

Why Make Your Own Cleaners?

CLEANING

with dōTERRA CPTG

Essential Oils



Contact:

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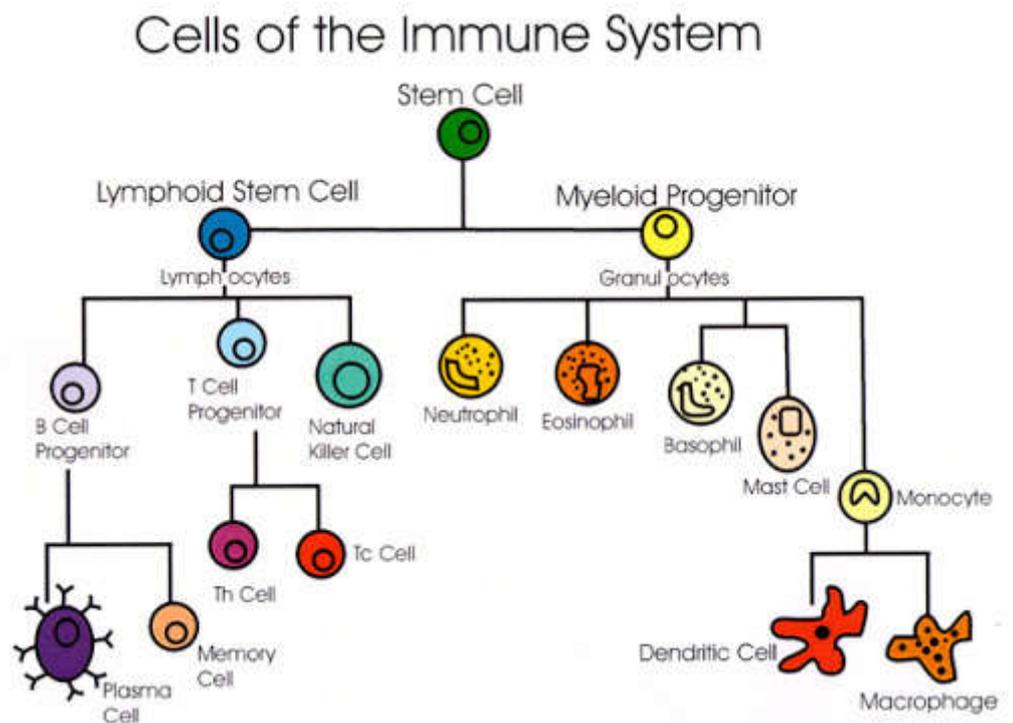
Background On Chemical Cleaning

The majority of commercial cleaning supplies, including hand sanitizers, disinfectants, deodorizers, etc., contain synthetic fragrances and harsh chemicals. In other words, THEY'RE TOXIC!

Exposure to chemical spills, or simply long-term exposure to chemicals found in carpet, paint, hygiene products, cosmetics, sun-block, fragrances, detergents, and everyday household cleaners causes toxin overload, i.e., it stresses the liver and adrenals, and causes dis-ease in the body!

The human body has a built-in disposal system (the immune system) for eliminating harmful toxins. HOWEVER...

- When toxins are absorbed at a much faster rate than the lymphatic system can dispose of them, toxins spill over into the bloodstream and begin to wreak havoc, i.e. they make you feel sick and can cause allergies and autoimmune diseases, etc.
- As harmful substances build up in the body they cause toxicity... and can lead to minor and major health problems!
- According to the Environmental Protection Agency, Australians generate 6 million tons of hazardous waste each year!!
- Due to chemical residue, the pollution inside homes can be 2-5 times higher than out!



The good news is...

- Multiple studies have shown that diffusing pure essential oils into the air immediately removes toxins and cleans up air.
- Essential oils have antibacterial and antiseptic properties that make them excellent cleaners.
- Essential oils are safe pesticides— bugs, insects, and rodents stay away from some oils (like Peppermint and Purify) because they don't like the smell
- White vinegar and baking soda are also very powerful cleaners, especially when they're combined with hot water and elbow grease.
- Baking soda is good for cleaning almost everything.
- Vinegar is an excellent stain and water spot remover that has strong antibacterial properties.



♥ The good news is...

ESSENTIAL OILS THAT EXCEL AS CLEANERS

CITRUS OILS

- LEMON—antibacterial, antiseptic, uplifting, smells great
- WILD ORANGE—antiseptic antifungal, disinfectant, smells great
- GRAPEFRUIT—antiseptic, disinfectant, smells great
- BERGAMOT—antibacterial, antiseptic, uplifting, smells great
- LIME—antibacterial, antiseptic, uplifting, smells great

MORE EXCELLENT CHOICES

- LEMONGRASS—antibacterial, antiseptic (smells a bit like Pledge)
- PURIFY—antibacterial, antiseptic, antifungal, antiviral, smells clean
- TEA TREE—antibacterial, antifungal, strong antiseptic, insecticidal
- SIBERIAN FIR—antiseptic—smells clean, invigorating
- PEPPERMINT—antibacterial, antiseptic, antiviral, invigorating
- ONGUARD—antibacterial, antiseptic, antifungal, antiviral

WHY dōTERRA OILS??

