



dōTERRA eBOOK

**NATURAL CLEANING
WITH ESSENTIAL OILS**

CLEANING

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Cleaning Challenge



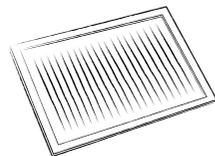
See how useful essential oils can be for cleaning all the areas of your home with this 10-day challenge.

DAY ONE: WINDOW CLEANER



Combine 1 cup white vinegar with 1 cup water, and 10 drops Lemon in spray bottle. Spray on glass and wipe clean with a lint-free cloth.

DAY TWO: INSTALL A NEW AIR FILTER



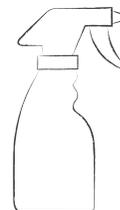
If it's been more than 3 months since you changed your air filter, it's time to switch it out. Add 3 drops Purify to your new air filter to help purify the air in your home.

DAY THREE: FURNITURE POLISH AND DUSTER



Combine 15 drops Arborvitae, 1 cup olive oil, and 1 cup white distilled vinegar to a 16-ounce spray bottle and spritz on furniture to polish and shine.

DAY FOUR: COUNTERTOP SPRAY



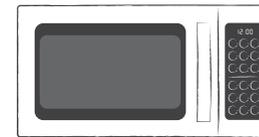
Fill a spray bottle with water and add dōTERRA On Guard® to clean all countertops and surfaces. (Shake well before spraying!)

DAY FIVE: DISHWASHER SAVER



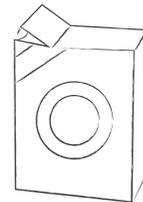
Add Lemon to your dishwasher and set it on a rinse cycle to give it a refresh.

DAY SIX: STAINLESS STEEL CLEANER



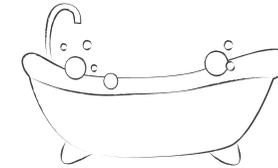
Fill spray bottle with white vinegar and add 6 drops of Lemon essential oil. Spray and wipe, following the grain of the stainless steel.

DAY SEVEN: TOILET BOWL CLEANER



Put ½ cup baking soda, 10 drops Melaleuca (Tea Tree), and ¼ cup white vinegar directly into the bowl. Scrub as the vinegar and baking soda react.

DAY EIGHT: TUB AND TILE SPRAY



Combine 1 cup white vinegar, 4 teaspoons castile soap, and 10 drops each of Melaleuca (Tea Tree) and Eucalyptus in a glass spray bottle. Shake well and spray generously. Allow to sit for 5-10 minutes and wipe clean.

DAY NINE: STAIN REMOVER



Add 1-2 drops of Lemon on stains; let stand and clean with a damp cloth.

DAY TEN: LINEN SPRAY



Mix together 2 cups of distilled water, 2 tablespoons rubbing alcohol, and 15 drops Lavender. Spray your linens when you want to give them a refresh.



ALL-PURPOSE LEMON CLEANER

Aside from its many benefits to the body, Lemon is also a very powerful cleansing agent. With this mixture you can shine stainless steel, remove grime from microwaves, freshen up your garbage disposal, and even deep-clean appliances like your washing machine and refrigerator.

INGREDIENTS

- 5-10 drops Lemon essential oil
- 1 cup water
- 1 cup vinegar

DIRECTIONS

Combine all ingredients in a glass container and mix well. Use this mixture with a toothbrush, microfiber cloth, or other cleaning tool to dust, shine dull surfaces, and remove dirt and grime around the home. This mixture can be combined in a spray bottle and kept in your kitchen or bathroom for easy access to clean daily spills and messes. Shake well before each use.

TIP

To deep-clean the microwave, simply place a portion of the cleaner into a cup and microwave for 20 seconds, then wipe clean.

STICKER REMOVAL

If you've ever purchased a new vase, bowl, or candle, you have most likely had to deal with the struggle of removing tough adhesive on the back of a sticker. Luckily, Lemon oil is an excellent resource for removing even the most stubborn of glues.

INGREDIENTS

- 2 tablespoons baking soda
- 5 drops Lemon essential oil
- 1 cup water

DIRECTIONS

Peel off the parts of the sticker that will come off easily. If paper remnants are left behind, the solution will still soak through. Combine baking soda, Lemon oil, and water in a small bowl or dish. Apply mixture to sticky surface and let soak for 2-5 minutes. Use a damp towel or cleansing wipe to remove remaining adhesive.

TIP

Melaleuca essential oil can be used in place of Lemon in this recipe and can be applied directly to remove adhesive. Simply apply 1-2 drops to the spot, wait 5-10 minutes, and then wipe away.





PURIFY MAGIC SPONGE

Tired of constantly cleaning up messes? Make life a little easier with this natural DIY containing doTERRA® Purify blend. Purify not only smells fresh, it contains the powerful cleansing properties of Lemon, Lime, Siberian Fir, Austrian Fir, Pine, Citronella, Melaleuca (Tea Tree), and Cilantro. This reusable sponge cuts through grease, grime, and everything in between.

INGREDIENTS

- 1 melamine sponge
- 1 tablespoon baking soda
- 1 teaspoon borax
- ½ cup hot water
- 3 drops Purify essential oil

DIRECTIONS

Add baking soda, borax, hot water, and Purify Cleansing Blend to a glass container and mix until dissolved. Place melamine sponge in the mixture and press firmly to absorb the liquid. To use, take the sponge out, ring out slightly, and start cleaning. When finished, simply rinse off the sponge and place it back in the glass container with the mixture.

