

dōTERRA® eBOOK

Cleaning with Essential Oils



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1 CHAPTER Why clean with essential oils?

For some, cleaning is cathartic; for others it is a chore. No matter how you feel about it, cleaning is an unavoidable part of life—especially if you want to keep you and your family healthy and safe. Having a clean environment is an important part of a healthy lifestyle, as it can help protect the body from certain health issues.



Whether or not you like to clean, it is much easier to keep a clean house when you have useful and effective cleaning agents. While you may be used to the fact that people use essential oils for health and wellness, you may not realize that essential oils can also be extremely useful for cleaning. With natural cleansing properties, essential oils provide a simple yet powerful way to keep things clean.

Essential oils are natural and safe to use around the family

One of the most appealing things about using essential oils for cleaning is that they come from natural sources and, when used appropriately, can be safely used around the entire family. Essential oils are extracted from plant parts and carefully curated to preserve the potent properties of the oil. When you use essential oils for cleaning, you are relying on the natural chemical components found in the oil to provide cleansing and purifying power. Whether you prefer to use natural cleaning products, worry about keeping your family safe, or just want peace of mind, essential oils are a wonderful natural cleaning solution to use around the home.



Essential oils are effective cleaning agents because they are potent and powerful

While essential oils are found in nature, they still contain potent and powerful cleansing properties that make them useful for household cleaning. Essential oils are extracts taken from plant parts, which means they are highly concentrated and extremely potent. Not only do they provide a potent aroma, but the chemical components in each oil provide powerful benefits.

Because essential oils are so potent, only a small amount will be necessary to provide serious cleaning power. Other cleansing products may require a large amount to get the job done, but it is possible to cleanse an entire area with just a few drops of an essential oil. For those who wonder if essential oils are as powerful as other cleaning agents, simply opening a bottle of any essential oil is all it takes to immediately experience the highly concentrated, potent power of these natural elements.



Essential oils provide an alternative to cleaning products with dangerous chemicals

Many of the cleaning products on the market today are full of powerful yet potentially dangerous chemicals. While these products claim to provide effective cleansing benefits, they often contain synthetic chemicals and questionable ingredients that may put your family at risk when used around the home. The beauty of using essential oils for cleaning is that they only contain the natural chemical components originally found within the oil, so when used in proper quantities, they do not pose a risk and are safe to be used around the house.

If you have small children in the home, or just want to ensure that your family isn't being exposed to unnecessary toxins and chemicals every day, essential oils provide a safe, natural solution for keeping the home clean.

Versatility

One major benefit of using essential oils for cleaning is that they are so versatile—a single oil can be useful for cleaning various sections of the home or for several difficult cleaning tasks. Typically, it requires an entire cupboard full of different cleaning products to keep the entire house clean. Because essential oils are potent and effective, one oil can be used for a variety of jobs, from the kitchen to the bathroom, to purifying the air, cleaning up sticky messes, helping with laundry, and more. Essential oils can also be used to make your own cleaning agents, allowing you to tailor each oil to your personal cleaning preferences or needs.

As mentioned, the potent nature of essential oils makes it so that you won't need a lot of oil to complete a cleaning task. When it comes to cleaning with essential oils, a little goes a long way, which is why many people find this to be a more cost effective solution over time.

Enjoy the lovely aroma of essential oils while you clean

Perhaps one of the greatest appeals of cleaning with essential oils is that you'll have the added benefit of enjoying the aroma of essential oils while you clean. Many cleaning products have a strong or unpleasant smell because they are full of synthetic chemicals and other unnatural ingredients. As you use essential oils for cleaning, you'll be able to smell the lovely aroma they emit—an aroma that can last up to a few hours. Using essential oils with uplifting, refreshing, and invigorating scents will make your home feel extra clean.

WHY CLEAN WITH ESSENTIAL OILS?

- Natural and safe to use in the home
- Potent, powerful, and effective
- Alternative to cleaning products with dangerous toxins and chemicals
- Offers versatile options for cleaning
- Creates a clean, inviting aroma

Now that you understand a few of the benefits that result from cleaning with essential oils, you might be wondering, "How does it work? What is it that makes an essential oil useful for cleaning?" In Chapter 2, we will discuss some of the science behind what makes essential oils such effective cleaning agents.

CHAPTER

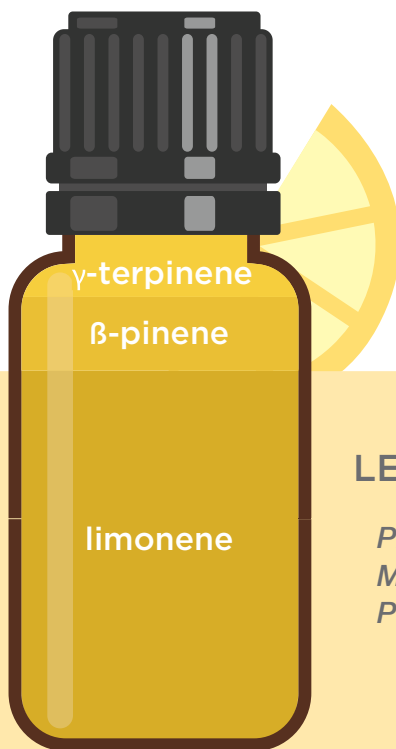
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The science behind using essential oils for cleaning

Each essential oil has a unique set of chemical components that give the oil specific benefits. For example, some essential oils contain chemical constituents that make the oil useful for improving the appearance of the skin, while other oils have properties that might make it useful for repelling insects or supporting a restful sleep.

