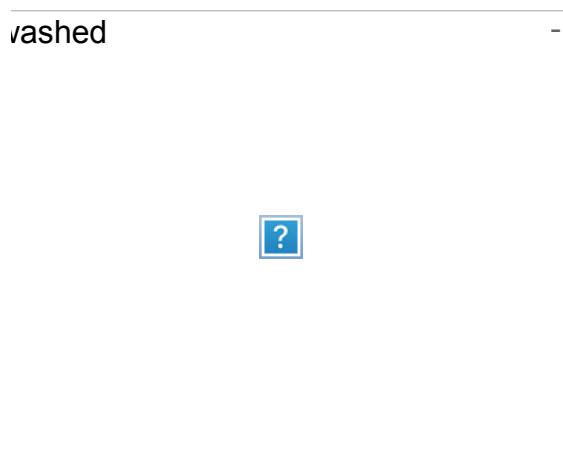
Dig Deeper: Chemicals in Typical Furniture Polishes

- Petroleum distillates: [Healthy Child Healthy World](#).
- Turpentine: [National Institutes of Environmental Health Sciences](#).
- Hydrocarbons: [Agency for Toxic Substances and Disease Registry](#).

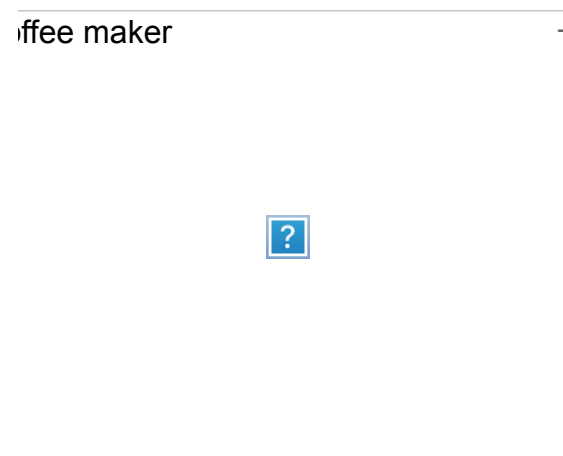
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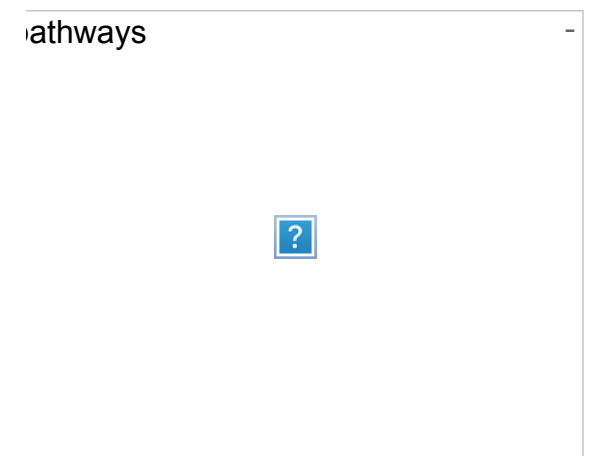
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