



cleaning
naturally



cleaning naturally

The Environmental Working Group explains that commercial cleaning products can cause numerous health problems, including asthma, allergies, chemical burns and even birth defects and cancer.

A study in the journal *Molecules* explains that these plant essences are widely accepted for their antimicrobial qualities, and have been for a long time. Essential oils destroy microbes like bacteria and viruses with the compounds they contain – which include phenylpropanoids and terpenes, explains the *Phytotherapy Research* journal.

Instead, you can eliminate bacteria and viruses – naturally – with essential oils.



What are essential oils?

These naturally occurring, volatile aromatic compounds are found in the seeds, bark, stems, roots, flowers, and other parts of plants. They can be both beautifully and powerfully fragrant. In addition to giving plants their distinctive smells, essential oils protect plants and play a role in plant pollination. In addition to their intrinsic benefits to plants and being beautifully fragrant to people, essential oils have long been used for food preparation, beauty treatment, and health care practices.

Why use essential oils for cleaning?

Essential oils offer a fantastic alternative to harmful chemical cleaners because they are safe for fighting certain microbes.

- Kill germs safely
- Are non toxic
- Do not pollute the water supply or environment
- Can be thrown away safely
- Powerfully concentrated so a little goes a long way
- Save money



What's Inside

All Purpose Cleanser	5	Reusable Cleaning Wipes	14
Bathroom Cleaner Spray	6	Mold & Mildew Remover	15
Carpet Cleaner	7	Natural Liquid Laundry Detergent	15
Cleaning Spray	7	Oven Degreaser (Soft Scrub)	16
Cleansing Wipes	8	Room Disinfectant/Yoga Mat Spray	17
Dishwasher Powder	9	Toilet Bowl Cleaner	17
Dishwasher Rinse Aid	9	Soft Scrub	18
DustMites Mattress Cleaner	10	Window Cleaner	19
Fridge Refresher	11	Wood Polish	19
Hand Cleasing	12	Toothbrush Sanitizer	20
Homemade Dish	13	E.O. Cleaning & Laundry	21
Homemade Drano	13	Connect with us	22



All Purpose Cleaner

1.5 cup water
1/4 cup white vinegar
30 drops essential oil: use Protective Blend
or a mix of Lemon, Lavender and
Melaleuca Tea Tree Oil

Add to a glass spray bottle - shake and use



Bathroom Cleaner Spray

2 cups water (distilled for longer-term use or tap for short-term use)
1tb baking soda
3tb liquid castile soap
30 drops Melaleuca Tea Tree essential oil
30 drops Orange essential oil

Directions:

1. Pour the water into the bottle, followed by the baking soda, castile soap, and essential oils. Place the top on the bottle and shake to mix the ingredients.
2. Use this spray to clean the tub, tile, toilet, sink, and even floor (particularly around the toilet).

This cleaner also works wonderfully as a stain remover for carpets and rugs!



Carpet Cleaner

10 drops Cleansing Blend Oil
10 drops Lemon essential oil
3 cups baking soda

Directions:

Cover and let sit overnight. Sprinkle on carpets or upholstery to refresh and deodorize. Wait several hours or overnight to vacuum.

Cleansing Spray

4oz Spray Bottle
5-10 drops Lemon essential oil

Directions:

In the spray bottle add Lemon essential oil. Use to disinfect any and all surfaces or spray to clean the air



Cleansing Wipes

Cleansing wipes are extremely convenient and great to have on hand when you are cleaning surfaces. Most commercial disinfecting wipes are made of harsh chemicals and fragrances which can be unsafe for your family and the environment.

Take the worry out of your life by making your own cleansing wipes. Making your own wipes is easy, fun, effective, and affordable.

1 roll premium paper towels
1-2 cups warm water
2 tablespoons fractionated coconut oil
3 drops Protective Blend essential oil
3 drops Lemon essential oil
1-2 tablespoons Castile Soap
An airtight storage container

Directions:

Cut paper towel in half widthwise with a serrated or electric knife. Use half the roll now, and half later. Combine water, fractionated coconut oil, essential oils, and On Guard Foaming Hand Wash in a small bowl. Pour the mixture over the paper towels and then cover with the airtight lid letting the mixture absorb for 10 minutes.

Turn the container over and let sit for another 10 minutes.

Remove and discard the cardboard middle. Just pull the wipes from the center when you are ready to use.