An essential oil can have a combination of several different chemical components, giving each oil a diverse set of possible benefits.

For example, take a look at the unique chemical profile of Lemon essential oil, which determines the potential benefits that this oil has to offer.



LEMON OIL

Plant part: taken from the lemon peel

Main chemical constituents: limonene, β pinene, γ -terpinene

Possible benefits:

Limonene

55-75% (percent composition)

- Uplifting, energizing aroma
- Surface, teeth, and skin cleansing properties
- May help reduce appearance of skin blemishes
- Internal cleansing properties*
- Can support a healthy metabolism*
- Supports respiratory, immune, gastrointestinal, and nervous system function*

beta-pinene (β pinene)

6-18% (percent composition)

- Supports immune function and response*
- May help maintain healthy blood glucose levels already in the normal range*
- Supports healthy respiratory system*

gamma-terpinene (γ -terpinene)

3-16% (percent composition)

- Surface cleansing properties
- Protects against environmental threats



While these are only three of the main chemical constituents found in Lemon essential oil, it is easy to see how the unique chemical makeup of the oil determines the possible benefits it has to offer. Because Lemon oil has a high percentage of chemical constituents with surface cleansing benefits, it is a useful oil for household cleaning (among other things). Other essential oils may have a small percentage of cleansing chemical properties, but they might have a high percentage of chemical constituents that make them useful for something else, like reducing the appearance of skin blemishes, or naturally repelling insects.

The beauty is that each essential oil has a completely unique chemical profile with different percentages and combinations of all kinds of chemical components—this is why essential oils are so versatile and have so many uses!

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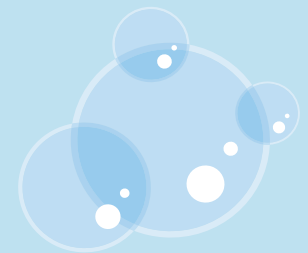
Cleansing properties

There are many essential oils that contain chemical properties that are known to provide cleansing benefits. Essential oils with cleansing properties can be used as natural cleansing agents, especially if they have a high percentage of chemical constituents that are known to be beneficial for cleansing. Remember, high quality essential oils are extremely potent, which means that even a small amount of a cleansing essential oil can provide major benefits.

Chemical constituents that provide cleansing benefits

While many essential oils contain cleansing chemical components, the most beneficial oils for cleaning are those with a high concentration of cleansing chemical constituents. The unique combination of chemical constituents in any essential oil will depend on what kind of plant it comes from—each plant produces a different essential oil with its own set of chemical components and thus, its own set of benefits. Because some essential oils will have a higher percentage of chemical components with cleansing benefits than others, these oils are more effective for household cleaning.

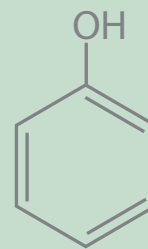
Let's take a look at some of the chemical constituents that have cleansing properties, and which essential oils contain high concentrations of these chemical components.



PHENOLS

The chemical structure of phenols makes them extremely potent and rich in antioxidants when found in essential oils. Phenols commonly found in essential oils include thymol, carvacrol, eugenol, and anethole. Phenol-rich essential oils that can be useful for cleansing due to their chemical properties include:

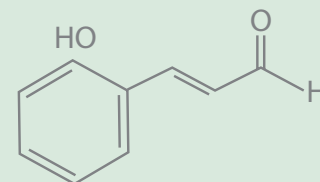
Clove Oregano Thyme



ALDEHYDES

Although aldehydes are typically only found in small quantities within plants, they are known for providing essential oils with a powerful aroma. Aldehydes like cinnamaldehyde and geranial are frequently found within essential oils. Essential oils rich in aldehydes that are also useful for cleansing purposes include the following:

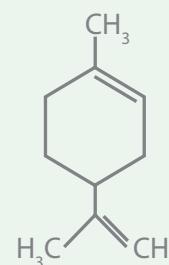
Cassia Cilantro Cinnamon Melissa



MONOTERPENES

Monoterpenes are hydrocarbons that are frequently found in essential oils and provide oils with numerous benefits. Common monoterpenes found in cleansing essential oils include limonene and terpinene. The following essential oils contain monoterpenes that make them useful for cleansing.

Bergamot Lemon Lime Melaleuca Wild Orange



The following table summarizes the different types of chemical constituents that can be useful for cleaning, and in which essential oils they may be found:

	Essential oil	Chemical constituents	Possible benefits
PHENOLS	Clove	Thymol, Carvacrol	Surface cleansing, protects against environmental threats, antioxidants*
	Oregano	Eugenol	Surface cleansing, protects against environmental threats, antioxidants*
	Thyme	Thymol, Carvacrol	Surface cleansing, protects against environmental threats
ALDEHYDES	Cassia	Cinnamaldehyde	Protects against environmental threats
	Cilantro	Decenal	Surface cleansing
	Cinnamon	Cinnamaldehyde	Protects against environmental threats
	Melissa	Geranial	Protects against environmental threats
MONOTERPENES	Bergamot	Limonene, Terpinene	Cleansing properties
	Lemon	Limonene, Pinene	Cleansing properties
	Lime	Limonene, Terpinene	Cleansing properties
	Melaleuca	Terpinene	Cleansing properties
	Wild Orange	Limonene	Cleansing properties

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Essential oils have different types of “cleansing” properties

It is important to keep in mind that there are many essential oils that are known to have cleansing properties; however, the word “cleansing” can have many different meanings. Some essential oils have chemical components that will provide cleansing benefits for the skin. Other oils may have a chemical profile that make the oil useful for internal cleansing.* When it comes to household cleaning, the best essential oils are those with properties that are useful for surface cleansing.

