

DÖTERRA

DIY GUIDE TO TOXIN-FREE CLEANING

HEALTH | HOME | ESSENTIAL OILS



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DIY RECEIPIES

USING ESSENTIAL OILS AND NATURAL PRODUCTS



TOXIC CLEANING



Did you know that the air pollution in your home can be more toxic than outdoor air pollution?

In fact, according to the EPA, the levels of indoor air pollutants can be 2-5 times higher than outdoor levels. Research has found that chemicals inside your traditional cleaning products can leach from their bottles and escape into the air within your home.

Surprisingly, cleaner manufacturers do not have to disclose all of the ingredients in their products. Many traditional cleaners contain VOCs, Terpenes, Formaldehyde and other toxic air contaminants. Prolonged exposure to toxins can lead to many chronic health issues including autoimmunity by triggering the immune system and creating a cascade of inflammation.

dōTERRA essential oils provide a safe and effective alternative to chemical cleaners that do not contain harmful side effects. Many essential oils are naturally anti-bacterial, anti-microbial, and purifying. You can easily swap out your old chemical cleaners for natural solutions that will be effective and safe for your family!



DIY FRUIT AND VEGGIE SPRAY

INGREDIENTS

- 3 Drop dōTERRA Lemon Essential Oil
- 1 Tablespoon Baking Soda
- 1 Cup Water

INSTRUCTIONS

1. Combine all ingredients in glass spray bottle
2. Shake until well combined
3. To use, spray on veggies or fruit allow to sit for about 2-5 minutes
4. Rinse veggies or fruit under cold water
5. Store spray in refrigerator, lasts for a couple of months



DIY ALL-PURPOSE CLEANER

INGREDIENTS

- 1 Cup Water
- 1/2 Cup Distilled White Vinegar
- 10 Drops dōTERRA Tea Tree Essential Oil
- 10 Drops dōTERRA Lemon Essential Oil
- 10 Drops dōTERRA OnGuard Protective Blend
- 5 Drops dōTERRA Basil Essential Oil

INSTRUCTIONS

1. Combine all ingredients in glass spray bottle
2. Shake until well combined
3. To use, spray on kitchen countertops, tables, bathrooms, and any non-porous surface to clean and disinfect



DIY GLASS CLEANER

INGREDIENTS

- 1 1/2 Cups White Vinegar
- 1/2 Cup Distilled Water
- 8 Drops of either dōTERRA Lemon, Lime, Grapefruit, or Wild Orange Essential Oil

INSTRUCTIONS

1. Combine all ingredients in 16-ounce glass spray bottle
2. Shake until well combined
3. To use, spray on glass and wipe surface clean



DIY FOAMING HAND SOAP

INGREDIENTS

- 2 Tablespoons Unscented Liquid Castile Soap
- 1 Tablespoon Fractionated Coconut Oil
- 10 Drops Favorite dōTERRA Essential Oil (OnGuard or Tea Tree and Spearmint are great options)

INSTRUCTIONS

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



DIY HAND SANITIZING SPRAY

INGREDIENTS

- 4 Teaspoons Rubbing Alcohol
(Isopropyl Alcohol or Ethyl Alcohol or Everclear Vodka)
- 1 Teaspoon Fractionated Coconut Oil
- 30 Drops doTERRA OnGuard Protective Blend

INSTRUCTIONS

1. Combine all ingredients in a 1 ounce / 30ml spray bottle
2. Shake until well combined
3. To use, spray on hands and rub hands together to disinfect



DIY YOGA MAT CLEANER

INGREDIENTS

- 3/4 Cup Distilled Water
- 1/4 Cup Alcohol-Free Witch Hazel or White Vinegar
- 5 Drops dōTERRA Lavender Essential Oil
- 3 Drops dōTERRA Tea Tree Essential Oil

INSTRUCTIONS

1. Combine all ingredients in glass spray bottle
2. Shake until combined
3. To use, spray on mat and wipe dry with towel