

dōTERRA

# Natural *Cleaning* recipe book



The CLEANER Clean

# Why Natural?



## Why should you care about your cleaning products?

1. **Non-toxic cleaners keep the air you breathe clean.** Store-bought cleaners are full of toxic chemicals that can dramatically affect your health and wellbeing. Have you ever noticed that most cleaners have several warning labels to not breathe in the fumes? According to the U.S. Environmental Protection Agency, air quality inside many homes can be 2 to 5 times more polluted than the air just outside our homes. Traditional household cleaners play a huge factor in that pollution.

2. **Toxic Cleaners can be dangerous for kids, pets, & YOU.**

Do you have those child safety locks for the cabinets under the sink? Maybe you still do? Good for you—keeping those chemicals out of reach of little ones is so smart! But, what if you didn't need to have any chemicals under the sink (or anywhere)? Your only concern would be what mess the kids will make next! It's also a relief knowing kids (and pets) are safe when you clean with non-toxic product. Not to mention the kids can HELP you clean! Children are especially susceptible to toxicity concerns with cleaners, but all members of your home can be impacted by toxic cleaning fumes.



3. **Non-toxic cleaners are much cheaper than store bought cleaners.** Most natural cleaning recipes require the same basic ingredients, which can be found in just about every grocery store. A simple batch of glass or all-purpose cleaner costs just pennies. It's even cheaper when you buy the ingredients in bulk. When looking for containers to use, think about recycling what you already have: mason jars, pickle jars, mustard containers, parmesan shakers, etc.

4. **Non-toxic cleaners don't harm the environment.** Cleaners easily seep into our water, and it's difficult for many water treatment plants to treat a large volume of these chemicals. Built up over time can affect wildlife and other natural resources. Many cleaners are also petroleum-based, which further sucks our natural resources.

# How to Start:



## How to Build a Natural Cleaning Toolkit

First things first you will need some simple supplies and your oils of course! Utilize the supply list from below to help get you started. Many of these items can be found around your home or local grocery store. You can also check Amazon. Remember that many containers from home can be upcycled to be storage for your favorite cleaning recipes.

### Supply List:

- ☐ Pure Baking Soda
- ☐ White Vinegar
- ☐ Castile Soap (fragrance free)
- ☐ Epsom Salt (fragrance free)
- ☐ Citric Acid
- ☐ dōTERRA Fractionated Coconut Oil or olive oil
- ☐ Rubbing Alcohol
- ☐ Witch Hazel
- ☐ Ice Cube Tray
- ☐ dōTERRA On Guard Cleaner Concentrate
- ☐ 5 small sponges
- ☐ 8 glass jars
- ☐ 4 glass mason jars, small
- ☐ 1 30mL spray bottles
- ☐ Labels for your creations
- ☐ dōTERRA Essential Oils:
  - ☐ Wild Orange
  - ☐ Lemon
  - ☐ Grapefruit
  - ☐ Lavender
  - ☐ Peppermint
  - ☐ Rosemary or Eucalyptus
  - ☐ Tea Tree
  - ☐ Purify Blend
  - ☐ Arborvitae (optional)



# The Kitchen





# Kitchen

## CHECKLIST AND RECIPES

### ☐ Floors

- Start with sweeping.
- Finish floors with mopping.



#### Floor Mopping Recipe:

1 gallon warm water  
2 tbsp liquid castile or OnGuard Cleaning Concentrate  
5 drops Arborvitae Essential Oil  
5 drops Tea Tree Essential Oil  
10 drops Lemon Essential Oil

**Instructions:** Add soap and oils to bucket of warm water. Use mop or rag to clean floors.

### ☐ Counter Tops, Top of Refrigerator & Ceiling Fans

- Start with wiping down blades of ceiling fan
- Next, wipe down top of refrigerator
- End with wiping down countertops

#### All Purpose Cleaner:

24 oz water  
2 tablespoons OnGuard Cleaner Concentrate

**Optional:** Add 10 drops of a citrus oil, spearmint or a combination of lemongrass and basil

**Instructions:** Combine all ingredients and add to spray bottle. Shake before each use. Spray liberally and wipe with clean warm rag.

#### BONUS POINTS:

##### Pantry Clean Out:

Check dates on packaged food; consider organizing staples into glass mason jars with labels.

Clean pantry shelves with all purpose cleaner.

