



CLEANING SET GUIDE

CITRUS BURST™
GERM FIGHTER®
LAVENDER
LEMON
PEPPERMINT
TEA TREE

We've gathered together some of our favorite essential oils for all-natural household cleaning.

CITRUS BURST

Give your DIY cleaning solutions a citrusy boost by adding this cheerful blend. This combination of our favorite citrus oils is an ideal choice for cleaning the counters and clearing the air in your kitchen, bathroom, or any other space. Citrus Burst will also add a zesty freshness to your skincare products.

FURNITURE POLISH

What you'll need:

- 1 oz unrefined (solid) coconut oil
- 12 drops Jojoba Carrier Oil
- 4 drops Citrus Burst

What you'll do:

Blend ingredients and apply a small amount to a microfiber cloth. Buff furniture until you've attained an even shine.

GERM FIGHTER

The best defense is a good offense. During flu season, use Germ Fighter. We've blended together some of our most effective essential oils to help fight off outside threats and support recovery. Plus, this blend of Lemon, Clove Bud, Eucalyptus Globulus, Cinnamon Cassia, and Rosemary 1,8-Cineole smells great!

LAVENDER

Perhaps the most well-known essential oil is Lavender. With its sweet, dry, and herbaceous-floral aroma, the scent of Lavender livens up your living space while promoting relaxation and deep sleep. Use with your DIY laundry detergent to freshen things up. Lavender Essential Oil can also help with a variety of skin issues.

GERM FIGHTER ALL-PURPOSE CLEANER

What you'll need:

- 1 cup peroxide
- 1 cup distilled water
- 45 drops Germ Fighter
- 1 tsp Castile Soap or Sal-Suds

What you'll do:

Add all ingredients to a spray bottle and shake well. Spray onto surfaces and wipe off to clean. Store in the refrigerator for up to one week.

YOGA MAT SPRAY

What you'll need:

- 23 drops Lavender
- 23 drops Cardamom
- 35 drops Frankincense Serrata CO2
- 1 oz Everclear
- 3 oz water

What you'll do:

Add Everclear and essential oils to a spray bottle. Add water, shake well, then spray and wipe down.

LEMON

Lemon Essential Oil is a must-have for homemade cleaning recipes. It's an excellent choice for cleaning the kitchen sink or other areas where odors tend to accumulate. Add a few drops to your laundry for a fresh citrus boost, or use with a carrier or lotion to support your immune system.

ALL-PURPOSE CLEANER

What you'll need:

- 5 oz water
- 3 oz white vinegar
- 1 tsp dish soap
- 10 drops Sweet Orange
- 15 drops Eucalyptus Globulus
- 20 drops Tea Tree
- 30 drops Lemon
- 8 oz spray bottle

What you'll do:

Combine essential oils with dish soap, then add vinegar. Shake well to mix. Add water and shake again. Spray and wipe off to clean! Wear gloves while using to protect skin.

PEPPERMINT

Peppermint's refreshing and stimulating aroma is instantly familiar and has a profoundly "clean" scent. Diffused, the oil has a cooling effect on the mind and body, resulting in a revitalization sensation. A diluted topical application is great for easing occasional tension headaches, as well as neck, shoulder, and backaches.

PEPPERMINT LEMON CARPET POWDER

What you'll need:

- 15 drops Peppermint
- 15 drops Lemon
- 2 cups baking soda
- Container with shaker lid

What you'll do:

Add baking soda and essential oils to your container. Shake vigorously. Now sprinkle on carpet and let sit for 30-60 minutes. Thoroughly vacuum the room and enjoy!

TEA TREE

Known for its remarkable results when used as a household cleaner, or on troubled skin, Tea Tree is one of the world's most highly respected essential oils. Offering a green, medicinal and woody aroma, Tea Tree will encourage open airways and refresh musty, stale rooms.

DEODORIZING SHOE SPRAY

What you'll need:

- 1 cup of Everclear
- 2 Tbsp baking soda
- 50 drops Tea Tree
- 40 drops Balsam Fir
- 35 drops Lemon
- 10 drops Rosemary 1,8-Cineole
- 2-4 oz spritz bottles

What you'll do:

Pour Everclear into a large measuring cup. Mix in baking soda. Add essential oils. Pour into spritz bottles. Spray in stinky shoes and let dry for a fresh fragrance.

Essential oils for all-natural household cleaning.



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