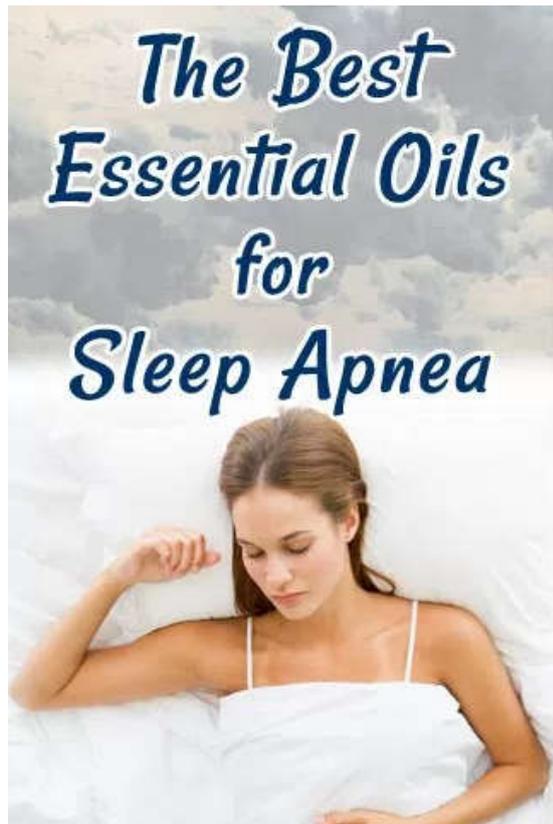


Some Essential oils for:

- **Sleep Apnea**
- **Insomnia**
- **Refreshing**
- **Cleaning**



The Best Essential Oils for Sleep Apnea

If you or someone in your family suffers from sleep apnea then you are not alone.

Sleep apnea is a very common chronic sleep condition that varies in severity. If you have already tried various remedies without success, then certain essential oils may be able to offer some natural help.

WHAT IS SLEEP APNEA?

Sleep apnea is a very common but potentially dangerous sleep disorder characterized by regular pauses in breathing or shallow breaths as you sleep. Pauses in your breathing can occur up to 30 times each hour and can last from a few seconds to minutes before normal breathing is resumed often with a loud snorting or a choking sound.

Not everyone who snores has sleep apnea. People who snore but who do not have apnea—researchers call them “**simple snorers**”.

People with sleep apnea can be at a higher risk for Atrial Fibrillation (AFib). (1) Afib is an irregular heartbeat that can lead to serious issues such as blood clots and stroke. So you should definitely **see a doctor first before trying any home remedies.** Take sleep apnea seriously as it's potentially much more serious than simple snoring.

There are two main types of sleep apnea with obstructive sleep apnea (or OSA), caused by a blockage in the airways and a relaxation in the throat muscles, being the most common. **Central sleep apnea (CSA) which is caused by a failure of the brain to send the correct signals to the respiratory muscles is less common.** This article will focus on the more common of the two (OSA).

SYMPTOMS OF SLEEP APNEA

Sleep apnea is not easy to diagnose and it is possible to have the condition without ever being aware of it. **Your partner might tell you that you have stopped breathing frequently during the night or you might be aware of waking up suddenly with a snort or a gasp.** Other common symptoms include the following:

- Loud snoring.
- Waking abruptly feeling short of breath.
- Waking up with a headache, dry mouth or a sore throat.
- Fatigue and sleepiness during daytime hours.
- Excessive irritability during the day.
- Problems with attention and concentration.

Poor quality sleep caused by sleep apnea is a major cause of daytime fatigue and driving accidents and it can also lead to some other very serious complications. **Sleep apnea can cause high blood pressure and increase the risk of heart attack.** It can also increase the risk of type 2 diabetes and metabolic syndrome as well as causing poor liver function.

Sleep deprivation does not only affect the sufferer but can also affect partners who may have to switch bedrooms to get a decent night of sleep.

RISK FACTORS FOR OBSTRUCTIVE SLEEP APNEA

Sleep apnea can affect anybody at any age but there are certain risk factors that contribute towards the condition.

- **Gender:** Men are about two times more likely to have the condition.
- **Being overweight:** Overweight people and those with a large neck size are more at risk.
- **Age:** Although people of any age including children can have sleep apnea, it is more common over the age of 40.
- **Anatomy:** People with larger than normal tongues and tonsils are more at risk.
- **Family history:** Sleep apnea tends to run in the family.
- **Nasal obstructions** caused by deviated septum.
- **Allergies** and sinus problems.
- **Alcohol:** Both alcohol and sedatives can cause sleep apnea by relaxing the muscles in the throat.
- **Smoking:** If you smoke, you are 3 times more prone to sleep apnea than a non-smoker.

