

7-Day Spring Cleaning Challenge

STEP-BY-STEP GUIDEBOOK



Edens Garden[®]
100% PURE ESSENTIAL OILS

SPRING INTO CLEAN

With Edens Garden's 7-Day Challenge!

Is your home ready for a refresh? Tired of harsh chemical cleaners lurking under the sink? We get it! This spring, ditch the toxins and embrace the power of nature with Edens Garden's 7-Day Spring Cleaning Challenge. Over the next week, we'll guide you on a journey to a sparkling clean home, all while crafting your own effective cleaning solutions using the power of essential oils.

Why opt for essential oils? Unlike commercial cleaners laden with harsh chemicals, essential oils offer a safe, yet powerful, way to tackle dirt, grime, and even lingering odors. Not only are they gentle on surfaces, but they also boast a range of invigorating and purifying properties. To get you started, we're offering 10% off our Spring Cleaning collection when you use code **10SPRINGCLEAN** at checkout!

Join us for the next 7 days as we unveil a new natural cleaning recipe each day, tackling different areas of your home. We'll provide everything you need, from ingredient lists and dilution ratios to expert tips and tricks. Get ready to transform your cleaning routine, embrace the power of plants, and create a healthy, toxin-free haven for yourself and your loved ones!



YOUR GUIDE TO

Cleaning Essential Oils for the Challenge

The magic behind our 7-Day Challenge lies in the incredible power of essential oils! Each oil boasts unique properties that make it ideal for tackling various cleaning tasks. Here's a look at some of the essential oils you'll encounter throughout the week:

Germ-Fighters: Tea Tree, Oregano, and Clove essential oils are renowned for their natural disinfecting properties. They'll be your go-to for surfaces like countertops and cutting boards.

Deodorizers: Lemon, Grapefruit, Orange, and Lime essential oils bring the freshness! These citrusy oils effectively neutralize unpleasant odors while leaving a light, uplifting aroma.

De-Greasers: Lemongrass, Eucalyptus, and Peppermint essential oils cut through grease and grime with ease. They'll be perfect for tackling your stovetop, oven, and even those grimy grill grates.

Mold-Destroyer's: Cinnamon, Cassia, and Clove essential oils possess powerful antifungal properties. These will be your allies in combating mold and mildew growth in areas like bathrooms and laundry rooms.

Purifying Blends: Edens Garden's Essential Oil Blends offer a convenient and effective way to harness the power of multiple essential oils. Look out for blends like Guardian, Breath of Fresh Air, and Natural Cleaning throughout the challenge

SPRING CLEANING CHALLENGE

What You May Need

- 4 oz Glass Spray Bottle
- White Vinegar
- Spoon
- Baking Soda
- Shaker Bottle
- Fragrance-Free Laundry Detergent
- Wool Dryer Balls
- Lemon Juice
- Scrubber Brush or Sponge
- Liquid Castile Soap



SPRING CLEANING CHALLENGE

What's To Come

- Day #1 Pantry Purge | Refreshing Your Food Storage Day
- Day #2 Screen Sweep | Digital Clean Up Day
- Day #3 Daily Duties Done | Everyday Chores Day
- Day #4 Closet TLC | Laundry & Closet Clean-Out Day
- Day #5 Inner Cleanse | Clear Your Mind Day
- Day #6 Brush Sparkle | Shine Bright with Clean Tools Day
- Day #7 Sunday Scrubdown | Deep Cleaning Day



DAY #1 SPRING CLEANING CHALLENGE

Pantry Purge | Refreshing Your Food Storage Day

It's finally here – spring cleaning week! To kick things off, let's tackle a hidden gem – your pantry. Over time, expired snacks and forgotten ingredients can accumulate, taking up precious space and hindering healthy meal planning. Today, we'll transform your pantry into a haven of organization and inspiration!

Roll up your sleeves and get ready to declutter. Sort through your food storage areas, tossing out expired items and consolidating similar products. Here's the secret: whip up our all-natural cleaning spray and diffuse Conquer Cravings to purge your pantry of unhealthy options! This powerhouse recipe eliminates grime and lingering odors, leaving your shelves sparkling clean and ready for a fresh start.

All Natural Cleaning Spray | What You Need:

- 4 oz Glass Spray Bottle
- 2.5 oz Distilled Water
- 1 oz 190-Proof Grain Alcohol
- 1 tbsp White Vinegar
- 2 pumps Liquid Castile Soap (optional)
- 25 drops Natural Cleaning Essential Oil Blend

How To:

1. To a Glass Spray Bottle, add 1 oz 190-Proof Grain Alcohol and 25 drops Natural Cleaning Essential Oil Blend. Let sit for a few hours.
2. Add 2.5 oz Distilled Water, 1 tbsp White Vinegar, and 2 pumps Liquid Castile Soap.
3. Shake to combine and spray onto empty pantry shelves and food storage areas.

