

# HOW TO Clean Your Home the Natural Way

THE MINI GUIDE TO GREEN CLEANING WITH DOTERRA



RECIPES

|

DIY

|

OILS

# The Supplies & Products

THE FOLLOWING PAGES WILL WALK YOU THROUGH THE BEST PRODUCTS & OILS FOR CLEANING YOUR HOME AND MAKING NATURAL CLEANING PRODUCTS. SUBSTITUTE OR OMIT OILS IF NEEDED. REMEMBER TO CHECK YOUR FAVORITE OIL GUIDE BOOK FOR ADDITIONAL INFORMATION. WHEN CHOOSING AN OIL FOR CLEANING PICK AN OIL KNOWN FOR CLEANSING PROPERTIES THAT ALSO HAS A SCENT YOU LIKE. LOOK FOR ADDITIONAL SUPPLIES ONLINE, IN YOUR FAVORITE OIL SHOPS, OR ON AMAZON.



# SOME QUICK FACTS FROM DOTERRA on Green Cleaning...



## Why Green Clean?

- Safe for you and your family
- Easy on the pocket
- Highly effective
- Environmentally friendly

## Facts

- Many household cleaners contain toxic chemicals. These chemicals may cause short-term and long-term health problems when you use them.<sup>1</sup>
- Children are often more vulnerable to chemical exposure during developmental stages, and certain chemicals may interfere with the development of their neurological, endocrine, and immune systems.<sup>2</sup> **Main routes of exposure: eating, drinking, breathing, and touching.**
- Younger children have higher respiratory rates than adults, therefore they absorb more air contaminants per unit of weight, meaning they experience a higher inhaled dose.<sup>2</sup>
- According to the United States Environmental Protection Agency, the air inside a typical home is 200–500 percent more polluted than the air outside mainly due to toxic household cleaning products.

## References

1. Household Cleaning Products: What Every Woman Should Know. [womensvoices.org/safe-cleaning-products/basic/](http://womensvoices.org/safe-cleaning-products/basic/)

2. ATSDR Case Studies in Environmental Medicine Principles of Pediatric Environmental Health. The Child as Susceptible Host: A Developmental Approach to Pediatric Environmental Medicine. [atsdr.cdc.gov/csem/ped\\_env\\_health/docs/ped\\_env\\_health.pdf](http://atsdr.cdc.gov/csem/ped_env_health/docs/ped_env_health.pdf)

# HOW TO USE

## OnGuard Cleaner Concentrate

### ABOUT:

doTERRA On Guard Cleaner Concentrate is designed to be the ideal natural cleaner. It is fortified with the proprietary doTERRA On Guard Protective Blend, which provides natural protection against certain environmental factors while elevating the overall cleaning capability. This powerful essential oil blend is combined with plant-based derivatives that provide a non-toxic and biodegradable way to clean and eliminate odors, so it is safe for loved ones as well as the environment. The multi-purpose capabilities of doTERRA On Guard Cleaner Concentrate make it perfect to expertly clean hard surfaces in the kitchen, bathroom, or any room, leaving behind a clean and invigorating scent.

**MULTI-PURPOSE CLEANER:** 2 tbsp concentrate + 24oz water

**BATHROOM CLEANER:** 3 tbsp concentrate + 24oz water

**DISH SOAP:** 3 tbsp concentrate + 1 gallon of water (fill sink)

**MAKEUP BRUSH CLEANER:** 1 tsp concentrate + 1 1/2 tbsp FCO

**CLEANING WIPES:** 1 roll premium paper towels + 2 cups warm water + 2 tbsp FCO + 2 tbsp concentrate (pour 1/2 mixture over each side of paper towels and let sit for 10 min)

**GARBAGE DISPOSAL TABLETS:** 1 cup baking soda + 1/2 cup salt + 1/4 cup water + 3tbsp concentrate



# HOW TO USE

# OnGuard Laundry Detergent

## ABOUT:

doTERRA On Guard Laundry Detergent is an ultra concentrated 6X laundry detergent that utilizes the power of doTERRA On Guard Protective Blend and bio-originated enzymes to target and lift stains for amazingly clean clothes. This small bottle packs a punch with 10 mL of doTERRA On Guard essential oil and the ability to do up to 64 loads of laundry! It is color safe for washable fabrics at all temperatures and is free of synthetic fragrances, dyes, and toxins, which makes it a safe choice for your family as well as the environment.

**HE WASHERS:** 1/4 cap (1 tbsp)

**CONVENTIONAL WASHERS:** 1/2 cap (2 tbsp)

**HEAVILY SOILED:** Double recommended usage dose for heavily soiled loads

**STAINS:** Put a small amount of detergent directly on the stain. Let sit for 3–10 minutes; wash as directed. For very stubborn stains, re-apply the detergent before the garment is dry and repeat the wash cycle. After repeating wash, allow garment to dry before attempting additional stain treatment. As with any stain removal, test for colorfastness of garments in small area before treating.



# HOW TO USE

## OnGuard Foaming Hand Soap

### ABOUT:

doTERRA On Guard Foaming Hand Wash is a gentle, healthy alternative to harsh soaps that may dry and irritate sensitive skin. Fortified with the power of naturally safe doTERRA CPTG Certified Pure Therapeutic Grade® essential oils, doTERRA On Guard Foaming Hand Wash provides the protective benefits of one of the most popular proprietary doTERRA essential oil blends. doTERRA On Guard Foaming Hand Wash cleans and softens hands while providing an invigorating aroma of essential oils that leaves your hands smelling fresh and citrus clean. Ditch the synthetic fragrances and harmful chemicals of your "body store" hand soaps and opt for something natural, and effective! This foaming wash also makes a fantastic produce cleaner. The essential oils purify and cleanse your food while also helping to prolong its shelf life.