ESSENTIAL OILS FOR SLEEP APNEA

If you are suffering from sleep apnea, it is advisable to seek medical advice and in severe cases it might need to be treated with airway pressure devices (CPAP) that help keep your airways open. More moderate forms of sleep apnea can be eased with lifestyle changes such as quitting smoking, limiting alcohol and losing weight.

It is also possible to treat your condition at home by using certain essential oils. **Many essential oils are used effectively to deal with sleep complaints ranging from nervous insomnia to snoring and certain essential oils may prove an effective remedy for obstructive sleep apnea.** Essential oils are safe and easy to use and the following oils have been used with a deal of success in treating sleep apnea as well as other sleep conditions.

1) MARJORAM ESSENTIAL OIL

Marjoram essential oil is a warm, comforting oil with sedative properties that help induce sleep. **Marjoram oil is a popular home treatment for sleep conditions like sleep apnea. It is also used to calm the nerves, relax the muscles and relieve respiratory complaints.** To treat sleep apnea, you can try rubbing a few drops of marjoram oil into the soles of the feet and the underside of your toes. Alternatively, it can be diffused near the bed while you sleep.

2) LAVENDER ESSENTIAL OIL

Try massaging a few drops of this gentle acting oil into your feet, neck and chest before bedtime to ensure a disruption free sleep. **Lavender oil is very popular because of its diverse therapeutic abilities.**

It is very well known as a relaxant for those suffering from nervous disorders and sleep problems. **Many people have found that lavender oil can ease the disruptions caused by sleep apnea and snoring as well as helping people overcomes insomnia.**

3) PEPPERMINT ESSENTIAL OIL

If your sleep apnea is caused by nasal congestion, **peppermint essential oil** can help relieve the inflammation and irritation in the lining of your nasal passage.

There are several ways to use peppermint oil to treat your sleep apnea. You can simply massage a drop of peppermint oil under each nostril before bedtime or inhale the vapors from a facial steam bath. Alternatively, you can add a drop or two to a glass of water and gargle it each night before bed.

4) EUCALYPTUS ESSENTIAL OIL

Like peppermint, **eucalyptus essential oil** is an effective treatment for sleep apnea caused by congestion. **It has anti-inflammatory properties and the ability to clear up mucus from the nose and throat leaving your airways clear for easier breathing through the night.**

Dilute the eucalyptus oil in a carrier oil and then dab a drop or two beneath each nostril before hitting the sack. **It takes a little more effort but many people recommend steam inhalation as the most effective way to employ eucalyptus oil for sleep apnea.**

5) ROMAN CHAMOMILE ESSENTIAL OIL

Roman chamomile essential oil aids relaxation and promotes sound sleep. **It also treats problems with the central nervous system and can be especially useful for those suffering with central sleep apnea.**

6) THYME ESSENTIAL OIL

Thyme essential oil is another natural remedy that comes highly recommended for sleep apnea and for snoring. It is extensively used to treat respiratory conditions and can help free up the blocked airways that may cause apnea.

If you are going to apply thyme oil topically, you must be sure to dilute it first in a suitable carrier oil. Alternatively, you can diffuse the oil near your bed through the night to aid your breathing and help you get an unhindered sleep.

7) GERANIUM ESSENTIAL OIL

Geranium essential oil is widely used to promote calm and good sleep. Massaging a few drops of geranium oil into your chest, neck and feet before bed is an excellent remedy for sleep disruptions caused by sleep apnea. **Be sure to dilute geranium oil before applying it topically.**

8) LEMON ESSENTIAL OIL

Lemon oil was part of a researched oil mixture that helped reduce snoring. The mixture of Thyme, Lavender, Lemon and Peppermint reduced snoring up to 82%. While the research was done on snoring it may also be beneficial for sleep apnea as well.

THE BEST ESSENTIAL OIL FOR SLEEP APNEA

If you had to **pick only one essential oil for sleep apnea, then probably you should try Thyme or Marjoram Essential Oil**. They have been in most of the studies regarding snoring and is in most snoring spray mixtures. Since apnea and snoring are related they should provide similar benefits.