Remember that each essential oil has a different and unique combination of chemical constituents. Some essential oils may have chemical components that are generally “cleansing,” but they may not be particularly useful for surface cleansing. Other essential oils may contain cleansing properties that are useful for cleaning surfaces; however, if these chemical components only appear in small amounts, it is better to use an essential oil with higher percentages of chemicals that are useful for cleansing surfaces specifically.



When determining which essential oils to use for cleaning around the house, look for essential oils that contain “surface cleansing” benefits.

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CHAPTER

Safety guidelines and tips for cleaning with essential oils

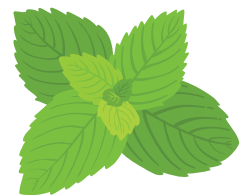
Before you begin to incorporate essential oils into your cleaning routine, it is important to understand a few safety guidelines that will help you use the oils in a safe, effective way. Essential oils are safe to use in the home and around the family, but they should always be used in proper amounts and with appropriate application methods. By following suggested safety guidelines and usage tips, you can ensure that you protect your family, while naturally and successfully cleaning your home.

Use pure, therapeutic-grade essential oils for the best results

It is important to remember that not all essential oils are equal when it comes to quality and efficacy. Using pure, high quality essential oils that have been taken from natural sources will yield the best results when using oils for cleaning. Low quality oils or oils that contain synthetic fillers will not be as effective for cleansing purposes, and because they are less pure, more oil will be required to accomplish certain cleaning tasks. When using pure, potent essential oils, very little oil will be required to provide powerful cleansing benefits.

In addition to providing the most benefits, high quality essential oils will also be safer to use around the family. High quality essential oils typically go through rigorous testing to ensure that they are safe for consumer use. To save time and money during production, some companies will forego testing, which lowers the quality of the oil and does not allow them to guarantee the safety of the product. When used in proper amounts, high quality essential oils are safe to use in the home, and you will have peace of mind knowing that the oils you are using hold true cleansing benefits.

When choosing essential oils to use for household cleaning, make sure that the oils are pure, high-quality, come from natural sources, and do not contain any synthetic fillers or contaminants.



WHAT TO LOOK FOR WHEN CHOOSING A HIGH-QUALITY ESSENTIAL OIL

YES

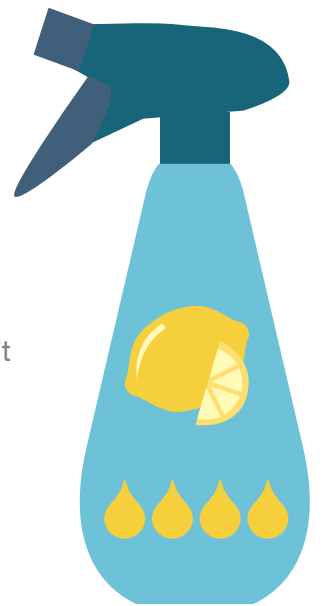
- taken from natural resources
- thoroughly tested
- high level of purity

NO

- doesn't come from pure sources
- synthetic fillers
- untested

Only a small amount of essential oil is needed

Don't forget, if you are using pure essential oils that are high in quality, only a small amount will be necessary when cleaning around the home. Especially if you plan to combine several essential oils together, you will only need a small amount to reap the desired cleansing benefits. When using essentials for cleaning, remember: you can always apply more oil if necessary but once you use too much oil, it is difficult to take it back. This is particularly important to remember when making your own cleaning agents. You can always add more drops of an essential oil to the solution, but you can't take them out once they are added, so start small. Keep in mind that when it comes to cleaning with essential oils, a little goes a long way.



MAKING YOUR OWN CLEANING SOLUTIONS AT HOME

Essential oils can be combined with a number of household ingredients to make your own cleaning agents. Consider using the following ingredients when making your own natural cleaning agents at home:

WHITE VINEGAR: Contains purifying properties. Useful for cleaning grease and mineral deposits.

BAKING SODA: Useful for absorbing and eliminating odors, and cleansing surfaces in the home.

SALT: Known as an effective scrubbing agent. Useful for cleaning stains and greasy messes.

CASTILE SOAP: Helpful for lifting dirt, stains, and grease.

Any of the cleaning agents above can be combined with essential oils for various cleaning tasks throughout the home.

How many drops of oil do I need?

There are several methods for using essential oils for cleaning, but when it comes to making your own cleaning solutions, you might be wondering how much of an essential oil to add. The amount of oil you add to your cleaning solution will depend on the particular job at hand, what kind of surface you plan to apply the mixture to, and how severe the mess is. For example, if you are simply cleaning the surfaces around the home, you will need less oil compared to if you are trying to scrub away a greasy mess or stubborn buildup.



Here is a general guide to help you know how much of an essential oil to add to your homemade cleaning solution.