### KEY POINTS:

- Gentle cleansers and emollients clean and soften hands throughout the day without drying or irritating sensitive skin
- doTERRA On Guard Foaming Hand Wash is pH balanced to protect the delicate moisture barriers of the skin
- The spice and citrus aromas of doTERRA On Guard invigorate the senses during and after use
- The power of doTERRA On Guard essential oils enhances the cleansing function to take it to a new level and set it apart from other commercially branded products



# ADDITIONAL SUPPLIES

## *The Green Clean Shopping List:*

- BAKING SODA:** Absorbs and eliminates odor. Use to clean countertops, sinks, and tubs. Sprinkle some baking soda on your carpet and vacuum after 15 minutes for a fresher look and feel.
- WHITE VINEGAR:** Contains natural antifungal and antibacterial properties. Cuts grease and dissolves mineral deposits.
- CASTILE SOAP:** Lifts dirt, cuts grease, and eliminates tough stains. Pour a small amount over baking sheets and pans then scrub for a few minutes, and you'll have clean, shiny results.
- SALT:** Salt is an effective scouring agent. Pour salt mixed with hot water down the kitchen sink regularly to deodorize and keep grease from building up. Mix salt with Lemon essential oil and use to remove stubborn coffee and tea cup stains.
- COCONUT OIL:** Great natural cleaner and polisher. Rub it into leather or polish wood surfaces
- CONTAINERS:** Your choice size and style of storage container

# THE 12 BEST OILS *For Cleaning*



ONGUARD



GRAPEFRUIT



CITRUS BLISS



WILD ORANGE



LEMON



LEMONGRASS

Click each image to learn more about the essential oil

# THE 12 BEST OILS *For Cleaning*



LIME



ROSEMARY



MELALEUCA



EUCALYPTUS



LAVENDER



PURIFY

Click each image to learn more about the essential oil

# DOTERRA'S DIY'S For Cleaning

Click the image for full recipe



PURIFY MAGIC SPONGE



GLASS CLEANER



SOFT SCRUB CLEANSER



CARPET CLEANER



DISH SOAP



LEMON STICKER REMOVER

# DOTERRA'S DIY'S For Cleaning

Click the image for full recipe



FRIDGE & MICROWAVE CLEANER



LAVENDER DRYER SPONGES



CITRUS AIR FRESHENER



FABRIC SOFTENING SPRAY



DISHWASHER DETERGENT TABLETS



STOVE TOP CLEANER

# DOTERRA'S DIY'S *For Cleaning*

Click the image for full recipe



ONGUARD CLEANING WIPES



WOOD POLISH



GARBAGE DISPOSAL REFRESHERS



TOILET CLEANING PODS



ALL PURPOSE SPRAY



POWDER LAUNDRY DETERGENT

# The 10 day

## DOTERRA CLEANING CHALLENGE



Perhaps you like the idea of making your own cleaning products, but when it comes down to it, you haven't tried it out yet. If you're in this boat, the following challenge is for you. Take it one step at a time, and see how useful essential oils can be for cleaning all the areas of your home.

**Day One: Windows-** Combine 1 cup of white vinegar with 1 cup water, and 10 drops Lemon in spray bottle. Spray on the glass and wipe clean with a lint-free cloth (or, if you can find a soy-based newspaper this will actually clean your windows lint-free too.)

**Day Two: Install a new air filter-** This makes the list because of the importance of having clean air in our homes. If it's been a bit since you changed your air filter, it's time to switch it out. If you're already replacing it regularly, great job! Either way, add three drops of Purify to your air filter to help purify the air in your home.

**Day Three: Furniture polish and duster-** For wood furniture, add 15 drops of Arborvitae to 1 cup of olive oil, and 1 cup of white distilled vinegar to a glass spray bottle. The best part about this cleaner is that it both dusts and polishes—no need for expensive cleaners.

**Day Four: Countertops-** Fill a spray bottle with water and add doTERRA On Guard® to clean all countertops and surfaces. (Make sure each time you use it that you shake it well before spraying!)

**Day Five: Dishwasher-** Add Lemon to your dishwasher fluid to remove water spots from your dishes. Or, if you just want to clean out your dishwasher, run it through a rinse cycle with Lemon oil.

**Day Six: Stainless Steel-** Fill a spray bottle with undiluted white vinegar and add 6 drops of Lemon essential oil. Spray your stainless steel appliances and wipe following the grain of the stainless steel.

**Day Seven: Toilet Bowl-** To make your toilets sparkle, put ½ cup of baking soda, 10 drops of Melaleuca, and ¼ cup of white vinegar directly into the bowl. Scrub as the vinegar and baking soda react.

**Day Eight: Tub and Tile-** Combine 1 cup white vinegar, 4 teaspoons castile soap, and 10 drops each of Melaleuca and Eucalyptus in a glass spray bottle. Shake well, and spray generously on tub and tile. Allow to sit for 5–10 minutes and wipe clean.

**Day Nine: Stain Remover-** Add 1–2 drops of Lemon on stains, let stand and then clean with a damp cloth.

**Day Ten: Linen and Air Spray-** Mix together 2 cups of distilled water, 2 tablespoons of rubbing alcohol, and 15 drops Lavender. Spray your linens and even the air wherever you want a refreshing scent in your home.

HAPPY OILING

*from our doTerra family*

TO YOURS!

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