Looking for a natural sleep aid to rid yourself of those restless evenings of insomnia (or maybe just some mild sleeping troubles)? Believe it or not, aromatherapy **essential oils like lavender** are highly effective in helping people get a good night's rest. And we're not just talking **about getting to sleep**, but also staying asleep throughout the night. If you suffer from insomnia, or at least some form of sleep deprivation, you're not alone. According to the [National Sleep Foundation](#):

- 48 percent of Americans claim to suffer from occasional insomnia.
- 22 percent of Americans suffer from insomnia every or nearly every single night of the week
 - Sleep troubles can come from a variety of sources – anxiety, depression, stress, pain, medications, Restless Leg Syndrome and the list goes on. Maybe you just have trouble turning your mind off at night. Unfortunately, lack of sleep can only intensify these symptoms, not to mention **it can be damaging** to your overall health.

Using aromatherapy lavender oils

There are plenty of medications out there to improve your sleep. Maybe you've tried them, and maybe they've worked. But if you're looking to pursue a healthier, 100% natural solution, you might consider aromatherapy.

While there are a number of [essential oils for insomnia](#), we rank lavender at the **top of the list**. And don't just take our word for it. There have been a [number of studies](#) that have shown positive results in using lavender aromatherapy as a sleep aid. One study in particular was conducted at Britain's University of Southampton, where scientists studied the sleep patterns of ten adults:

- For seven days, [50% of the participants](#) slept in a room where lavender essential oils were run through a diffuser.
- The other 50% of participants slept in a room where an almond oil (the placebo) was diffused.
- The two groups switched rooms after a week, and by the end of the study, the participants claimed their sleep quality was 20% better in the room where lavender was diffused.

Indeed, while lavender may seem "innocent," it actually packs a **notable scientific punch** when dealing with insomnia and even general health issues.

As University of Miami School of Medicine scientist [Tiffany Field noted](#), the aroma in lavender has been known in human studies "to slow down heart rate, slow blood pressure and put you in a parasympathetic state, which is a relaxed state."

Other oils for fighting those restless nights

While we find lavender to be one of the more effective natural remedies for sleep, consider these options as well:

- Frankincense
- Bergamot
- Marjoram
- Sandalwood
- Vetiver

There's two great ways to apply essential oils, **topically or aromatically**:

1. **Topical use**: Apply directly to the skin (if you'd like, you could use a carrier oil to dilute), like rubbing the oil on your wrists, back of your neck, or the bottom of your feet.
2. **Aromatic use**: Add a few drops to a diffuser (you can place next to your bed or anywhere in the room) and then drift off to dreamland.

Essential oils for Restless Leg Syndrome (RLS)

According to the American Medical Association, Restless Leg Syndrome is classified as a sleep disorder. And about 12 million Americans suffer from it. If it's something you suffer from night after night (or just occasionally) you know how frustrating it can be. Medications for treating RLS can be quite expensive – not to mention, most are derived from chemicals. Natural solutions like lavender have proven quite effective in dealing with Restless Leg Syndrome. How, exactly?

Quality, **therapeutic grade** lavender oils, which are derived from volatile plant compounds, have sedative properties. The benefits include calming both the body and mind, which helps RLS-sufferers fall asleep and remain asleep throughout the night. In addition to lavender, other effective oils are frankincense, marjoram, and calming blends of multiple oils.



Takeaways

Remember, before you dig too deep into comprehensive sleep solutions, be sure to **first identify any triggers**, and then consider a healthy alternative, such as essential oils.

To supplement your “natural” efforts, here are some additional tips to take note of:

- What you eat and drink. Evening caffeine and late-night snacks can keep you up at night.
- Lighting or electronic devices in your bedroom. A bright alarm clock or other electronic lights can disrupt your sleep.
- What sort of activities you take part in before bed. Exercising right before bed can keep you up.

- High stress level. Relaxing your mind and body is important for a good night's rest, in terms of both getting asleep and staying asleep.

Some of these things you can certainly fix on your own – regulating your diet, environment, etc. – without pills or even an organic remedy. But if you're looking for something to **relax you in the evening** (or even during the day) consider lavender as your first step to getting a good night's sleep.

Sometimes getting to sleep is a nightmare. Your brain will not shut down (Vetiver helps shut off the brain – apply to big toe)—it plays like radio stations, pushing buttons from one topic to another. It's always a lot of nonsense that keeps you alert for hours on end. We will discuss the best essential oils for sleep below for you to dream about.

You might be anxious about a situation or certain people at work. The kids might be making you crazy with decisions to make for them. Maybe a spouse or friend is causing you stress. Whatever the reason, you are almost frantic trying to get some needed sleep—even worrying about not sleeping can keep you awake.