Certified Pure—only brand that is CPTG –100% guaranteed no additives, fillers, solvents or harmful chemicals!

Cost Effective—most ‘cleaning oils’ cost cents per drop, & you can get up to 30% back through Loyalty Rewards



CLEANING RECIPES

So Simple - You don't really need a recipe

DISHWASHING SOAP

- Add Lemon, Grapefruit, Lemongrass, Peppermint, Wild Orange, or Melaleuca to chemical-free dish soap enhance its cleaning and disinfecting power.
- Add a few drops of essential oils to dishwasher just before starting.
- Add a few drops of essential oils to dishwater when hand-washing dishes.

ALL-PURPOSE CLEANER (dōTERRA WINDEX)

- In a large spray bottle, combine 2 cups distilled water with 1/2 cup white vinegar and 10 drops Lemon or any other citrus essential oil. Spray on whatever (shake well before using) and use a soft rag to wipe ‘chemical-free’ clean!

DISINFECTANT SPRAYS (Anti-Viral)

- Add 4 drops Eucalyptus, 4 drops Lemon, and 2 drops Bergamot to a 4 oz. spray bottle of distilled water. Use to disinfect hands, counters, doorknobs, and toilet seats, etc. Shake well before each use.
- Add 16 drops Cassia and 11 drops Grapefruit to a 8 oz. glass spray bottle of distilled water. Spray liberally to destroy germs and freshen stale rooms.

DISINFECTANT & SANITIZING SPRAY

- Add 15 drops OnGuard and 6 drops Lemon to a 8 oz. glass spray bottle of distilled water. Shake and spray to disinfect counters, toilet seats, door-knobs, hands, throats, and apple slices, etc.

AIR-FRESHENING SPRAY

- Add 15 drops each of Wild Orange and Peppermint to a 8 oz. glass spray bottle of distilled water. Spray liberally to freshen air in stale or stinky rooms.

SOFT-SCRUB

- For sparkling clean sinks, tubs and counters, mix drops of Lemon, Lemon-grass, Peppermint, or Wild Orange essential oil with baking soda and enough water to make a paste. Store cleanser in a covered glass jar because essential oils will break down plastic.
- Scoop out cleanser with your hand as needed, and scrub and wipe down as usual—a soft scrubbing brush works great!

LAUNDRY-AID

- Essential oils enhance the cleanliness and fragrance of laundry. They kill tiny dust mites which live in bedding and feed off dead skin cells that we constantly shed.
- To disinfect and freshen laundry and kill dust mites, add approximately 6 drops of Eucalyptus, Lemon or Purify to wash cycles. Also put a few drops of essential oil on a clean, wet washrag and add it to the dryer to lightly scent clothes.

TIPS FOR STAINS

- Try Lemon to remove black marker
- Try Lemon to remove black shoe polish from carpets
- Try Lemon to remove gum and grease
- Try vinegar and/or tonic water to remove stains from carpets etc.
- To use Lemon, simply apply a few drops to a soft cloth and rub stain.

NON-TOXIC OVEN CLEANER

- Add 15 drops Lemon essential oil to a spray bottle filled with water. Spray all over inside dirty oven. Shake 3–4 cups baking soda inside the oven and thickly coat as much surface area as possible, including racks. Spray just enough Lemon water over the baking soda to barely moisten it then close the oven door. Wait overnight. The next day, wipe down the oven walls and racks with damp paper towels or an old sponge. Once all the clumps of soda and grime have been removed, spray the inside of the oven with lemon water and wipe it one final time. You'll be amazed and delighted at how well this safe

and simple method of oven cleaning works! PREVENT excess cleaning by lining the bottom of your clean oven with tin foil.

TOILET CLEANER

- Sprinkle baking soda and 1–2 drops Lemon essential oil in toilet bowl. Spray down toilet seat and bowl, etc., with Disinfecting & Sanitizing Spray. Clean and wipe down as usual.
- If toilet is really dirty, generously sprinkle baking soda and Lemon all around bowl and let it sit for five minutes before cleaning.

FURNITURE POLISH

- In a large spray bottle, combine 1 cup distilled water, 1 cup fractionated coconut oil (won't harden), and 15 drops Lemon or Wild Orange essential oil. Shake well and spray on furniture and use a soft rag to wipe 'chemical-free' clean!

FLOOR CLEANER

- Add about 1/4 cup white vinegar and up to 10 drops of essential oils, such as Lavender, Lemon, Peppermint, or Wild Orange, to a bucket of hot water to clean hard surface floors.
- If the floor is really dirty, add a squirt of natural liquid soap. To disinfect the floor add about 10 drops Lemon and 4 drops Oregano to cleaning water.

CARPET FRESHENER

- Stir 20 drops of fresh smelling essential oils such as Lemon, Peppermint, or Wild Orange in a cup of baking soda. Place soda in a covered container overnight so the oils will be absorbed, then lightly sprinkle soda on carpet before vacuuming.
- Saturate a tissue with essential oil and add to vacuum canister or bag before vacuuming.