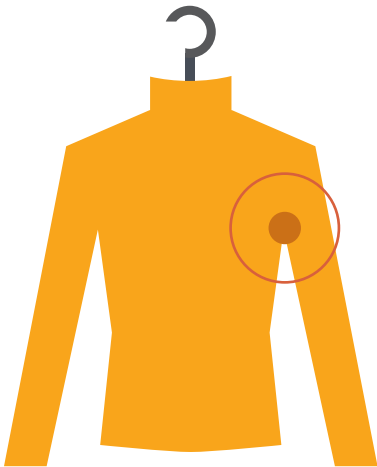
STRONG – 5 (or less) drops of essential oil, 2–3 cups of cleaning solution. For simple jobs like cleansing surfaces and wipe-away messes.



STRONGER – 10–15 drops of essential oil, 3–5 cups of cleaning solution. For tougher tasks like stains, grease, sticky messes, and scrubbing.



STRONGEST – 20+ drops. This is for particularly pesky or difficult cleaning jobs. Keep in mind that this amount of oil will allow the scent of the essential oil to come through, and it will be extremely potent.



Test before cleaning

When using essential oils for cleaning, it is always wise to test the oil or your homemade essential oil cleaning solution on a small area before applying a large amount. Testing the cleansing solution on a small, inconspicuous area will allow you to see how the essential oils react with certain kinds of wood, fabric, granite, etc. This is an especially smart practice if you have unique types of furniture, carpet, wood, or other areas in your home that you are worried about ruining with cleaning agents.

Storage

Part of safe essential oil use (in any capacity) is ensuring that the oils are stored safely and responsibly. Because essential oils are so potent, young children do not understand how best to use them, and thus they can pose a threat if children try to use the oils without supervision. Many parents store regular cleaning products in hard-to-reach places or areas that children cannot get to in order to keep them safe from improper exposure or ingestion. Be sure to do the same with essential oils and any homemade essential oil cleaning solutions. Make sure that your children cannot access oils or cleaning solutions without your knowledge in order to keep them safe from improper exposure.

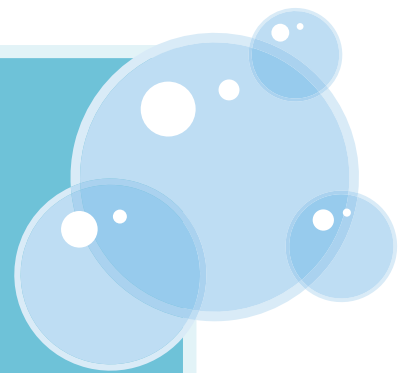


In addition to keeping essential oils in a safe place, it is also best to store the oils in a cool, dry place in order to preserve the natural chemical properties within the oils. Essential oil properties are best preserved when stored in dark bottles in order to keep UV rays and other types of light from altering the chemical composition. When storing your own essential oil cleaning agents, the chemistry of the oils will be preserved best in a glass or stainless steel container. Solutions should not be stored long-term in plastic.

If you choose to make your own essential oil cleaning solutions and store them for future use, keep in mind that oil and water don't mix, so you might have to shake the cleaning solution vigorously before using again. When an essential oil cleansing solution sits in the cupboard, it is possible for the oil to separate from the other cleaning agents, so be sure to shake well before each use to ensure effective cleaning.

BEST PRACTICES FOR CLEANING WITH ESSENTIAL OILS

- Use high quality essential oils
- A little oil goes a long way
- The amount of oil you need will depend on the type of cleaning job
- Test a small area before cleaning with essential oils
- Practice responsible storage
- For homemade essential oil cleaning agents, always shake well before each use



4

CHAPTER

How to use essential oils for cleaning

Once you are equipped with a basic knowledge of essential oil safety guidelines, it is time to start cleaning! As mentioned, there are many essential oils that possess chemical constituents with cleansing properties, but some are more useful for household cleaning than others. To determine which essential oils will be most effective for cleaning around the house, take a look at the following list.



ESSENTIAL OILS WITH PROPERTIES THAT ARE USEFUL FOR HOUSEHOLD CLEANING		
Arborvitae	Clove	Melissa
Basil	Coriander	Myrrh
Bergamot	Cypress	Oregano
Cassia	Eucalyptus	Petitgrain
Cedarwood	Lemon	Siberian Fir
Cilantro	Lime	Thyme
Cinnamon Bark	Melaleuca	Wild Orange

After setting aside a few oils that are useful for cleaning, you are ready to tackle nearly any pesky cleaning job around the house. Here are some of the easiest ways to use essential oils for cleaning:

Cleansing the air and dispelling odors

One of the best uses for essential oils around the house is to help cleanse the air by creating a lovely, inviting smell. Not only can you use essential oils with cleansing properties to promote clean air within the home, but you can also dispel unpleasant odors by replacing them with the potent aroma of essential oils.