Do not fret anymore about it. We have an oil for that. Actually, we have many to choose from for getting a good night's sleep. Since everyone is different and favors one fragrance over another, try a few scents that will send you into slumber for at least eight peaceful hours.

Essential Oils for 40 Winks

Not only do we have the best oils for slumber, we also provide diffusers for using them. Check out both here at our website for a wonderful night's sleep.

1. Lavender

By far, lavender is the top choice for sleep. Its fragrant soft sweet smelling aroma will have great results for your rest. This essential oil will leave you with a relaxed feeling and a sense of well-being. Wake up feeling refreshed when you give up nighttime sleeping medications that leave you feeling drugged in the morning.

2. Roman Chamomile

This essential 100% pure therapeutic oil is steam distilled. The small daisy-like flowers have been used for centuries as a tea that is relaxing and calming putting you to sleep. It has been used as an herbal medicine, and does help insomnia. The fragrance is light and has a bottom note of fresh pineapple. Some people think it smells like apples and straw, both fragrance descriptions being light, natural, and earthy. The soothing, calming, and relaxing mist will put you at rest quickly. If you do not like the earthy aroma, mix it with lavender. Be sure you purchase 'Roman'.

3. Patchouli

The hippie generation used patchouli incense for the peace it offers. Soaps are infused with patchouli and it gives your bathroom a wonderful fragrance constantly. Use in small amounts in your diffuser for a restful, peaceful sleep.

4. Ylang-Ylang

This fragrance is pleasing and smells similar to gardenias or jasmine. Some say it smells with under tones of bananas or licorice. Put it in your diffuser and it will lull you to sleep with its feminine fragrance.

5. Bergamot

The citrus fragrance is great for getting a good night's sleep. True citrus oils such as grapefruit or wild orange are a bit more stimulating for sleep whereas bergamot is calming. It can be added to other essential oils for a very sleepful experience. It is a great emotional balancer and will be a wonderful sleep booster in the dark. Bergamot is photosensitive so avoid going into the sun with it on your body.

6. Sandalwood

The rich woody fragrance of sandalwood is a bit more expensive, yet a small amount goes a long way. The soothing fragrance and therapeutic benefits are marvelous.

7. Cedarwood

Ahh, the wonderful earthy aroma suggestive of the cool, quiet woods is exceptional for sleep. The outdoorsy fragrance of this essential oil is calming after a busy day. It blends well with floral scents and is just as wonderful used alone. You will have great sleep using this oil.

8. Marjoram

Yes, we use marjoram as a cooking spice and basil, sage, orange peel and many others. Nature's storehouse of plants is wonderful for many beneficial uses. Marjoram is beneficial for sore muscles and joints, and will spice up your nighttime with wonderful relaxing, peaceful sleep.

9. Vetiver

Helps to shut off the chatter in your head. Turn your brain off. Apply to your big toe.

How to Use Essential Oils for Sleep

Use in one of the many essential oil diffusers, or rub a few drops on your feet top and bottom and behind your neck before bedtime. Dilute them first with fractionated coconut oil as a topical treatment. Aromatic fragrances and benefits can be accomplished with your diffuser.

Refreshing Essential Oils and Blends

Purify Blend

Primary Benefits

- Refreshing aroma
- Replaces unpleasant odours and clears the air
- Protects against environmental threats

Ingredients

Lemon Peel, Siberian Fir Needle, Citronella Grass, Lime Peel, Melaleuca (Tea Tree) Leaf, Cilantro Herb essential oils.

Aromatic Description

Fresh, airy, herbal

Description

Purify is an exclusive combination of essential oils that purify and eradicate odours in a natural, safe way. This uplifting blend combines citrus and pine essential oils that leave an airy, fresh scent on surfaces and in the air. A favourite among dōTERRA users, Purify can replace foul odours quickly and be an effective cleaner throughout the home. Purify contains Lemon, Lime, and Pine essential oils, known for their powerful cleaning properties, along with Siberian and Austrian Firs to purify the air and protect against environmental threats. The addition of Citronella, Melaleuca, and Cilantro give this blend an enticing aroma that's uniquely dōTERRA and unmatched in purification properties.

Uses

- Diffuse to purify and freshen the air.
- Freshen smaller rooms (or a car) by placing a few drops of Purify Cleansing Blend on a cotton ball and putting it into the air vent.
- Add 5 drops to a small spray bottle with water and use to wipe down countertops.
- Use to soothe away irritations from bug bites.
- Add a few drops to the rinse cycle when doing laundry to help eliminate odor.