Dishwasher Powder

1 cup borax
1 cup washing soda
3 tbsp salt
10 drops Lemon essential oil

Directions:

Mix all ingredients well.
Use 2 tbsp per load

Dishwasher Rinse Aid

1 gallon white vinegar
15-30 drops of Lemon essential oil

Directions:

Pour lemon into vinegar and add to dishwasher
rinse aid compartment





DustMites Mattress Cleaner

1 cup baking soda (enough for a queen size mattress)
10 drops Cleansing Blend
Mason jar with lid
Sifter
Vacuum

Matress Cleaning Directions:

- 1- Remove bed linens and wash them in hot water.**
- 2- Add the baking soda and essential oils to a Mason jar. Shake to evenly distribute the oils.**

Note:

Use an essential oil that will help further repel dust mites, such as Lavender, Eucalyptus, Peppermint, Purify, Clove, or Rosemary.

Fridge Refreshers

2.5 cups baking soda
1/2 – 1 cup water
15 drops Cleansing Blend essential oil
Silicone mold

Directions:

1. Combine baking soda, 1/2 cup water, and essential oils into bowl.

Note: Any citrus essential oil would work well.

2. Stir together. If needed, add more water until thick paste forms.

Note: The mixture should resemble damp sand.

3. Divide mixture equally into silicone mold.

4. Allow it to rest 2-3 days or until mixture hardens.

5. Once hard, place in refrigerator to help eliminate unpleasant odors. Store additional fridge refreshers in an airtight container until ready to use. One disk will last up to a month in your fridge.

Note: Place under sink, in the shoe closet, or behind the toilet for additional freshness.



Hand Cleansing Spray

An easy and convenient way to clean your hands. Keep a bottle in your purse, car, or office for any time you need it.

4 ounce spray bottle
(glass or a high quality plastic)
1 tablespoon aloe vera gel
Water
20 drops Protective Blend essential oil

Directions:

1. In a spray bottle, combine aloe vera and On Guard.
2. Fill the rest of the bottle with water. Shake until combined. To use, spray on hands and rub together.



Homemade Dish Soap

2 cups unscented castile soap
20 drops Lime essential oil
8 drops Lemon essential oil
6 drops Grapefruit essential oil

Directions:

1. Fill a large, clean bottle with castile soap; dilute according to instructions if using a concentrate.
2. Add essential oils. Shake bottle before each use.
3. You're done! Just add 1-2 tablespoons to dish water for use.

Homemade Drano

1 cup of baking soda
1 cup of salt
1/4 cup of cream of tartar

Directions:

Mix together. Measure about a quarter cup of the mixed powder and pour into your clogged drain. Pour two cups of boiling water into the drain, and let stand for about an hour, then run fresh water from the tap.



photo credit: Jeremy Keith

Reusable Cleaning Wipes

These simple-to-make reusable kitchen wipes are the perfect example of a great all-natural alternative cleaning product!

#1) They are REUSABLE, #2) they're RECYCLED, and #3) they're completely CHEMICAL-FREE.

Old T-shirt
1 cup warm water
1/8 cup (or 1 ounce) liquid castile soap
4 drops Peppermint, 4 drops Lemon essential oil
jar with lid

Directions:

Take an old t-shirt or old cotton blanket and cut it up into rectangle cloths. Pour water, castile soap, and essential oil into a large glass mason jar with a tight-fitting lid and stir well. Place the rags into the jar with the liquid. (I think I ended up with about 8 or 10 rags. Put the top on the jar and turn upside for 10 minutes until all the rags are soaked.

After being used, the cloths can be washed and returned to the jar for REuse over and over again.





Mold & Mildew Remover

4oz Spray Bottle
Mix 2 parts water with one part white vinegar
or hydrogen peroxide
2 drops Lemon essential oil
3 drops Melaleuca Tea Tree Oil
1 drop Clove essential oil

Directions:

Shake well before using

Spray on location - let sit for 30 min before rinsing

Natural Liquid Laundry Detergent

1 cup castile soap
1 cup baking soap
1/3 cup coarse salt
7 litres hot water
Cleansing Blend, Protective Blend, Orange
essential oil (15-30 drops of each)

Directions:

Whisk together in a large bucket and portion out
Shake before each use. Use 1/4 cup to a 1/2 cup per
load depending on size of washer and load





Oven Degreaser (Soft Scrub)

- 4 oz. baking soda
- 2 oz. castille soap, I prefer unscented.
- 20-25 drops of Orange essential oil

Directions:

Add baking soda and castille soap into a container of your choice (I used these 4 oz. Ball jars) and mix until a homogeneous paste has formed

Add orange essential oil

With a spray bottle wet surface and scoop some scrub with a natural fiber sponge or brush

Scrub until all grease or grime is removed

Wipe clean with a wet towel





Room Disinfectant/Yoga Mat Spray

1 cup water
1 tsp salt (to emulsify oils)
20 drops Eucalyptus essential oil
20 drops Lavender essential oil
10 drops Melaleuca Tea Tree Oil

Toilet Bowl Cleaner

1/2 cup baking soda
10 drops Melaleuca Tea Tree Oil
1/4 cup vinegar

Directions:

Add ingredients directly to a partially drained bowl. As it reacts, scrub the toilet. This combination is intended for one use at a time.



