

ChronicPain OT's Unscented Dish Scrubbing Spray

Works almost as well as commercial versions, without the added scent or excessive chemicals

Disclaimer: This is a DIY recipe that works for me. Use at your own risk. Test a small amount on surfaces first to ensure compatibility.

Ingredient	Measurement Conversions	
1. Distilled water	400ml	13.5 oz
2. Methylcellulose Powder	0.5 grams	~¼ tsp
3. Liquid glycerin	5ml	1 tsp
4. 99% Rubbing Alcohol (<i>isopropyl alcohol</i>)	5ml	1 tsp
5. Unscented dish soap	40ml	2 tbsp + 2 tsp -- Or 8 tsp --
6. Decyl glucoside	~2ml	slightly less than ½ tsp
7. Empty continuous-spray foam dish soap bottle (<i>like a Dawn Powerwash bottle</i>)		
*Weight is more accurate than volume. If available, use a gram scale instead of a measuring spoon.		

Instructions:

Day 1 – Afternoon or Evening:

1. **Slurry the Methylcellulose:** In a small container, combine 5ml liquid glycerin and 0.5 grams methylcellulose powder. Stir until all of the powder is completely wet and no dry clumps remain.
2. **Hydrate:** Slowly mix the glycerin-methylcellulose slurry into the 400ml of distilled water.
3. **Rest:** Leave the mixture undisturbed overnight. **Do not skip this step!** The methylcellulose requires time to fully hydrate and thicken the water.

Day 2:

1. **Combine:** Take your thickened water mixture from Day 1 and gently add the 40ml unscented dish soap, 5ml rubbing alcohol, and ~2ml decyl glucoside.
2. **Blend:** Mix the ingredients by stirring gently. **Avoid shaking**, as this will create excessive foam.
3. **Package:** Pour the finished liquid into an old continuous-spray dish soap bottle equipped with the special spray nozzle.
4. **Before use:** Before each use, give the bottle a gentle swirl, not a shake, to avoid excessive foam.
5. **Spray** a light coating which fully covers the greasy areas. Set a timer for 3 minutes. Wipe off. Repeat if necessary, then **rinse**.

Between batches: Soak the continuous-spray dish soap bottle sprayer head in very warm water. Squeeze to suck up clean warm water to wash out any dried gunk from the previous batch.

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Tips:

- Use a plastic medicine syringe (like the ones included with children's liquid medicine) or a standard dropper (2ml is roughly equal to 40 drops).
- When measuring Methylcellulose powder, weight is more accurate than volume. Use a gram scale that measures to accuracy 0.1g or 0.01g when available.
- Don't leave the spray longer than 3 minutes - the rubbing alcohol will evaporate and reduce effectiveness.
- Spray pans after they have cooled and are mostly dry.
- Keep the coating light - thick coats are heavier and won't stick to vertical surfaces as well.
- As there are no added preservatives, only make 1 or 2 bottles at a time.

Methylcellulose Powder: Is a plant-derived thickening and stabilizing agent, and is often used in baking. In this recipe, it gives the water a higher viscosity so the spray clings to surfaces for better cleaning power.

Decyl Glucoside: Is a mild, plant-derived non-ionic surfactant and foaming agent. It is commonly used in eco-friendly cleaning formulations and baby products to boost bubbles while minimizing irritation.

Liquid Glycerin: Is a clear, odorless, and syrupy sugar alcohol. It is highly hygroscopic (it draws in and traps moisture). In this recipe, it acts as a wetting agent to ensure the methylcellulose powder dissolves flawlessly into the water without clumping.

Where to Buy the Ingredients:

Ingredient	Where to Buy Small Quantities	Shopping Tips
Distilled Water	Grocery stores, pharmacies	4L jugs can be found at the grocery store or pharmacy section for under \$2 a jug. Also advertised for CPAP machines. Do not substitute with tap water, reverse osmosis water, alkaline water, etc, as mineral buildup can clog the spray nozzle.
Methylcellulose Powder	Amazon, Cake/Baking Supply Stores	Found online or at specialty baking shops. 50g of powder is plenty.
Liquid Glycerin	Pharmacies, Amazon	Drugstores carry it in the skincare or first-aid aisle. Also found on DIY soap and skincare product making sites. 100ml is plenty.
99% Rubbing Alcohol	Pharmacies, Grocery stores	Found in the first-aid aisle. Ensure it says 99% Isopropyl Alcohol on the bottle rather than the 92% or 70% versions to get the exact grease-cutting power of the recipe. Sometimes in dollar stores too.
Unscented Dish Soap	Grocery stores, Health food stores	Look for clear, fragrance-free dish soaps. I use President's Choice Sensitive Skin . Try different brands as there are similar but slightly different formulas. Scented versions work too, if you prefer.
Decyl Glucoside	Amazon, Online DIY Soap Stores	125ml bottle is plenty. Search Amazon or DIY soap suppliers for "Decyl Glucoside Surfactant".

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