Directions for Use

Diffusion: Use three to four drops in the diffuser of your choice.

Topical use: Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity.

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. *Avoid sunlight or UV rays for up to 12 hours after applying product.

Citrus Bliss® *Invigorating Blend*

Merging the major benefits of citrus essential oils, Citrus Bliss Invigorating Blend holds energizing and refreshing properties that can uplift mood and reduce stress.

Primary Benefits

- Cleanses and purifies the air
- Helps reduce stress and uplifts mood
- Positively affects mood with energizing and refreshing properties

Ingredients

Wild Orange Peel, Lemon Peel, Grapefruit Peel, Mandarin Peel, Bergamot Peel, Tangerine Peel, Clementine Peel essential oils and Vanilla Bean Absolute.

Aromatic Description

Citrus, sweet

Description

Citrus Bliss Invigorating Blend merges the benefits of citrus essential oils. We combine the powerful essences of Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, and Clementine with a hint of Vanilla Absolute to form this unique and harmonious blend. Citrus Bliss has natural, potent compounds with cleansing properties. Mixed with water, Citrus Bliss is a perfect solution for wiping down countertops and other surfaces while producing a fresh, sweet scent.

Uses

- Diffuse to help lift mood.
- Put 1 drop on your wrist and rub both wrists together for a great everyday perfume.
- Add 2–3 drops to dryer sheets to add a refreshing aroma to your laundry.
- Combine with doTERRA Fractionated Coconut Oil for a cheerful hand massage.

Directions for Use

Diffusion: Use three to four drops in the diffuser of your choice.

Topical use: Apply one to two drops to desired area. Dilute with doTERRA Fractionated Coconut Oil to minimize any skin sensitivity.

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.

Peppermint Oil Uses and Benefits

1. Looking for something strong and natural to freshen your breath with? Mix a drop of Peppermint oil with a drop of Lemon essential oil in water, take a sip, and swirl it around in your mouth for a healthy, refreshing mouth rinse. One of the key ingredients to this mouth rinse is the menthol found in Peppermint. Menthol has been used for centuries for its ability to cleanse and freshen. When you use a drop of Peppermint oil in your mouth rinse, the menthol is what gives it a fresh and minty kick. This powerful and fresh element is why Peppermint is found in many oral health products today. When using this Peppermint mouth rinse, you will experience a pleasurable, cooling feeling your mouth will love and you will walk away confident, knowing that your breath smells just as good as it feels.
2. Peppermint oil is a culinary wonder and has been used to add a fresh boost to meals in kitchens all across the world. However, Peppermint is not just limited to cooked dishes; it also makes a great addition to any drink or smoothie. Try adding one to two drops of Peppermint essential oil to your favorite smoothie recipe for a refreshing twist. By adding the flavor of Peppermint oil to your morning smoothie, you can start your day feeling more refreshed than ever.

Don't forget to get creative with your water, too! Add one drop of Peppermint with a cut fruit for a deliciously infused water. Peppermint oil makes a healthy addition to any drink because it helps promote healthy respiratory function and clear breathing, and by adding doTERRA Peppermint oil to the drink of your choice, you are encouraging healthy respiratory function in your body* while simultaneously adding a delicious flavor to your drinks.

3. Peppermint can be used aromatically to enliven the senses and promote a feeling of energy. This powerful oil can be extremely beneficial on its own, but when you add the right combination of essential oils to Peppermint, you get a wider variety of beneficial results. Try placing one drop of Peppermint oil in the palm of your hand, add one drop of Wild Orange essential oil and one drop of Frankincense essential oil, and inhale. This simple aromatic recipe is perfect for a mid-day pick-me-up.

Including Wild Orange and Frankincense in this Peppermint mixture adds to its aromatic benefits. Wild Orange carries a sweet and fresh citrus smell that is used to uplift the mind and body, while Frankincense is valued for its ability to promote feelings of relaxation. By combining these two essential oils with Peppermint's soothing properties, the blend becomes an aromatic powerhouse that will have you feeling relaxed and energized for the tasks ahead.