Apply 2 drops lavender to cotton balls and tuck into corners.



# The Bathroom



# Bathroom

## CHECKLIST AND RECIPES

### ☐ *The Dreaded Toilet*

- Start by wiping down the outside of the toilet with the all purpose cleaner you have already made.
- Finish Toilet by making and cleaning with the All- Natural Purify Pods.

#### **Purify Toilet Pods Recipe:**

1 cup baking soda  
1/4 cup citric acid  
1 1/2 tbsp unscented castile soap  
15 drops Purify Essential Oil Blend

**Instructions:** Stir baking soda and citric acid together until combined. Slowly stir in castile soap and Purify oil. Stir until mixture resembles wet sand. Pack pod mixture into ice cube tray and let dry for at least 4 hours. If mixture expands above mold, simply pack down. Once dry, remove pods from mold and store in airtight container.

**To Use:** Simply drop one into the toilet, wait until pod stops bubbling, and scrub away!

### ☐ *Tub, Tile & Grout Spray*

- Start with wiping down bathtub/shower.
- End with wiping down all tiled areas and grout.



#### **Bathroom Cleaner**

1 cup hot water  
1 tablespoon castile soap  
1/2 cup vinegar  
10 drops Tea Tree Essential Oil  
10 drops Eucalyptus Essential Oil

**Instructions:** Stir soap into hot water. Add vinegar and essential oils. Transfer to spray bottle. Allow to sit 5-10 minutes on surface and wipe clean.

**TIP:** Spray on shower walls after you shower.

# *The Living Room*





# Living Room

## CHECKLIST AND RECIPES

### ☐ Mirror & Window Cleaner/Dusting

- Start with wiping down mirrors and windows
- Dust with All Purpose Cleaner



#### Mirror and Window Cleaner Recipe:

2 cups water  
1/3 cup vinegar  
1/3 cup rubbing alcohol  
10 drops Lemon (or Wild Orange) Essential Oil

**Instructions:** Combine all ingredients in a glass bottle. Shake before using.

**TIP:** on the windows, use newspapers for rags for a streak free cleaning.

### ☐ Floors

- Finish with sweeping/mopping and/OR vacuuming (re use mop recipe)
- Make sure to get behind and under all furniture!

#### All Purpose Carpet Cleaner:

1 cup baking soda  
10-15 drops of your favorite oil  
6-8 oz glass shaker bottle

**Instructions:** Mix the ingredients and store them in a glass or stainless steel shaker.

**To Use:** Sprinkle over your carpet and let it set for about 5 minutes. Vacuum as normal.

#### BONUS POINTS:

##### Air Filter Replacement:

If it's been more than 3 months since you changed your air filter, then it's time!

Add 3 drops Purify Cleansing Blend to your new filter to help purify the air.

# The Laundry Room







# Laundry Room

CHECKLIST AND RECIPES

## ☐ Clean Washing Machine

- Start with cleaning out the wash machine.

### The Washing Machine Cleaner Recipe:

1 cup vinegar  
1 cup baking soda  
20 drops Tea Tree Essential Oil  
20 drops Lemon Essential Oil

**Instructions:** Combine essential oils and vinegar in cup. Add baking soda to drum of empty machine and close door. Add vinegar mixture to bleach cup of washer. Run a wash cycle with extra rinse. Once cycle is complete, open and wipe down inside. Leave door open to dry out.

### BONUS POINTS:

#### Tackle those Floors and Surfaces:

Dust all surface with the All-Purpose cleaner from Day 1.

Sweep and mop the floors using the recipes and techniques you learned from the previous days.

## ☐ Dryer Sheets

- End Day with making your own dryer sheets (sponges).

### Lavender Dryer Sponges:

1/2 cup vinegar  
1/2 cup baking soda  
5-10 drops Lavender Essential Oil  
5-10 simple sponges (cut in fit your container)

**Instructions:** Combine baking soda and hot water in glass container and stir. Add vinegar and mix. Add Lavender oil and stir until well combined. Fill container with sponges and place lid on container.

**To Use:** Shake container, remove one sponge, and wring out slightly and place in dryer with wet clothes. After dryer cycle place sponge back in container and reseal for future use.



# *The Bedroom*







# the Bedroom

## CHECKLIST AND RECIPES



### Clean your Mattress

- Start by washing bedding and spraying mattress.
- Use On Guard Laundry Detergent to wash clothes.

