

Removing Adhesives

Over the years, I have had to remove adhesive residue from a number of different surfaces. I even saved old food jars for a couple of years to re-use to package gifts and to store some of the food and craft items here at the house. Many of those jars had strong adhesive used to keep the labels on the jar.



The easiest ones are the ones that you soak in a container of hot water. Add water to the inside, too, to help loosen the adhesive and to keep the jar (or other container) down actually in the water. Thirty minutes to a couple of hours will loosen these labels enough that they peel off easily and no adhesive is left.

Periodically I run across some light adhesive that can be removed by scrubbing for a few minutes with one of those green heavy-duty scouring pads.

More often, there is adhesive residue after the label comes off that can't be removed with the scouring pads – or the label won't even come off because of the particular type of adhesive that was used. After trying many different products, I finally a few years ago discovered the “magic combination” to easily remove the adhesive.

Using my fingers, I cover the adhesive area with a thin full-strength layer of the basic household cleaner concentrate that is available from our Sister Site: www.PersonalHealthForToday.com. I let the concentrate sit for at least a minute or two to soak into the adhesive. (On super-duper tough cases, I have let it sit for about 30 minutes to soak in.) Sometimes just using the concentrate will be enough to remove adhesive that wouldn't come off with other methods.

But for really tough jobs, after the concentrate has soaked in I then use a little of the scouring paste (also available from our Sister Site: www.PersonalHealthForToday.com) to cover the adhesive. Use only a tiny amount, and rub with your finger lightly into the entire adhesive area. Get a heavy-duty scrubber nice and wet, and scrub over the sink. Add water as needed – the more water, the better the scouring paste works.

That adhesive will be gone in no time. And since the concentrate and scouring paste are organic and bio-degradable, there are no toxic fumes to worry about and your sink drain will actually benefit from the clearing properties of both products.

I was amazed when I realized that I was able to clean the adhesive off some of the jars I worked on. A few of the jars were old mayo glass jars that I had been using for 7 years or more at that time. Even with all the previous washings, I never could get that stubborn adhesive off until I used the concentrate and scouring paste combination above.

Since discovering this combination, I've used both the concentrate by itself and the concentrate/scouring paste combination on many other surfaces to remove stubborn adhesives – plastic containers, wall paint, laminate surfaces, ceramic tile, to name a few. Just keep in mind that if a surface is going to discolor (fade in color) if you scrub it, then you will see faded spots from this process. But no discoloring from using the products themselves – just possibly from the scrubbing part.

About The Author

Marie Rice is the founder and editor of PartOfTheWhole.com - wellness for body, mind, and spirit. She enjoys helping others reach their goals. When she's not online, Marie's spending time with her family, gardening, doing crafts, or **most likely** – reading a book!

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