4. Sometimes feet just get dried out. It happens, but that doesn't mean you have to live with it. Try this do-it-yourself Whipped Peppermint Foot Lotion and show your feet how much you appreciate them. This is a simple and light lotion that includes natural ingredients like Peppermint and Melaleuca (Tea Tree) essential oils. After a long day, there are few things better than taking a seat and giving your feet the cooling sensation that this DIY lotion brings. For best results, try applying this lotion

generously to your feet and then putting socks on before you go to bed. Whipped Peppermint Foot Lotion will not only leave your feet smelling fresh, it will transform your sandpaper heels into a silky dream.

5. If you are looking for a way to share the benefits of Peppermint oil with your friends, try making and sharing this DIY Candy Cane Sugar Scrub. This festive sugar scrub helps exfoliate and moisturize the hands, feet, and body, and it makes for a great seasonal gift. Not only will the scrub produce soft and smooth results, but its Peppermint oil base will provide a soothing sensation wherever it is applied.
6. Being outside in the sun can be a great way to uplift your mood, but sometimes too much sun exposure can quickly end your fun. Try this homemade After Sun Soothing Spray to maintain healthy-looking skin after too much sun. This soothing spray is filled with three powerful essential oils that calm and soothe irritated skin. One of the primary oils used in this spray is Peppermint. Peppermint is a perfect after-sun essential oil due to its high content of Menthol. Menthol is an organic substance in peppermint plants that will give your skin that cool and soothing feeling it needs after a hot day outdoors. Melaleuca (Tea Tree) essential oil and Lavender essential oil are two additional ingredients in this DIY that will improve the appearance of skin.
7. Looking for a long-lasting way to smell the sweet and minty aroma of Peppermint oil? Use this simple yet invigorating diffuser blend and enjoy this fresh aroma in your home, office, classroom, gym, or wherever you choose to go. To make this blend, combine 2 drops of Peppermint, 3 drops of Grapefruit, and 2 drops of Sandalwood into a diffuser. Using Peppermint essential oil in your diffuser will produce a cooling, invigorating vapor. Additionally, the grounding and mood-enhancing properties of Sandalwood and the uplifting benefits of Grapefruit will work well with the soothing and relaxing effects of Peppermint to produce an energizing and calming aroma that all will enjoy.
8. Peppermint oil makes a great addition to many dishes, especially treats. Try using this Black Bean Brownie recipe with Peppermint oil and put a nutritious and delicious spin on the traditional chocolate brownie. At first, making a sweet treat with black beans may seem a little off-putting, but don't worry, black beans have a very mild flavor and are extremely rich, creamy, and full of protein. Once you venture out with this recipe, you won't want to go back. To create an extra pop of flavor, add a couple drops of Peppermint essential oil for a delightful and refreshing flavor.
9. The soothing components found in Peppermint essential oil make it a desirable oil for massages. Try adding Peppermint to your massage experiences and enjoy the pleasurable cooling feelings it brings to your skin while immersing yourself in its sweet and relaxing aroma. A great massage companion to Peppermint is Lavender. This combination will produce optimal soothing feelings that will add to any massage. You can also try adding Peppermint essential oil to your shampoo or conditioner for a stimulating hair massage that will provide the pampering your scalp deserves.
10. Looking for a way to repel bugs and spiders in your house? Luckily, Peppermint oil provides a perfect solution to ward off those creepy crawlers. Many bugs and spiders

dislike the potent smell of Peppermint, consequently, Peppermint essential oil is used as a home remedy to repel bugs naturally. Try placing 1–3 drops of essential oil on a cotton ball and position them in the corners of your bathroom, bedroom, kitchen, laundry room, or wherever you think these unwanted guests might be.

11. If you or someone you know has trouble staying awake during long meetings or would like a natural method to feel alert, Peppermint oil used topically and aromatically can help. Because of the invigorating and cooling effects of pure Peppermint oil produces when it comes in contact with skin, Peppermint is an ideal oil for staying attentive and aware. In order to create this extra boost, place 1–2 drops of Peppermint on your finger tips and then place your fingertips on your temples and rub. This will help give you the natural sense of alertness you desire when you need it most.

Cleaning

doTERRA On Guard® Cleaner Concentrate

doTERRA On Guard Cleaner Concentrate is designed to be the ideal natural cleaner. It is fortified with the proprietary doTERRA On Guard Protective Blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary CPTG Certified Pure Therapeutic Grade® essential oils, which provide natural protection against certain environmental factors while elevating the overall cleaning capability.

Primary Benefits

- Proprietary doTERRA On Guard Protective Blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary CPTG Certified Pure Therapeutic Grade® essential oil provides natural protection by keeping surrounding areas clean and safe
- Plant-based surfactants help improve the cleaning process as well as contribute to a product that is safe for you, your family, and the environment
- No preservatives added, helping to provide a safe and effective household cleaning product

Description

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.