NON-TOXIC MOPPING SOLUTION

Store-bought mopping solutions can often contain unnecessary ingredients that leave unwanted residue. Save money and avoid harsh chemicals with this easy, non-toxic mopping solution powered by essential oils.

INGREDIENTS

- 1 cup vinegar
- 1 gallon hot water
- 15 drops essential oil of choice

DIRECTIONS

Add all of the ingredients to a mop bucket and mix well. Apply a small amount of solution to mop or a clean rag to create clean, beautiful smelling floors. Dump the mixture from bucket immediately after using to avoid damaging the plastic.

NOTE

Essential oils renowned for their cleansing and purifying properties are Grapefruit, Lime, Lemon, Wild Orange, and Citrus Bliss®.





LEATHER POLISH

Did you know coconut oil works as an excellent leather polish? Clean up imperfections in your leather shoes, purse, or other items with this 3-ingredient solution containing the cleansing power of Eucalyptus oil.

INGREDIENTS

- $\frac{1}{4}$ cup Fractionated Coconut Oil
- $\frac{1}{4}$ cup vinegar
- 5-10 drops Eucalyptus essential oil

DIRECTIONS

Combine all ingredients into a small glass dish and mix thoroughly. To use, dip a toothbrush or other cleansing tool into mixture and rub over leather surface to clean and condition. Wipe clean with a microfiber cloth and let any extra moisture dry before use.

LAVENDER DRYER SPONGES

Conventional dryer sheets contain mysterious ingredients, and can sometimes be expensive. Play it safe and save some money with this reusable DIY containing Lavender oil. Benefit from Lavender's soothing properties to skin and sweet aroma as you soften clothes and fight off static.

INGREDIENTS

- ½ cup vinegar
- ½ cup baking soda
- 5-10 drops Lavender essential oil
- 5-10 simple sponges

DIRECTIONS

Combine baking soda and hot water in a glass container and stir. Add vinegar and mix, then add Lavender essential oil and stir again until all ingredients are combined.

Fill container with sponges, (cut into smaller pieces if needed), and place lid on container. To use, shake up container, remove 1 sponge, squeeze slightly, and place in dryer with wet clothes. After dryer cycle place sponge back in container and reseal with lid for future use.





NATURAL TOILET-CLEANING PODS

Forget the toxic chemicals of traditional cleansers and try these do-it-yourself Natural Toilet-Cleaning Pods using Purify Cleansing Blend. Purify's refreshing and herbal aroma will quickly eliminate tough odors and replace them with a clean scent.

INGREDIENTS

- 1 cup baking soda
- $\frac{1}{4}$ cup citric acid
- 1 $\frac{1}{2}$ tablespoons unscented Castile soap
- 15 drops Purify essential oil

DIRECTIONS

Stir the baking soda and citric acid together until combined. Slowly mix in Castile soap and Purify oil, stirring constantly until the mixture resembles wet sand. Pack the pod mixture into a mold and let dry at least 4 hours. If the mixture expands above the mold, firmly press back down. Once dry, remove the pods from the mold and store in an airtight container. To use, drop one into the toilet bowl, wait until the pod stops bubbling, and scrub.

ALL-IN-ONE LAUNDRY BOMBS

These all-in-one laundry bombs prove that making your own laundry products can be just as convenient as using store-bought alternatives. This recipe uses hardworking minerals like borax and washing soda, as well as Grapefruit and Bergamot essential oils. Using essential oils helps cleanse and refresh fabrics, and also adds an aromatic boost. With no unnecessary chemicals like optical brighteners or dyes, these laundry bombs are kind to your clothes and will clean your fabrics naturally.

INGREDIENTS

- 1 cup washing soda
- 1 cup borax
- 1 dōTERRA® SPA Moisturizing Bath Bar, finely grated
- 4 cups water
- 10 drops Grapefruit essential oil
- 10 drops Bergamot essential oil

DIRECTIONS

Combine washing soda and borax in a medium-size bowl and set aside. In a medium saucepan, bring water to a boil and add the finely grated bath bar. Stir continuously until completely melted without removing from heat. Do not add additional water, the final product is meant to be very concentrated. Once the bar has completely dissolved, slowly add in the washing soda and borax mixture, stirring constantly until the mixture forms a thick, creamy consistency. Remove from heat and pour into a medium-size bowl; let cool for 20 minutes. Use a hand mixer to whip mixture until it has doubled in volume. Once the mixture is whipped, form into 48 balls or add it into a mold. Place in freezer for 15-30 minutes, then pop out and store in an airtight container.

Use one bomb per load. Simply toss into the machine with your laundry and let it work its magic.





DISHWASHER DETERGENT TABLETS

Make your own natural dishwasher tablets by following this simple step-by-step recipe. This DIY contains the cleansing power of doTERRA On Guard® and Grapefruit oil, leaving your dishes clean and smelling fresh.

INGREDIENTS

- 1 cup baking soda
- $\frac{1}{4}$ cup citric acid
- 1 tablespoon doTERRA On Guard® Cleaner Concentrate
- 5 drops Grapefruit essential oil

DIRECTIONS

Put baking soda, citric acid, doTERRA On Guard® Cleaner Concentrate, and Grapefruit essential oil in a mixing bowl and mix together. Mix together until the mixture has an even consistency. Place in silicon molds and let sit 4 hours. Store in an airtight container. Use in the dishwasher in place of store-bought dishwasher tablets.

The background is a soft, abstract watercolor wash. It features a central area of light orange and peach tones, which gradually blends into a pale pink and then a very light, almost white, color towards the edges. The texture is soft and painterly, with visible brushstrokes and a slightly grainy appearance.

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