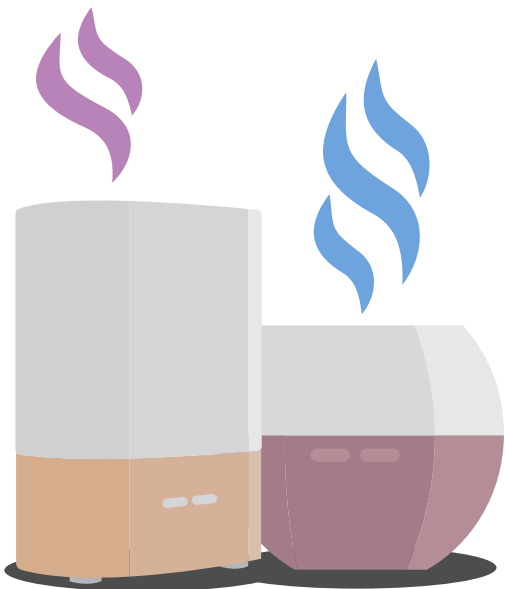
SOME OF THE BEST ESSENTIAL OILS FOR CLEANSING THE AIR INCLUDE:

Arborvitae
Eucalyptus
Lavender

Lemon
Lime
Melaleuca

Thyme
Wild Orange

Try adding these oils to an essential oil diffuser in any area of the home to help dispel unwanted odors, or to promote clean, breathable air. You can also combine several essential oils into a single diffuser to create a custom aroma. Try any of the following oil combinations for a unique and refreshing scent:



Bergamot



Lemon



Spearmint



Basil



Lemon



Lime



Eucalyptus



Peppermint



Melaleuca



Cinnamon



Clove



Wild Orange



Lavender



Rosemary



Eucalyptus

In addition to diffusing essential oils throughout the home, you can also make your own essential oil room spray to help promote an inviting and pleasant scent in any room.

ESSENTIAL OIL ROOM SPRAY

INGREDIENTS

20 drops Lemon oil
20 drops Grapefruit oil
20 drops Lime oil
Distilled water

INSTRUCTIONS

1. In a glass spray bottle, add essential oils and top with water. Depending on the size of the spray bottle, you may wish to add more essential oils.
2. To refresh a room, shake the bottle well, and spray liberally.

INSTALL A NEW AIR FILTER

The quality of air in your home can be determined by the age and condition of your air filter. If it has been a while since you last changed the air filter in your home, consider changing it out for a new one. When you go to put in a new air filter, add a few drops of an essential oil to the filter to help purify the air throughout the home.



Instead of spraying commercial air fresheners with questionable ingredients all around your home, you can make your own natural air freshener using just baking soda and essential oils.

NATURAL AIR FRESHENER

INGREDIENTS

¼ cup baking soda
5–6 drops essential oil

INSTRUCTIONS

1. Put ¼ cup baking soda into a small Mason jar. Add 5–6 drops of your favorite dōTERRA® essential oil.
2. Put a piece of fabric over the jar opening and seal with jar band.
3. To keep an area smelling fresh, place the jar on a solid surface and shake often to activate the fresh scent.
4. If the scent starts to fade, simply add 2–3 drops of essential oil to the jar.

If you enjoy having potpourri around the house, you can easily incorporate essential oils into your potpourri recipe to give any room an inviting aroma.

ESSENTIAL OIL POTPOURRI

RECOMMENDED INGREDIENTS

Orange peels
Star anise
Bay leaves
Cinnamon sticks
Vanilla beans (cut into small pieces)
Cardamom seeds
Dried apple slices
Candied ginger
Whole cloves
All spice
Whole nutmeg

RECOMMENDED OILS

Cinnamon Bark
Cassia
Vetiver
Wild Orange
Clove
Ginger
Cardamom

INSTRUCTIONS

1. Place desired herbs and spices into a container or bowl. Mix and assemble as desired.
2. Add 3–5 drops of essential oil on top of potpourri.
3. After a couple weeks, the aroma will start to fade. Add a few more oil drops to revive the scent

Cleansing surfaces around the home

As discussed in Chapter 2, many of the “cleansing” properties in essential oils make them useful for cleansing surfaces throughout the home. When you are in a hurry, you can simply add a small dab of an essential oil like Lemon or Bergamot oil to a wet cloth or rag and wipe down surfaces in the kitchen or bathroom.



For routine cleaning, consider creating your own essential oil cleanser that will make it easy to clean the most popular surfaces in your home.

ALL-PURPOSE CLEANSING SPRAY

INGREDIENTS

- 1 cup warm water
- 1 cup white vinegar
- 20–25 drops essential oil (use an oil dropper if you want an exact number of drops)

INSTRUCTIONS

1. In a spray bottle, combine water and vinegar.
2. Add essential oil(s) of choice. Shake well.
3. Use on counters, wood, glass, stainless steel, and porcelain.
4. Wipe with a microfiber cloth or paper towel.

Kitchen

Because there are so many surfaces in the kitchen that get used every day, essential oils can be extremely helpful for keeping the kitchen clean. As a bonus, every time you clean the kitchen using essential oils, it will leave behind a lovely smell—making it feel twice as clean!



For routine cleaning, consider creating your own essential oil cleanser that will make it easy to clean the most popular surfaces in your home.

KITCHEN

REFRIGERATOR AND MICROWAVE CLEANSER

INGREDIENTS

- 1 cup white vinegar
- 2 cups hot water
- 15 drops Lemon oil

INSTRUCTIONS

1. Combine the ingredients in glass spray bottle.
2. Spray mixture inside fridge or microwave, then scrub and wipe using damp cloth.

The garbage disposal is a typical culprit for unpleasant smells in the kitchen. Consider making these garbage disposal refreshers to allow the revitalizing scent of essential oils to save your kitchen sink from unwanted aromas.