Directions for Use

MULTI-PURPOSE CLEANER: Mix 2 tbsp of concentrate per 24 oz. of water.

BATHROOMS: Mix 3 tbsp of concentrate per 24 oz. of water.

DISHES: Mix 3 tbsp of concentrate per gallon of water.

TOUGH JOBS: Apply concentrate directly on designated area and let soak.

Avoid direct use of concentrate on hardwood floors and natural stone.

Cautions

Use product only as directed as a household cleaner. Keep out of the reach of children. If cleaner gets in eyes, rinse thoroughly with water.

Some Facts For You To Ponder...

- Most household cleaners contain **toxic chemicals**. These chemicals can cause an array of medical issues and have been linked to **cancer, asthma and more**.
- What we tip down our drains goes into our waterways. **This kills marine life**, pollutes our waterways and in some cases has catastrophic effects on the fish supplies...
- **Children are often more susceptible** to chemical exposure from cleaning products than adults.
- 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.

The Best Of The Best

Before buying an essential oil you want to make sure that it is of the highest quality and definitely not synthetic, this is why we have chosen dōTERRA.

When you choose dōTERRA, you are choosing essential oils that have been gently and carefully distilled from plants harvested at the perfect moment by experienced growers from around the world for ideal extract composition and efficacy.

Each dōTERRA essential oil is also carefully and thoroughly tested using the strict Certified Pure Therapeutic Grade® (CPTG) quality protocol. Experienced essential oil users will immediately recognise the superior quality standard for naturally safe, purely effective therapeutic-grade dōTERRA essential oils.

There is definitely an art to extracting the oils and dōTERRA have mastered it. Their philosophy is amazing, they give back to the communities (and the earth) and they truly are a wonderful generous company.



Around The Home

Ants hate peppermint – drop around your kitchen bench and wipe with a clean, damp cloth. (This is also great to take on picnics – put in a spray bottle with some water and spray around the picnic blanket). *Arborvitae* is also good for insect invasion. Use this to rub on green ant bites to take out the sting.

2. Tea Tree is fantastic at **removing mould**. Mix a few drops in a spray bottle with some vinegar and use on your outdoor furniture. Wipe clean with a damp cloth.
3. Wipe Peppermint Oil over the window and door frames to keep **spiders at bay**.
4. Use a cloth soaked in Lemon oil to preserve and **protect your leather furniture or garments**.
5. Fill a spray bottle with vodka and add a few drops of Eucalyptus. **Lightly spray over your mattress and pillows** when changing the sheets. The alcohol will dry quickly and you'll be left with nicely deodorised mattresses and underlays.
6. Add a few drops of Eucalyptus to your **vacuum cleaner filter or bag**. This will help purify the air and your vacuum cleaner.
7. **Wipe out draws** with Eucalyptus or Lemon to keep them smelling fresh.
8. Add a few drops of Tea Tree and Lemon to your water before **mopping the floors**.
9. **Purify the air** by diffusing 4 drops of lemon in your diffuser.
10. Mix together 1/2 cup bicarb soda and a few drops of Wild Orange, then sprinkle around your **carpets to naturally deodorise** them. Leave for 5 minutes then vacuum.



Kitchen

1. **Disinfect the chopping boards** – Mix 1 tablespoon each of salt and bicarb and 5 drops of Lemon oil and scrub your chopping boards clean. Rinse well.
2. Lemon oil is also a great remedy for the **early stages of tarnish on silver and other metals**.
3. Add a few drops of Lemon or Wild Orange to some bicarb and sit in the fridge, for a **fresh, clean smell**.
4. **Deodorise your dishwasher** – apply a few drops of either Lemon, Wild Orange or Peppermint to a clean cloth and wipe out the dishwasher.
5. Place a small bowl of water with 4 drops of Lemon in your microwave and cook on high for 3 minutes. You'll be able to **wipe your microwave beautifully clean** with ease.
6. Sprinkle bicarb soda all over your sink, along with a few drops of Lemon and/or Wild Orange. Tip over some white vinegar and **scrub your sink clean**.
7. **Freshen up your dish cloths** – we like using the cloths that you can reuse over and over again. But after a while, even these get smelly. Freshen them up by placing them in a sink of warm water with 5 drops each of Tea Tree, Lemon and Peppermint. Rinse well and allow to dry.
8. **Clean out the sink drains** – pour half a cup bicarb down the drain. Add 15 drops Eucalyptus Oil and allow to rest for a few minutes. Then pour down 1 cup white vinegar and rinse with boiling hot water (boil a full kettle and pour this down the drain).
9. Add 10 drops of lemon and 2 tblsp citric acid into your kettle. Fill with water and boil. Discard contents and rinse with water. You'll have a **lovely clean kettle**.
10. Place a few drops of Wild Orange in warm soapy water and clean the **grease off your rangehood**.

