



# ESSENTIAL OILS for CLEANING



## CLEANING BLEND

- Add a few drops to your laundry rinse cycle to help eliminate odors.
- Diffuse to cleanse and purify the air.
- Add to vinegar in a spray bottle to clean toilets and other bathroom dirty zones.
- Add a few drops to cotton balls and insert into vents to help freshen smaller rooms.
- Use with dryer balls to freshen the laundry.

## NATURAL ALTERNATIVES

Create your own safe and natural household cleaners with these supplies, many of which are probably sitting around your home already!

### NATURAL ALTERNATIVES:

- baking soda
- borax (available in any laundry aisle)
- castile soap
- white vinegar
- cream of tartar (available in the spice aisle)
- Essential Oils

## CLEANING USES FOR LEMON ESSENTIAL OIL

- Add Lemon oil to a spray bottle of water to clean tables, countertops, and other surfaces.
- Lemon oil makes a great furniture polish: simply add a few drops to olive oil to clean, protect, and shine wood finishes.
- Use a cloth soaked in Lemon oil to preserve and protect your leather furniture and other leather surfaces or garments.
- Lemon oil is a great remedy for the early stages of tarnish on silver and other metals.
- Put Lemon oil on a rag to help remove stubborn, sticky residue from surfaces.
- Wash hands with Lemon oil to remove grease after changing your oil.
- Add a drop or two to a dry erase board to remove marker residue.
- Add to baking soda to clean toilets, tile, and tubs.
- Diffuse to help neutralize odors.
- Use with a dish soap recipe to help cut grease.

## CLEANING USES FOR MELALEUCA (TEA TREE)

- Diffuse to cleanse and purify the air.
- Add a few drops to a spray bottle with water and use on surfaces to protect against environmental threats.
- Add a couple of drops to soiled laundry loads to help remove odors.
- Use with vinegar to help cleanse and purify dirty floors.
- Add to peroxide, water, and vinegar-soaked rags to clean high chairs and baby toys.
- Mix with lavender, carrier oil (e.g., fractionated coconut oil), and water to paper towels for great natural baby wipes.

## CLEANING WITH PROTECTIVE BLEND

- Combine a few drops with aloe and water to create a great natural hand cleanser.
- Combine Lemon Essential Oil and Protective Blend hand wash. Pour over paper towels for a nice cleansing wipe.
- Add to equal parts water, peroxide, and alcohol. Stir in with rags. Use as a natural cleansing wipe.
- Diffuse to purify and cleanse the air from environmental threats.
- Add with water to create a wonderful air freshener.
- Add to a vinegar base to cleanse surfaces and counters.

When diffused, PROTECTIVE BLEND ESSENTIAL OIL helps purify the air, and can be very energizing and uplifting. It provides cleansing and purifying benefits.

## CLEANING USES FOR WILD ORANGE

- Combine with Melaleuca or Protective Blend to make a powerful vinegar cleaner for your kitchen.
- Diffuse to uplift mood and energy levels and to freshen the air.
- Add drops to white vinegar and use as a natural laundry softener rinse.
- Add a few drops to dryer balls to freshen your laundry without any harsh chemicals.
- Combine with castile soap to create a wonderful uplifting hand soap.
- Combine with olive oil and vinegar for a refreshing and invigorating wood polish.
- Add to castille soap to make your own DIY dish soap.
- Add to your laundry rinse cycle to freshen your load.

## IN THE KITCHEN

### DISH SOAP

- 2 cups castile soap, unscented
- 20 drops Lime ESSENTIAL OIL
- 8 drops Lemon ESSENTIAL OIL
- 6 drops Invigorating Blend ESSENTIAL OIL
- Add ingredients to a mason jar.
- Secure a pump top by using a canning lid.
- Use 1-2 tbs to each load of dishes.

### FRUIT AND VEGGIE WASH

- 1 cup filtered water
- 3/4 cup organic apple cider vinegar
- 1 tbs baking soda
- 10 drops Lemon ESSENTIAL OIL
- Add Lemon ESSENTIAL OIL to a 16oz glass spray bottle.
- Add baking soda.
- Add water VERY SLOWLY.
- Spray on produce and let sit for a few minutes.
- Rinse well with cold water. Let dry.

### ORANGE KITCHEN CLEANER

- Orange peels
- White vinegar
- 8 drops Melaleuca ESSENTIAL OIL
- 8 drops Protective Blend ESSENTIAL OIL
- Soak orange peels in vinegar in a quart Mason Jar with a lid.
- Add 5 drops of Melaleuca and Protective Blend.
- Let sit for 2 weeks. Drain peel oil into a 16oz. glass spray bottle.
- Add remaining ESSENTIAL OIL.

## PREMADE PRODUCTS

Not into DIY products? We've got you covered with PROTECTIVE BLEND FOAMING HAND WASH and PROTECTIVE BLEND CLEANER CONCENTRATE.

## NOTES:

\*All statements in this class have not been approved by the Food and Drug Administration. Our products are not intended to diagnose, treat, cure or prevent disease. Pregnant or lactating women and persons with known medical conditions should consult a physician prior to the use of any Essential Oil product.

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## AROUND THE HOUSE

### AIR FRESHENER

- 1/4 cup baking soda
- 5-6 drops ESSENTIAL OIL (e.g., Lavender, Lemon, Cassia)
- Add to a mason jar.
- Cover with cheesecloth or canning lid with holes.
- Place the jar around your home.
- You can use the same recipe as a carpet freshener. Vacuum after 10 minutes.

### WOOD POLISH

- 1/4 cup white vinegar
- 1/4 cup olive oil
- 10 drops ESSENTIAL OIL (e.g., Arborvitae, Lemon, Orange)
- Add ingredients to an 8oz glass spray bottle.
- Spray to protect wood furniture and wood floors.
- Arborvitae is great for preserving wood.

### HOMEMADE BLEACH

- 1/4 cup filtered water
- 1/4 cup hydrogen peroxide (3% solution)
- 1/2 TBS lemon juice
- 3 drops Lemon ESSENTIAL OIL
- Add Lemon ESSENTIAL OIL to a 4oz colored glass bottle.
- Add peroxide and lemon juice.
- Add water. Shake well.
- Lasts 2-3 months if stored out of sunlight.

### GLASS CLEANER

- 1 1/2 cups white vinegar
- 1/2 cup filtered water
- 8 drops citrus ESSENTIAL OIL (e.g., Lemon, Grapefruit)
- Add ingredients to a 16oz dark colored, glass spray bottle.