

## DIY "Green" Cleaning Recipes with Essential Oils!

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Clear out the harsh chemicals from your life and home using these easy and effective DIY Cleaners. Not only will your house smell amazing but you will rest assured that everyone in the family (including pets) will benefit from avoid harmful and toxic chemicals.

### Tip on Which Essential Oils to Use:

High quality essential oils are popular these days from companies like DoTerra and Young Living. I love both and use both...however, if you are not read to invest in these you can find a lower quality replacement at your local health food store or at my on line formulary.

### Containers You May Need:

My favorite spray bottles are amber glass spray bottles and containers that come in every shape and size and can be purchased on Amazon. For hand sanitizers and cleaners that are scrubbing pastes...I do use plastic containers. (Found at Amazon or places like Michael's)

### ESSENTIAL OILS FOR CLEANING & SANITIZING

<b>ANTIBACTERIAL</b>	Thyme, Melalauca, <b>Oregano</b> , Cinnamon, <b>Lemon</b> , Peppermint, <b>Rosemary</b> , Lime, Lemongrass
<b>ANTIBACTERIAL &amp; ANTIVIRAL</b>	Cinnamon, Clove, Eucalyptus, <b>Lemon</b> , Marjoram, <b>Melaleuca</b> , <b>Oregano</b> , Thyme
<b>DEGREASING</b>	<b>Lemon</b> , Wild Orange, Bergamot
<b>FRESHENING</b>	<b>Lemon</b> , Wild Orange, Grapefruit, Basil, Peppermint
<b>MOLD</b>	Cinnamon, <b>Melaleuca</b> , <b>Oregano</b> , Clove, Thyme, <b>Rosemary</b>
The following are proprietary disinfectant blends. You can sub any oils above as replacements	<p><b>OnGuard</b> Essential Oil from DoTerra  <b>Theives</b> Essential Oil from YoungLiving  <i>**Both are proprietary oil blends shown to be effective for killing all bacteria, virus, fungus, and potential pathogens both on hard surface areas and when diffused in the air.</i>                      (Laprez, et al, 1995)</p> <p style="text-align: right;">SOURCE: DoTerra</p>

### Hand Sanitizer *(My favorite thing to carry in my purse!)*

- 2 oz. travel size bottle with flip top lid
- 1-2 tsp. Aloe Vera Gel
- 4-6 drops Vitamin E oil
- 15 drops OnGuard/Theives Essential Oil
- Water

Mix Aloe Vera Gel, Vitamin E Oil and Essential Oils and add to bottle. Fill remaining space with water -shake well.

To Use: Apply to hand and rub together!

### HOUSEHOLD CLEANING RECIPES

#### Tile Scrubbing Paste

- 1 cup baking soda
- ¼ cup Dr. Bronner's liquid soap
- 1 Tbsp. white vinegar
- 10-15 drops of Lemon (or my fav: 6 drops lemon + 6 drops OnGuard/Theives)

Make it: Mix all ingredients well in separate bowl with table knife. Transfer to airtight container. Add water if too thick.

#### Effective Counter Top Disinfectant Spray

- 1 cup water
- 1 cup white vinegar
- 10 drops OnGuard/Theives (or Lemon)
- 5 drops Lavender

Make it: Add to spray bottle and shake well.

#### Window Cleaner

- 1 cup white vinegar
- 1 cup water
- 15 drops Lemon or Wild Orange

Make it: Add to spray bottle and shake well

#### Floor Wash

- 1 gallon water
- ¼ cup white vinegar
- 5-10 drops Lemon or Melaleuca
- 2 drops liquid soap

Make it: Combine all ingredient in bucket. Wash floors!

**TIP:** *To reduce the vinegar odor in your recipes, add Lavender to tone down the acidic smell! (That is why I love using Lavender in my everyday disinfectant spray!)*

**Oven Cleaner**

- 1 Tbsp. liquid soap
- 1 ½ cup baking soda
- 5 drops Lemon
- ¼ cup white vinegar

Make It: Combine ingredients in a bowl. Consistency should be a paintable paste. Add water to thin if needed. Coat oven interior with the mixture with a paintbrush. Let sit to dry (~ 8hrs), then scrub.

**Dishwasher Rinse Aid**

- 1 gallon white vinegar
- 15-30 drops Lemon

Make it: Pour essential oil into bottle of vinegar. Add to dishwasher's rinse aide compartment.

**TIPS:**

- ✓ **To polish stainless steel and chrome:** use Lemon and soft cloth to polish surface.
- ✓ **To prevent hard water build up:** Wipe surfaces with Lemon several times per month.
- ✓ **To remove marks:** Use Lemon and a little bit of backing soda on a cloth. Gently scrub to remove marker, crayon, or scuffmarks from surfaces. Also works on sticky residue from glue, tape, etc.

**Why Use Essential Oils for Cleaning?**



- Essential oils have been shown to **kill germs safely and effectively**. They are nontoxic and do not pollute the environment or impact the water supply.
- Essential oils offer **healthful benefits** beyond cleaning and are uplifting and energizing...while eliminating any concern for toxic side effects.
- High quality oils are **powerfully concentrated**, so a little goes a long way!
- **Saves money!** Making your own cleaners will save your pennies and health. Win-win!



**What Chemicals In Cleaners Are Harmful/Toxic?**

- ✓ **Phenols**, used in disinfectants and toilet bowl cleaners are toxic to respiratory and circulatory systems.
- ✓ **Formaldehyde**, used in wick deodorizers and sprays, is a respiratory irritant and suspected carcinogen.
- ✓ Petroleum solvents in floor cleaner damage mucous membranes.
- ✓ **Fragrances**, used in cleaners cause respiratory irritation, headache, sneezing, and watery eyes for many. 1/3 of the substances used by the fragrance industry are toxic.
- ✓ **Diethylene glycol**, used in window cleaners, depresses the nervous system.

\*\* REFERENCES AVAILABLE UPON REQUEST

**Consider Diffusing for a Clean & Calm Home**



- Diffusing essential oils can be **calming, relaxing, and invigorating**. They can aid in enhancing quality sleep and mental clarity. You can choose to use one oil such as Lavender or oils blends or combine different oils.
- Diffusing oils also can **effectively rid your home of airborne germs**. Certain oils such as Lemon, Oregano, OnGuard/Theives, and others have been shown to kill staph A and pneumococcus bacteria. It has been reported that some hospitals are using this approach to fight infection.

**What will be YOUR 1<sup>st</sup> step to begin to create a safer, "cleaner", and "greener environment?"**

My Plan:

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Date To Complete:

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