Laundry

1. Add 15 drops each of Wild Orange and Lemon to your **homemade laundry powder for an extra fresh, clean smell.**
2. Use Tea Tree to **deodorise the pet blankets.** Add 10 drops to the washing machine rinse cycle.
3. Add a few drops of **Eucalyptus to your linen wash.** The smell is divine and eucalyptus has a calming effect, to assist in a good nights sleep.
4. Add a few drops of **Lemon to your towel wash.** The smell of Lemon is uplifting and will make your towels smell lovely and fresh.
5. **Remove stubborn sweat smells** by soaking effected clothes in a bucket of warm water, 1 cup white vinegar and 10 drops of Wild Orange. Leave to soak over night, then wash as per normal.
6. Add 20 drops of Lemon with 2 cups white vinegar and 1 cup bicarb soda to your empty washing machine. Let it go through a normal wash cycle to **clean out your washing machine.**
7. **Freshen up the linen cupboard** by mixing up 2 tablespoons vodka, 2 cups distilled water and 10 drops each of Lemon, Wild Orange and Peppermint. Spray as needed over your linen.
8. **Make your own fabric softener** – Use 1 cup vinegar and 10 drops Wild Orange (or oil of choice) and add in the final rinse cycle.
9. **Stain Remover** – Sprinkle the stain with some bicarb soda, add a few drops of Eucalyptus and pour over some white vinegar. Allow to bubble up, then wash as per normal.
10. Make your own **dryer sheets.** Into an airtight glass jar mix 1/2 cup vinegar, 10 drops Tea Tree. Add as many thin cotton cloths as will fit (chux clothes, old face washers or even cut up old t-shirts work perfectly for this). Wring well before using and add to the dryer. Then place back into the jar to use again and again. The vinegar stops the clothes getting too static.



Bathroom/Toilets and more

1. Make your own **Multi Purpose Cleaning Spray** – add 15 drops of Peppermint, Lemon and Wild Orange oils to a spray bottle filled with white vinegar.
2. Leave your **toilet smelling clean and fresh** by wiping all over with a few drops of Wild Orange. Then add a few extra drops into the cistern. Flush as necessary.
3. Make your own **mould and mildew spray** by mixing 2 cups white vinegar, 20 drops Tea Tree oil and 10 drops Wild Orange. Shake well before use. Spray over effected area and wipe clean with a damp cloth.
4. **Clean your bathroom tiles and grout** – mix of 1 cup white vinegar, 1 cup distilled water, 1 tablespoon dish washing liquid and 5 drops Tea Tree oil. Spray and wipe clean (or scrub with a brush if necessary). Then wipe away any dirty residue with a clean damp cloth.
5. **Toilet bowl cleaner** – sprinkle inside the toilet bowl with some bicarb soda and 5 drops Wild Orange. Add 1/2 cup vinegar and scrub clean. Flush to rinse.

6. Give your **mirrors the best clean ever** by mixing 2 cups distilled water, 3 tablespoons vinegar and 10 drops lemon. Shake well before use, spray over mirrors and dry with a lint free cloth.
7. **Clean your spa bath** by filling with enough water to cover the spouts. Add 500ml white vinegar, 1 cup bicarb soda and 20 drops Eucalyptus Oil. Turn on the spa and allow to run for 5 minutes, giving it a good clean out. Empty water and wipe away and dirty residue with a clean cloth.
8. Give your **makeup brushes a good clean** by mixing 10 drops Eucalyptus oil and one teaspoon liquid castile soap (or any pure soap) in a sink filled with warm water. Clean the brushes, rinse well and place in the sun to dry.
9. **Keep those nits at bay** by mixing in a spray bottle 10 drops Tea Tree oil and fill with distilled water. Use to dampen the hair each morning. Then style as normal.
10. **Clean and sterlise the hairbrushes** – remove any excess hair and place in a bowl filled with hot water and 10 drops Tea Tree oil. Leave to soak till the water goes cold. Rinse and allow to dry before using.