Soft Scrub

All in one soft scrub can be used for Bath, Tile, and Toilet, Kitchen Sink

Make in small batches and store in an airtight container. This is enough for two to four applications. This soft scrub is excellent for getting rid of soap scum, removing stains, and brightening your tile and toilet. To use, just apply and let it sit for 5-10 minutes and then scrub. Once done scrubbing, take a wet cloth and wipe clean.

**3/4 rounded cup baking soda
1/4 cup liquid castile soap
1 tablespoon water
1 tablespoon vinegar
5-10 drops Lemon essential oil**

Directions:

In a bowl, combine the baking soda and castile soap.

Add the water and stir.

Add the vinegar and essential oil. The consistency should be a soft paste.

Store in an airtight container.





Window Cleaner

1 cup vinegar
1 cup water
15 drops Lemon or Orange essential oil

Directions:

Mix together.

Add to a spray bottle - mix well.

Wood Polish

2 parts oil (preferably linseed oil or olive oil)
one part lemon juice.

Directions:

Mix together. Apply and polish with a soft cloth.
Buff with beeswax and a microfiber cloth for added shine.



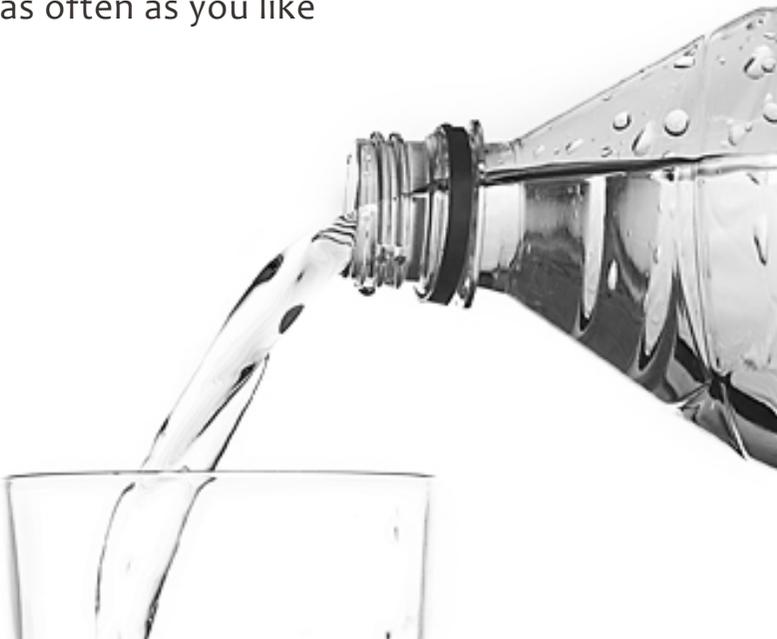


Toothbrush Sanitizer

shot glass
1/4-1/2cup filtered water
5-7 drops Protective Blend essential oil

Directions:

- Fill a shot glass with water
- Add dōTERRA On Guard Blend
- Use Toothbrush to mix ingredients well
- Leave toothbrushes in mixture overnight
- Re-refresh mixture as often as you like



essential oils

CLEANING & LAUNDRY

Antibacterial:

Thyme, Melaleuca Tea Tree Oil, Geranium, Oregano, Cinnamon, Lemon, Peppermint, Rosemary, Lime, Lemongrass

Antibacterial & antiviral:

Cinnamon, Clove, Eucalyptus, Lemon, Marjoram, Melaleuca Tea Tree Oil, Oregano, Thyme

Degreasing:

Lemon, Orange, Bergamot

Freshening:

Lemon, Bergamot, Orange, Grapefruit, Basil, Peppermint

Insect preventers:

Ants and spider = peppermint

moths = Patchouli

Lice = Melaleuca Tea Tree Oil

Dust Mites = Eucalyptus

Mold:

Cinnamon, Melaleuca Tea Tree Oil, Oregano, Clove, Thyme, Rosemary

Editors Notes:

Liquid castile soap is a vegetable-based soap commonly found in health food stores. Dr. Bronner's is a popular one. Look for unscented. This scrub is also great to use to help clean your kitchen sink, refrigerator, or tile floors.



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