#### BONUS POINTS:

Vacuum under bed and behind furniture.

Spray all surfaces, including ceiling fans, with All-Purpose spray.

#### Mattress Powder Recipe:

1/2 cup baking soda  
5 drops Lavender Essential Oil  
5 drops Peppermint Essential Oil

**Instructions:** Sprinkle on mattress and leave for 30 minutes to an hour. Vacuum off mattress with hose attachment.



### Floors

- End Day by cleaning floors.

#### Carpet Refresher Recipe:

1 cup baking soda  
20 drops Lemon essential oil  
OR any oil to your liking.

**Instructions:** Transfer to a jar with a mesh lid and sprinkle on carpets. Let carpet refresher sit overnight and vacuum in the morning.



# *The Closet*





# The Closets

CHECKLIST AND RECIPES

## ☐ Air Freshener

- Start by making all-natural air freshener.

### **Closet Freshener Recipe:**

1/2 cup baking soda

5 drops Lavender essential oil

OR any oil to your liking

**Instructions:** combine ingredients in small Mason Jar and punch holes in lid. Place in closet and shake when you need aromatics to fill the space.

### **BONUS POINTS:**

#### **De-clutter your closets:**

Go thru everything in your closet and donate all items that you haven't used in a while.

Organize and sort like items. Put everything in separate bins and label.

## ☐ Shoe Spray

- End by making this easy shoe spray.



### **Shoe Spray:**

1 oz witch hazel

10 drops Purify Essential Oil blend

**Instructions:** Combine all ingredients in 2 oz spray bottle and top off bottle with water. Spray inside of shoes when needed. Works well for exercise/gym bags also.

# *Vehicles*







# The Vehicle

CHECKLIST AND RECIPES



## Clean Car

- Today clean the interior of your vehicles using the following recipes.

### Interior Protector Recipe:

1/2 cup olive oil

5 drops Wild Orange or Arborvitae Essential Oil

**Instructions:** Combine all ingredients in spray bottle and spray dashboard and vinyl.

### Interior Leather Polish Recipe:

1/4 cup vinegar

1/4 cup Fractionated Coconut Oil

5 drops Wild Orange Essential Oil

**Instructions:** Combine all ingredients in bowl and rub dashboard and vinyl with microfiber rag.

### Floor Mat Cleaner Recipe:

1/4 cup baking soda

5 drops Wild Orange Essential Oil

**Instructions:** Sprinkle onto floor mats and let sit for one hour before vacuuming.

### Car Diffusing Recipe:

#### Traffic Jam:

1 drop bergamot

1 drop grapefruit

1 drop orange



## More Great Natural Recipes:



### *Dishwasher Detergent Tabs*

**Make your own natural dishwasher tablets! This simple DIY recipe contains the cleansing power of dōTERRA On Guard® and Grapefruit oil, leaving your dishes clean and smelling fresh.**

**INGREDIENTS:** 1 cup baking soda, 1/4 cup citric acid, 1 tbsp dōTERRA On Guard Cleaner Concentrate and 5 drops Grapefruit OR Lemon oil.

Combine all ingredients in a mixing bowl. Mix until a smooth consistency is reached. Place in silicon molds and let sit four hours. Remove tabs. Store in airtight container. Use in dishwasher in place of store-bought dishwasher tablets.

**TIP:** Adding one cup vinegar to the rinsing agent compartment will help ensure your glassware comes out sparkling!



### *Laundry Softener*

**INGREDIENTS:** 1 64oz bag of Epsom salt, 40 drops Lavender essential oil, 30 drops Tea Tree essential oil, 20 drops Lemon essential oil.

Pour Epsom salt into large glass or stainless steel bowl. Add oil and stir well to combine. Store in a glass jar. Use 1/2 cup for medium to large loads or 1/4 cup for small loads. Place in wash cycle at any temperature.



### *Natural Makeup Brush Cleaner*

**Dirt and bacteria quickly accumulate on makeup brushes and can cause skin irritation and clogged pores.**

**OnGuard's blend of oils help to cleanse those brushes and even leave them smelling fresh.**

**INGREDIENTS:** 4 oz water, 2 drops of dōTERRA On Guard Cleaner Concentrate, 2 drops of Purify.

Mix essential oils with water. Swirl brushes through mixture and clean thoroughly. Rinse with clean, cold water. Let dry.