KITCHEN

GARBAGE DISPOSAL REFRESHERS

INGREDIENTS

- 2 cups baking soda
- 1 cup salt
- ½ cup water
- ⅓ cup unscented liquid castile soap
- 30 drops Lemon, Spearmint, or Tangerine oil

Note: Liquid castile soap is a vegetable-based soap commonly found in health food stores.

INSTRUCTIONS

1. Combine baking soda and salt into bowl.
2. Add castile soap and essential oil into mixture.
3. Add water one tablespoon at a time while stirring with hands until it forms into the consistency of damp sand. It should stay together when you press it together. If you add too much water, just add some more baking soda and salt until the consistency is right.
3. Grab a tablespoon measurement device and scoop packed spoonfuls onto parchment paper.
4. Once the mixture has been scooped, let dry for 24 hours or until they are hard. One batch should make about 36 garbage disposal refreshers.
5. Once hard, put into glass jar or container, and use the next time you do dishes. Just put 1–3 refreshers into the garbage disposal and turn it on. You will immediately smell the refreshing essential oils.

A stale, dirty refrigerator can also contribute to gross odors that stink up the whole kitchen. When your fridge needs a little pick-me-up, place one of the garbage disposal refreshers from the DIY recipe above in your refrigerator for extra freshness. One pod will last up to a month in the fridge. When the scent fades, replace it with a new refresher to keep your fridge smelling lovely.

Whether you need to get rid of caked-on food, or just want your stove top to sparkle like it once did, this DIY stove top cleaner can help you get the job done.

KITCHEN

STOVE TOP CLEANER

INGREDIENTS

- ¼ cup baking soda
- ¼ cup table salt
- 1 tablespoon apple cider vinegar
- 2 tablespoons water
- 4–5 drops of essential oil (try Lemon, Lime, Melaleuca, or a combination of the three)

INSTRUCTIONS

1. Stir all ingredients together until they form a paste and spread it over the stove top and burners.
2. Leave it on for 15 minutes or longer for hard-to-remove stains.
3. Using a sponge, scrub the mixture into the grime.
4. Remove excess cleaner and wipe surface clean.



Instead of using store-bought dishwasher detergent, you can make your own detergent pods with essential oils and an extra boost from the proprietary dōTERRA On Guard® formula.

KITCHEN

DISHWASHER DETERGENT TABLETS

INGREDIENTS

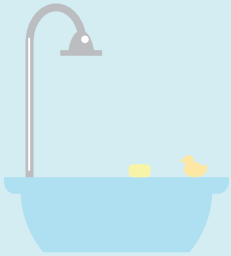
- 1 cup baking soda
- ¼ cup citric acid
- 1 tablespoon dōTERRA On Guard® Cleaner Concentrate
- 5 drops Grapefruit oil
- Silicone molds

INSTRUCTIONS

1. Put baking soda, citric acid, dōTERRA On Guard Cleaner Concentrate, and Grapefruit oil in a mixing bowl. Mix together until the mixture is an even consistency.
2. Place in silicone molds and let sit for four hours. Remove tabs.
3. Store in an airtight container.
4. Use in dishwasher in place of store-bought dishwasher tablets (one at a time)

STAINLESS STEEL

While stainless steel is a wonderful material to have in the kitchen, it can easily get smeared with food and handprints that make it look dirty. To keep the stainless steel in your kitchen sparkling clean, simply fill a spray bottle with undiluted white vinegar and add six drops of Lemon essential oil. Spray your stainless steel appliances and wipe down for a clean, refreshed look.



Bathroom

If cleaning the bathroom is your least-favorite chore, you can make it a much easier task with a little help from essential oils. By letting the power of essential oils do most of the work for you, cleaning the bathroom will quickly become the easiest job in the house.

TOILET BOWL CLEANER

Do you dread cleaning the toilet? With a little help from Melaleuca oil, you can easily give your toilets a sparkling makeover. Combine $\frac{1}{2}$ cup of baking soda, 10 drops of Melaleuca, and $\frac{1}{4}$ cup of white vinegar directly into the toilet bowl. Scrub the bowl clean as the vinegar and baking soda react.



Pesky soap scum or tile stains can make cleaning the bathroom a major chore. With the cleansing power of Lemon essential oil, you can create an all-purpose bathroom scrub that will bring new life into a grimy bathroom.

BATHROOM

TIP: This scrub can also be used to clean your kitchen sink, refrigerator, or tile floors.

SOFT SCRUB BATHROOM CLEANSER: TUB, TILE, TOILET

INGREDIENTS

- $\frac{3}{4}$ rounded cup baking soda
- $\frac{1}{4}$ cup unscented liquid castile soap
- 1 tablespoon water
- 1 tablespoon vinegar
- 5–10 drops Lemon oil

INSTRUCTIONS

1. In bowl, combine baking soda and castile soap.
2. Add water and stir.
3. Add vinegar and essential oil. The consistency should be a soft paste.
4. Apply to the area you would like to clean, and let it sit for 5-10 minutes.
5. After the solution has had a chance to sit, begin scrubbing. Once done scrubbing, take a wet cloth and wipe clean.

Note: Make in small batches and store in an airtight container. This is enough for two to four applications.

For an even easier way to clean the toilet, consider making your own toilet cleaning pods that you can simply drop in the toilet when you are ready for a clean, refreshed toilet and bathroom.

