

Green Cleaning with Essential Oils



Essential oils have potent antimicrobial effects along with their clean, pleasant natural aromas. Here are a few “classic” homecare essential oils: **Purify Cleansing Blend** (citrus, crisp, clean aroma); **Lemon** (clean, sweet, uplifting scent; deodorizing), **Peppermint** (minty, fresh; air purifier; mild pest repellent), **Eucalyptus** and **Melaleuca** (air and surface sanitizers; fresh, therapeutic aromas).

What You'll Need:

Here's a shopping list of key ingredients for making your own homecare products:

- * **Baking soda** (Sodium Bicarbonate) - Gently abrasive scouring powder, odor absorber and an excellent base for making your own cleaning preparations.
- * **Washing soda** (Sodium Carbonate)
- * **Borax** (Sodium Borate) - Natural mineral compound, laundry booster, multipurpose cleanser, fungicide/insecticide.
- * **White distilled vinegar** (Acetic Acid)
- * **Liquid soap** (Sodium Hydroxide) - Choose from vegetable oil-based soaps such as olive oil or sweet almond.
- * **Distilled water** - Clean, distilled water acts as a better carrier and dirt solvent. Tap water will often contain salts and minerals that can lead to spotting and build-up.
- * dōTERRA Essential oils - **Purify, Lemon, Melaleuca, Eucalyptus or Peppermint**
- * Spray bottles
- * Natural bristle scrubbing brushes
- * Squeeze bottles
- * Cotton dusting cloth
- * Hemp or jute fiber scrubbing cloth
- * Tote to put it all in



Purify Cleansing Blend

From bug bites to sneezes, protecting yourself is more important than ever. Purify is dōTERRA's formidable blend of CPTG® essential oils designed to eliminate odors and other contaminants naturally—without toxic additives. Its refreshing aroma quickly eradicates unpleasant odors and clears the air and environment with the essential oils of lemon, lime, pine, citronella, melaleuca, and cilantro.

Basic Household Disinfectant:

- Fill a spray bottle with water and a squirt of plant-based liquid soap
- Add 5-10 drops of **Purify Blend**
- Shake well and apply to all surfaces

Mold & Mildew Spray:

- Pour 2 c distilled white vinegar into a spray bottle
- Add 5 drops **Purify Blend**
- Shake well and spray on infected area

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Other Green Cleaning Ideas with Essential Oils

Lemon essential oil (Citrus lemon) is a natural cleanser and has many household uses and health benefits. dōTERRA's Lemon essential oil is the highest quality available on the market--it is cold pressed from the rinds of lemons grown in Italy. Italian lemons are much larger and sweeter than domestic lemons, and higher in limonene as well.

Lemon essential oil boosts the effectiveness of cleaning with natural products and leaves a fresh, clean scent around your home. Why switch from off-the shelf products with ingredients like bleach and ammonia? Because those cleaners can irritate your eyes, airways, skin, and nervous system, and they also pollute and contaminate your indoor air and the streams they wash into.

Lemon essential oil will give you all the deep cleaning power you want, plus it is ALL-NATURAL, SAFE, AFFORDABLE, and leaves an UPLIFTING aroma in your home. Below are some recipes to deodorize, disinfect, degrease, polish, and brighten your home with **Lemon** essential oil.

Furniture Polish:

- Add 4-5 drops **Lemon** essential oil to a small amount of olive oil. (Olive oil is a natural oil that helps to nourish and polish wood).
- Mix, apply lightly to furniture, and buff for a nice shine.

Floor Cleaner:

- Pour 1/4 cup distilled white vinegar to a bucket of water (1 gallon)
- Add 10-20 drops **Lemon** essential oil
- Add 3 drops **Oregano** essential oil

Window Cleaner:

- 1 cup distilled white vinegar
- 10-15 drops **Lemon** essential oil
- water
- 1 tea spoon liquid soap
- Mix well in a spray bottle, apply to windows & wipe

All-Purpose Cleaner

- 2 c. vinegar
 - 2 c. water to 1 gal water
 - 10 drops **Lemon** Essential Oil
- Tip: Shake well before each use.

Mirror or Window Cleaner

- 1 1/2 c. vinegar
 - 1/2 c. purified or distilled water
 - 8 drops ANY **Citrus** Essential Oil of choice
- Shake well before use.

Stainless Steel Appliances - Spray all purpose mixture, add 5 drops **Lemon** Essential oil to moist cloth, wipe and then buff with dry cloth.

For Washing Dishes:

- Liquid Castile Soap (fill 22 oz bottle)
- 15 Drops **Lemon or Lemongrass**
- 6 Drops **Lavender**
- 5 Drops **Bergamot**
- Add 1 to 2 tablespoons to dishwasher
- For very greasy dishes, add 1/2 C vinegar or lemon juice. Add baking soda to pots and wait 15 minutes

Kitchen Sink Cleanser:

- 1/4 C baking soda or Borax
- 1/2 C vinegar
- 3 Drops **Lavender, Rosemary, Lemon, Lime or Wild Orange** Essential Oils

Earthy Bathroom Scouring Powder:

- 1 Cup baking soda
- 1/4 C dried, crushed, rosemary leaves
- 5 Drops **Thyme** Oil
- 3 Drops **Oregano** Oil

For Toilets - use same mix plus add **Lemon** and let sit for 1 hour. For toilet bowls pour 1 cup Vinegar and let soak over night with 1/4 cup Borax and 5 drops of lemon.

Remove Butter or Oil Stains:

- 1 tablespoon baking soda
- 2 drops **Lemon, Lime or Wild Orange** Oil
- Water
- Make a paste and apply to stain. Allow to dry then wash.

Fabric Softner

- 1 gallon vinegar
 - 10 Drops of **Lavender or Peppermint**
- Just add the oil to the vinegar container then add to the rinse cycle.
1 Cup for large loads and 1/2 C for small load

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