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Recipes for Eco-Friendly Carpet Stain Remover

Store bought carpet stain removers use harsh chemicals that are toxic when exposed in high doses or when used without proper ventilation. Our homemade natural carpet stain removers, like all of our [homemade green cleaning recipes](#), will help you remove stains from your carpet without putting the health of your family at risk, and the natural ingredients are safe for the environment as well.

Quick Facts: Health Hazards of Common Carpet Stain Removers

- **Perchloroethylene:** Perc is a recognized human carcinogen and can lead to side effects like dizziness, fatigue, and headaches.
- **Naphthalene:** When exposed to this chemical, humans can experience decreased red blood cell count and eventual anemia.
- **Formaldehyde:** This ubiquitous chemical is a known cancer-causer in high amounts for prolonged periods, and in short exposures, causes throat, nose, and eye burning and wheezing.

DIY Green Cleaning Recipes for Carpet Stain Remover

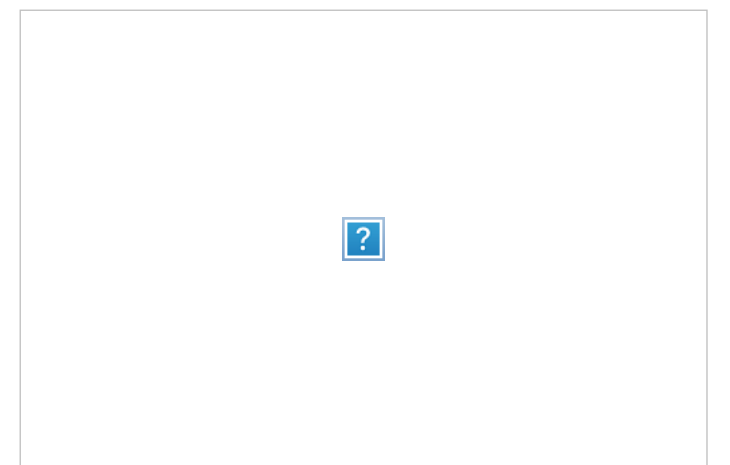
1. **Vinegar and water natural carpet stain remover:** Mix equal parts white vinegar and water in a spray bottle and shake gently. Spray on spots, let soak a few minutes, and then scrub with a brush to complete stain removal. Rinse with water when finished and blot to dry.

2. **Heavy duty carpet stain remover:** Mix 1/4 cup each of vinegar, salt, and borax to form a carpet cleaning paste. Rub the paste into carpet, using a brush if necessary. Allow to dry completely and then vacuum thoroughly

3. **Vinegar and baking soda paste carpet stain remover:** Form a paste by combining 1/2 cup white vinegar, 1/2 cup baking soda, and 1/4 cup water. Scrub the paste into carpet, and then vacuum when dry.

4. **Castile carpet stain remover:** Mix one teaspoon of liquid castile soap with one cup of warm water. Scrub stains, and then blot to dry with a dry cloth.

5. **Castile soap and borax carpet stain remover:** In a container, mix one cup of liquid castile soap with one cup of borax and mix. Apply to stains, scrub, and vacuum remnants when dry.



Dig Deeper: Chemicals in Carpet Stain Removers

- **Formaldehyde:** Environmental Protection Agency.
- **Naphthalene:** Agency for Toxic Substances and Disease Registry
- **Perchloroethylene:** Environmental Protection Agency

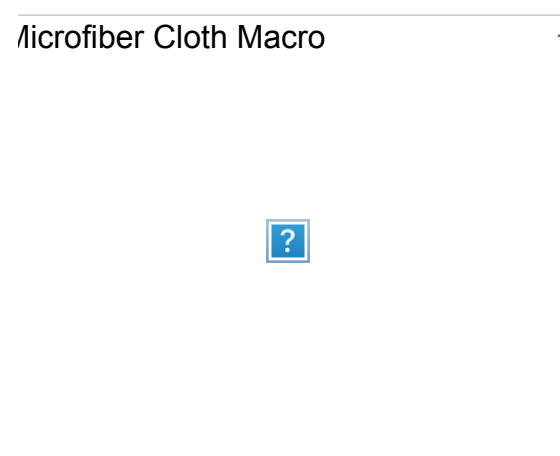
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