BATHROOM

TOILET CLEANING PODS

INGREDIENTS

- 1 cup baking soda
- ¼ cup citric acid
- 1½ tablespoon unscented castile soap
- 15 drops essential oil (try Lime, Melaleuca, Siberian Fir, Lemon, Cilantro, or a combination of any of these oils)
- Silicone mold

INSTRUCTIONS

1. Stir the baking soda and citric acid together until combined.
2. Slowly stir in the castile soap and essential oils. Stir until the mixture resembles wet sand.
3. Pack the pod mixture into a mold and let dry at least four hours. If the mixture expands above the mold, firmly press back down.
4. Once dry, remove the pods from the mold and store in an airtight container.
5. To use, simply drop one into the toilet, wait until the pod stops bubbling, and start scrubbing.



Laundry

Allow the refreshing, uplifting scents of essential oils to breathe new life into your clean clothes by using essential oils on your next batch of laundry. Here are a few ways to incorporate essential oils into your laundry routine to help your clean clothes smell even better:

- Add two to three drops of Wild Orange oil to dryer sheets to add a refreshing aroma to your laundry.
- Add a few drops of Siberian Fir oil to the rinse cycle to help get rid of unpleasant odors.
- Add a drop of your favorite essential oil to a damp cloth and place on top of clothing when ironing.
- Add a few drops of Lavender to dryer sheets and throw in the dryer with some towels for a luxurious, relaxing aroma the next time you get out of the shower.
- Add ½ cup of white vinegar and four to six drops of Melaleuca essential oil to the wash cycle to naturally brighten your white clothes.

If you want to avoid the chemicals and synthetic fragrances in store-bought laundry detergent, consider making your own essential oil powder laundry detergent for a natural alternative.

LAUNDRY

POWDER LAUNDRY DETERGENT

INGREDIENTS

- 2 cups washing soda
- 2 cups borax
- 1 bar grated castile soap
- 25 drops of your favorite essential oil

INSTRUCTIONS

1. Mix washing soda, borax, and grated castile soap together.
2. Add essential oil, mixing to combine.
3. Use $\frac{1}{4}$ cup of the mixture per load of laundry. Store in an airtight container.



Your clothes will smell extra fresh when you apply the renewing and uplifting scent of essential oils before the drying process. For extra fresh clothes, consider using this fabric softening spray:

LAUNDRY

FABRIC SOFTENING SPRAY

INGREDIENTS

- 16 ounces white vinegar
- 10–15 drops Lavender, Grapefruit, Peppermint, or Geranium oil

INSTRUCTIONS

1. Add essential oils to a glass spray bottle.
2. Fill the remaining space with warm white vinegar.
3. Shake well before each use to ensure oils and vinegar are well combined.
4. To use, spray over wet clothing before drying.





Wood

Many of the wood-polishing products on the market include some type of oil, as oils can be a gentle way to clean and rejuvenate wood furniture. The next time you want to polish your wood tables, chairs, or other wood furniture, try this essential oil wood polish:

WOOD

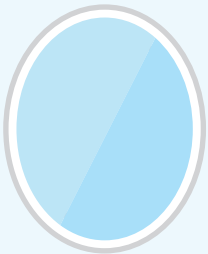
ESSENTIAL OIL WOOD POLISH

INGREDIENTS

- ¼ cup olive oil
- ¼ cup vinegar
- 10 drops dōTERRA® essential oils (Wild Orange, Arborvitae, or Lemon)

INSTRUCTIONS

1. Add olive oil and vinegar to glass spray bottle.
2. Add 10 drops of essential oil.
3. Shake well before each use.
4. Apply to microfiber cloth and wipe wood surfaces clean. Repeat every 2–3 months or as often as needed.



Glass

Whether you have a house full of children, frequent guests, or roommates, it can be difficult to keep the windows and mirrors in your home free from smudges and handprints. Thankfully, the cleansing power of citrus essential oils like Lemon and Lime can be extremely useful for giving the glass in your home some extra sparkle.

GLASS

ESSENTIAL OIL GLASS CLEANER

INGREDIENTS

- 16-ounce spray bottle
- 1 ½ cup white vinegar
- ½ cup distilled water
- 8 drops citrus oil of choice (Lemon, Lime, Wild Orange)

INSTRUCTIONS

Add vinegar, water, and essential oil(s) to spray bottle and shake. Spray the mixture on glass surfaces and wipe clean.



Sticky messes

Instead of using chemical-ridden cleansers to take care of sticky or greasy messes, simply employ the help of Lemon essential oil. Because Lemon oil is so powerful and potent, you'll only need a little oil to help get rid of even the most stubborn messes.

Take a look at a few helpful tips for cleaning up super sticky messes by using Lemon oil:

- Put a few drops of Lemon on a rag to help remove sticky residue off surfaces.
- Wash hands with Lemon essential oil to remove grease after changing the oil in the car.
- When you can't get tree sap or other sticky residue off of the hands, place a drop of Lemon oil in the palms and wash using warm water.
- Place Lemon oil on a cotton pad when you need to remove grease spots from surfaces.

If you've tried to peel a sticker off of any surface and find yourself left with sticky residue, Lemon oil can also be used to help get rid of any traces left behind. The next time you want to get rid of a sticker, try the following sticker removal recipe.

