
CLEANING WITH ESSENTIAL OILS



Your guide to a nontoxic home,
through simple DIY products
that are safe and affordable.



We're all aware that disease is on the rise. In the last 100 years, cases of heart disease, infertility, autism, multiple sclerosis and Alzheimer's have skyrocketed. There has been a 3000% increase in cancer alone.

At the same time, we have filled our homes with products that are toxic. It is said that women are exposed to an average of 168 chemicals daily from their body and hair products.

If you ever looked at the back of your cleaning supplies to read the labels, I am sure you would be shocked.

I cringe to think that women are spraying down toys with chemical cleaners, all with the intention of protecting their child's health.

Coating your hands with Germ X, and toys with Lysol, is only further contributing to the diseases that are so prevalent today.



Those harmful chemicals may destroy bacteria on the surface, but they also damage the good bacteria that our gut should be filled with.

No wonder we have so many health problems today!

Not only are those toxic cleaners infiltrating your home with chemicals when you use them, but they also off gas while sitting in the cabinet.



And the food we are eating isn't doing much to turn this trend around! In addition to adding thousands of toxins to our home and personal care products, in the last 30 years we have also started genetically modifying crops and eating processed foods.

So clearly a change needs to be made, but where do you actually start?

How do you begin removing the toxins from your home?



Since cleaning supplies are some of the most chemically laden products in every home, I suggest starting there.

It is a place where you can get the most toxins removed for the least amount of effort.

I will share recipes for the following:

- All Purpose Spray
- Wood Floor Cleaner
- Furniture Polish
- Dish Soap
- Stove Top Cleaner
- Bathroom Scrub
- Glass Cleaner
- Disinfectant Spray
- Air Freshener
- Carpet Spot Cleaner



Why are essential oils effective?

Essential oils are 50- 70 times more powerful than herbs. They contain properties that make them antibacterial, antifungal and antiviral. They are effective at fighting germs, bacteria and viruses.

Citrus oils, like lemon, orange, lime and grapefruit are excellent at breaking up grease and grime.

Which essential oils are best for cleaning?

Citrus oils, like grapefruit, lemon, lime and orange are always my first choices for cleaning. They cut grime really well and have antibacterial properties.

Lavender, melaleuca, eucalyptus, cinnamon, rosemary, peppermint and thyme are all powerful options also.

I also like to use a blend, by doTERRA, called On Guard, for it's antibacterial properties.

If you don't have one of the oils I recommend for the recipe, feel free to swap it out for one of your favorites.

Mix and match the oils and find your favorite combinations.

Other tools needed for all natural cleaning

Essential oils are strong enough to break down plastic, so it is best to store your cleaning products in glass bottles and jars.

I like to keep microfiber cloths in my all natural cleaning arsenal, because they offer additional scrubbing power.

With some very basic ingredients, and a few essential oils, you have everything you need to clean your entire home.

All Purpose Spray



Ingredients:

1/2 cup vinegar

1 1/2 cups warm water

15 drops melaleuca (a.k.a. tea tree oil)

15 drops lemon

Combine everything in a glass jar and give it a good shake. Lemon is excellent at cutting grime and provides a fresh scent. Melaleuca fights germs, bacteria and viruses. Use this cleaner on any surface where an all purpose cleaner is normally used.

Furniture Polish



Ingredients:

1/4 cup olive oil

1/4 cup vinegar

10 drops wild orange

Combine everything in a glass jar and give it a good shake. Since the vinegar and oil will separate, shake well before each use.

Dust furniture as usual.

Wood Floor Cleaner



Ingredients:

1 cup white vinegar

1 gallon warm water

5 drops lemon

5 drops wild orange

Combine everything in a large bucket.

Citrus oils are excellent at cutting grime and provide a fresh scent. If you don't have orange or lemon, feel free to use 10 drops of any citrus oil. Use this cleaner to mop wood floors.

Dish Soap



Ingredients:

1/4 Castile Soap

3/4 cups warm water

10 drops lemon

Combine everything in a foaming hand soap dispenser, and give it a good shake. Lemon is excellent at cutting grime and provides a fresh scent. Foaming soap is my favorite way to wash dishes. I just pump a little out each time I need to wash a dish. If I am planning to wash an entire sink full of dishes, I just pour a quarter cup of the mixture into the sink.

Stove Top Cleaner



Ingredients:

1/4 baking soda

1/4 cup salt

1 tablespoon vinegar

2 tablespoons water

5 drops lemon

Combine everything in a glass jar and stir. Apply to stove top, and allow it to sit for 15 minutes. Wipe grime away with a microfiber cloth.

Bathroom Scrub



Ingredients:

3/4 cup baking soda

1/4 cup castile soap

1 tablespoon water

10 drops lemon

Combine everything in a glass jar and stir.

Apply this scrub to bathroom floors, or tubs covered in soap scum. This also works great for toilet bowls.

Allow it to sit for 10 minutes, and then scrub it away with a microfiber cloth, or toilet bowl brush.

Glass Cleaner



Ingredients:

1/2 cup water

1 1/2 cups vinegar

5 drops lemon

5 drops wild orange

Combine everything in a glass spray bottle, and give it a good shake. Spray on windows, or mirrors, to remove smudges and streaks.

Disinfectant Spray



Ingredients:

3/4 cup vinegar

3/4 cup water

1/4 cup vodka (or rubbing alcohol)

15 drops melaleuca (a.k.a. tea tree oil)

15 drops Doterra On Guard blend

Combine everything in a glass spray bottle, and give it a good shake. Use this in your home when someone has a sickness that you want to keep from spreading. This is also great for disinfecting food prep surfaces after handling raw meat.

Air Freshener



Ingredients:

1 cup water

1/4 cup vodka (or rubbing alcohol)

10 drops lavender

10 drops lemon

Combine everything in a glass spray bottle,
and give it a good shake.

Use this spray, instead of commercial air
fresheners, to brighten up your home with a
fresh floral scent.

Carpet Spot Cleaner



Ingredients:

1/2 cup vinegar
1 cup water
10 drops lemon

Combine everything in a glass spray bottle, and give it a good shake. Apply to the spot and allow to sit for 10 minutes. Scrub the spot away with a microfiber cloth and warm water.

Isn't it amazing that with just a handful of basic household products, and a small collection of essential oils, you can make everything you need to clean your home.

Think of all the toxins you could remove by implementing these 10 simple recipes.

I truly hope you try them and make your home a healthier place to be!

To get started with some basic essential oils contact me lisa@farmhouseonboone.com, or go to mydoterra.com/farmhouseonboone to become a wholesale member.

I love to educate others on taking charge of their family's wellness, so never hesitate to reach out with any specific questions or concerns.

Thanks for reading!



Join me and my family as we find beauty in our everyday life in the farmhouse: food from scratch, natural living and a handmade home at Farmhouseonboone.com