HOT TUB & SAUNA DISINFECTANT

- Did you know hot tubs, Jacuzzis, and saunas are breeding grounds for germs, especially when they're used often??
- To disinfect hot tubs and Jacuzzis, add 3 drops each of Eucalyptus, Lemon, or Thyme, per person, to the water.

- For saunas, add 8–10 drops of Rosemary, Lavender, or Thyme essential oil to a bottle filled with 1 part water and 1 part white vinegar (it has a perfect pH) and spray down.

MILDEW & MOLD REMOVER

- Spray mold and mildew with straight white vinegar then wipe it down with a damp cloth sprinkled with straight Melaleuca, Lemon, and Grapefruit essential oils. Leave alone for half an hour, and then rinse off. Borax disinfects and prevents mold from building up... use Borax and clean often to PREVENT mold.



MOLD...WHY YOU DON'T WANT IT

- Mold is a type of microscopic multi-cellular fungi that grows together to form filaments and can survive in extreme conditions.
- Some types of mold produce toxins that can be harmful to humans and animals, and an over-abundance of mold spores can cause allergies or other problems within the respiratory system.

OTHER OILS GOOD FOR MOLD & FUNGUS

ONGUARD PURIFY
 CLOVE THYME
 CINNAMON OREGANO
 ROSEMARY

To use, simply place a few drops of oil on a cleaning rag and wipe down the affected area. Also diffuse essential oils into the air to kill air-borne mold and fungus.



HOW TO CLEAN PRODUCE

- Fill kitchen sink with cool water and add about 4-6 drops Lemon and 1 spoonful of baking soda. Add produce, making sure all surfaces are covered and soak for about 20 minutes. For soft produce like strawberries, soak for about 10 minutes.

To sum it up...

- It's easy to clean with essential oils
- Essential oils are super safe & effective
- Homemade cleansers are inexpensive
- Cleaning with dōTERRA oils makes your house smell great— and you feel terrific
- Making your own cleaners greatly reduces harmful chemicals in your home.
- Making essential oil based cleaners keeps the planet and your pocketbook GREEN

Natural Cleaning Solutions

Background:

- 83,000 toxic chemicals have been identified. Some of these turn up in cleaning products.
- These toxins cause issues with hormones and affect pregnancy
- Our bodies react to the environment causing adapted illnesses
- We can control this by education and changing lifestyle

Is your home toxic?

- Air freshener
- Drain cleaner
- Mould cleaner
- Anti-bacterial wipes
- Baby oil

Air Freshener:

Common ingredients

- Formaldehyde
- Benzene
- Fragrance – they never say what this is

Problems caused:

- Irritant
- Flammable
- Can cause death

Toilet Cleaners:

Common ingredients

- Bleach - sodium hypochlorite (made by dissolving chlorine gas in a concentrated solution of sodium hydroxide)
- Hydrochloric acid

Problems Caused:

- Irritation in the eyes, mouth, lungs and on skin
- Corrosive
- Can cause death

Mould and Mildew Cleaners:

Common ingredients

- Pesticide
- Chloride
- Ammonia

Problems Caused:

- Extremely caustic
- Can cause breathing problems

Drain Cleaners:

Common ingredients

- Sulphuric acid

Problems Caused:

- Severe burns
- Eye irritant to Lung irritant
- Can cause death

Anti-bacterial wipes/sprays:

Common ingredients

- Water
- Ammonia
- Fragrance
- Pesticide

Problems Caused:

- Kills all bacteria – good and bad – we need good bacteria
- If we are not exposed to some bad bacteria our immune systems do not know how to react in an extreme exposure

Uses of Essential Oils for Cleaning:

- Chemicals enter your body from the environment, by breathing and touching.
- Using essential oils for cleaning helps your body detoxify.
- Saves you money
- Better for the environment

Lemon – Oil of focus

- Anti-bacterial
- Anti-septic
- Anti-fungal
- Cuts through grease
- Removes rust from metal
- Removes tarnish from silver

Think dōTERRA ☺

**Think Fresh, Green &
Germ-Free Clean!**

Lime – Wellbeing and emotional balance

- Anti-bacterial
- Anti-septic
- Anti-fungal
- Clean fruit and vegetables – 1Tbsp bicarb with 1 drop lime
- Carpet cleaner

Smart solutions that work!!

Tea Tree – Oil of energy

- China biggest supplier, but not the best quality. DōTERRA sources in Australia.
- Anti-bacterial
- Great cleaner for bare floors (wood or tile) a few drops in hot water

Purify – Oil of purification

- Air purification – diffuse lemon and purify
- Cleaning – a few drops in hot water
- Add to bicarb for odours

OnGuard – Oil of protection

- Department of Respiratory Medicine in China conducted tests on viruses and found a 45-90% decrease in viral load without any damage to the underlying cells
- The tests are published in pubmed.com

Other oils to use

- Peppermint, Bergamot, Lavender
- Wild Orange, Eucalyptus
- Oregano – great oven cleaner
- Clove – mould
- Lemongrass