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Planetary Wellbeing

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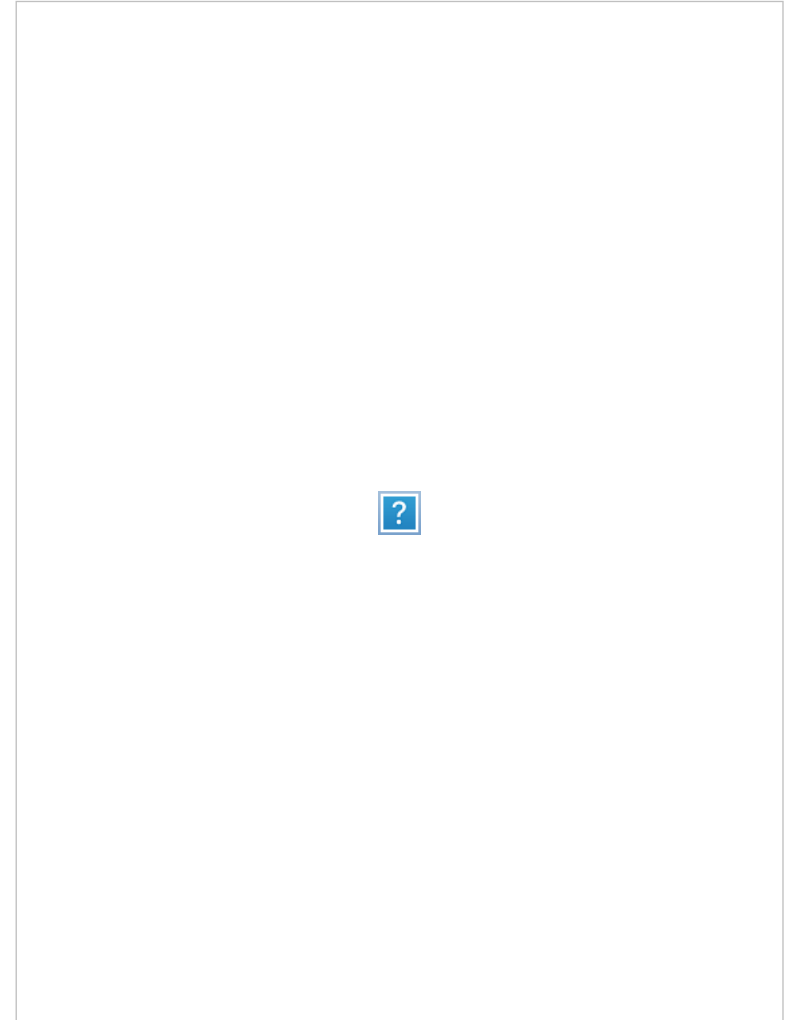
Natural Recipes for Paint Remover

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If you are refinishing your wooden deck or furniture, you need to first remove the existing paint our [homemade green cleaning recipes](#) will help you do the job safely. Store bought paint removers contain toxic ingredients with harmful vapors. Use these recipes for natural paint remover instead to protect your health and the environment.

Quick Facts: Health Hazards of Common Paint Removers

- **Dichloromethane (methylene chloride):** Probable carcinogen; can cause nervous system damage, drowsiness, headache, nausea, weakness, numbness, dizziness; skin and eye.
- **Acetone:** This is a dangerous chemical that can lead to kidney and liver harm, fetus harm (in the womb) and eye and skin irritation.
- **Toluene (methylbenzene):** Unclassified carcinogen; can cause dizziness, drowsiness, memory loss, headaches, light-headedness; kidney and liver damage; skin, eye, and respiratory irritant.



DIY Green Cleaning Recipes for Paint Remover

1. **Washing soda and flour paint remover:** Dissolve 7 oz. of washing soda crystals in cold water. In a separate container, mix 2/3 cup flour with a little bit of warm water to form a thick paste. Add the dissolved washing soda solution, and apply a thin layer to wood with a paint brush or a sponge. Allow the mixture to sit for several hours, and then scrub paint off with a stiff brush.
2. **Olive oil paint remover:** To remove paint from skin, apply olive oil with a dry cloth, and then gently rub the paint until it peels off easily.

Dig Deeper: Chemicals in Typical Paint Removers

- Paint stripper chemicals: [US Consumer Product Safety Commission](#).

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