STICKY MESSSES

STICKER REMOVER

INGREDIENTS

2 tablespoons baking soda
5 drops Lemon essential oil
1 cup water
Cleansing wipe or towel

INSTRUCTIONS

1. For sticker removal, first peel off the parts of the sticker that will come off easily. If paper remnants are left behind, the solution should still be able to soak through.
2. Combine baking soda, Lemon oil, and water in a small bowl or dish.
3. Apply mixture to sticky surface and let soak for 2–5 minutes.
4. Use a damp towel or cleansing wipe to remove adhesive easily.

Carpet

While you should not apply essential oils directly to your carpet (it may not react well with fabric and could be potentially damaging), you can combine the powerful aroma of essential oils with baking soda to help refresh your flooring with this essential oil carpet refresher.

CARPET

ESSENTIAL OIL CARPET REFRESHER

INGREDIENTS

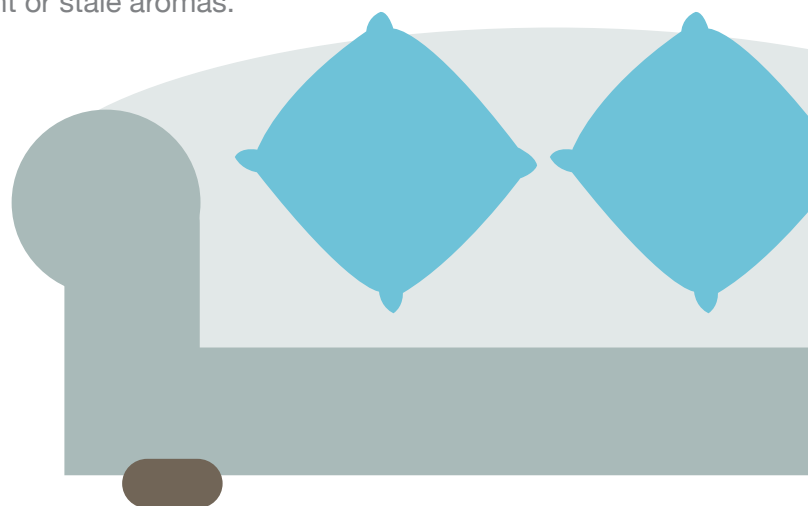
- 2 cups baking soda
- 10 drops essential oils (recommended oils: Lavender, Lemon, Cypress, or Eucalyptus)

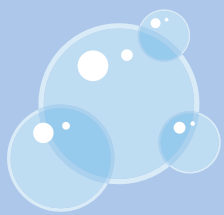
INSTRUCTIONS

1. Add essential oil to baking soda and stir until well combined.
2. Sprinkle mixture over carpet.
3. Let rest one to two hours. Vacuum.
4. Store remaining baking soda in an airtight container for future use.

Furniture, bedding, linens

When your living spaces could use a little refreshing, consider using essential oils to add a lovely, inviting aroma to any room. Simply combine two cups of distilled water, two tablespoons of rubbing alcohol, and 15 drops of Lavender oil in a spray bottle. Shake the bottle to make sure the solution is mixed well, and then mist over furniture, bedding, or in the linen closet. You can also use this spray in the car or in your children's bedrooms when you want to dispel unpleasant or stale aromas.





Soap

While a lot of the dish soaps and hand soaps we get from the store contain potentially harmful chemicals, there are endless natural solutions for soap when it comes to essential oils. Whether you are concerned about protecting your family, or simply enjoy making your own soap, take a look at the easy essential oil soap recipes below:

SOAP

ROSEMARY SPEARMINT SOAP

INGREDIENTS

Olive oil melt-and-pour soap base
Silicone mold
15 drops Spearmint oil
15 drops Rosemary oil
Optional: dried herbs

INSTRUCTIONS

1. Cut off the amount of soap base you want to use and place it into a microwave safe bowl.
2. Melt the soap into liquid form in increments of 30 seconds.
3. Add a handful of dried herbs to the soap mold.
4. Add Spearmint and Rosemary essential oils.
5. Mix together and pour into molds.
6. Let it sit for an hour.
7. Remove the soap from the mold.

Note: The soap should be good for a few months.

SOAP

ESSENTIAL OIL DISH SOAP

INGREDIENTS

2 cups unscented castile soap
20 drops Lime oil
8 drops Lemon oil
6 drops Grapefruit or Wild Orange oil

INSTRUCTIONS

1. Fill a large, clean bottle with castile soap
Note: Dilute according to instructions if using a concentrate
2. Add essential oils
3. To use, shake and add 1–2 tablespoons to dish water

ESSENTIAL OIL FOAMING HAND SOAP

INGREDIENTS

2 tablespoons unscented liquid castile soap
1 tablespoon dōTERRA® Fractionated Coconut Oil
10 drops favorite essential oil (Eucalyptus or Melaleuca work well)
Water

INSTRUCTIONS

1. Pour castile soap and Fractionated Coconut Oil into soap bottle.
2. Add essential oils.
3. Slowly add water into bottle, making sure to leave room for the foaming pump.
4. Place a lid on the bottle and shake well.
5. When ready to use, just pump one to two times into hands and wash with warm water.



Once you understand how useful essential oils can be for cleaning, you can harness their pure, potent power to safely and naturally clean your home. Not only will you enjoy how easy it is to make your own cleaning solutions and keep your house clean, but you will get to experience the aroma of your favorite essential oils every time you clean.