DAY #2 SPRING CLEANING CHALLENGE

Screen Sweep | Digital Clean Up Day

Yesterday, we tackled the physical clutter in your pantry. Today, we're venturing into the digital realm for Day 2 of our Spring Cleaning Challenge! Let's face it, our phones and computers can become dumping grounds for unused apps, forgotten photos, and outdated contacts. This digital clutter can slow down your devices and contribute to feelings of overwhelm.

It's time for a refresh! Grab your favorite beverage and energizing essential oil and dedicate some focused time to a digital declutter. Start by uninstalling any unused apps you haven't touched in months. Then, move on to your photos – delete blurry duplicates or out-of-focus shots. Finally, go through your contacts and remove any outdated information or entries you no longer need. This process might surprise you – a clean digital space can feel surprisingly calming and organized, much like a freshly decluttered pantry.

But let's not stop there. Consider this a spring cleaning for your mind as well. Studies have shown a link between excessive phone use and increased stress and anxiety. By consciously reducing screen time, you can free up mental space and boost your overall well-being. Swap mindless scrolling for activities that promote relaxation and mindfulness, like reading a book, taking a walk in nature, or spending quality time with loved ones. Your mind and body will thank you for it!

DIY Salt Diffuser | What You Need:

- Bowl
- Energy & Focus Essential Oil Blend
- Salt

How To:

1. While decluttering your screen, diffuse Energy & Focus for the stamina needed to handle this time-consuming task.
2. Don't have a diffuser? No problem! Simply inhale the oil out of the bottle or add a few drops to a bowl of salt to create a natural diffuser.

DAY #3 SPRING CLEANING CHALLENGE

Daily Duties Done | Everyday Chores Day

It's Day 3 of your Spring Cleaning Challenge, and the conquest continues! Today, we're tackling everyday chores. But ditch the harsh chemicals! Edens Garden essential oils are your secret weapons for a sparkling clean.

We offer a vast selection of these potent plant extracts, each with unique properties that go beyond just a pleasant scent. Imagine tackling everyday tasks like washing dishes or vacuuming with the knowledge you're using safe, effective cleaning solutions that are gentle on your surfaces and the environment. Not only will your home be renewed, but you'll be taking a step towards a healthier cleaning experience, free from harsh fumes and chemical residue.

Dish Soap | What You Need:

- 4 oz Castile Soap or Unscented Dish Soap
- 30 drops Lemon Essential Oil

How To:

1. Whip up a refreshing dish soap by diluting Lemon essential oil in a castile soap base. Not only will your dishes gleam, but the uplifting citrus scent will leave your kitchen feeling invigorated.

De-Greaser | What You Need:

- 2 oz Glass Spray Bottle
- 1 oz Distilled Water
- 1 tbsp Lemon Juice
- 1 tbsp 190-Proof Grain Alcohol
- 15 drops Tea Tree Essential Oil

How To:

For a powerful degreaser on stovetops and countertops, create a spray using Water, Lemon Juice, and Grain Alcohol with a few drops of purifying Tea Tree oil. This natural solution cuts through grime effectively, while the Tea Tree oil's antibacterial properties leave surfaces hygienically clean.

DAY #4 SPRING CLEANING CHALLENGE

Closet TLC | Laundry & Closet Clean-Out Day

It's Day 4 of the challenge, and it's time to freshen up your wardrobe! While traditional laundry detergents often contain harsh chemicals, Edens Garden essential oils offer a natural, effective way to keep your clothes clean and smelling divine. But this isn't just about laundry day. As you tackle your closet, remove any unworn items. Donate gently used clothes and recycle what you can't wear anymore.

Infuse your laundry routine with the power of nature! Consider adding a few drops of Edens Garden's Breath of Fresh Air essential oil blend to your wash cycle. Breath of Fresh Air offers a similar citrusy experience with a touch of mint, leaving your laundry feeling refreshingly clean and energized. This blend is free from harsh chemicals, making it a gentle yet effective choice for your fabrics and your skin.

Laundry Soap | What You Need:

- 1 cup Washing Soda
- 5 ml Breath of Fresh Air Essential Oil Blend
- ½ cup Soap Flakes
- ½ cup Borax

How To:

1. Combine all ingredients and ensure that the Essential Oil Blend is mixed thoroughly throughout the mixture.
2. If you wish to make this recipe without Borax, opt for ¼ Baking Soda and ¼ Epsom Salt.
3. To give your clothes an extra scent boost, add a few drops of Essential Oil to wool dryer balls and toss them in the dryer.
4. Want to skip a few steps? Add 50 drops of Essential Oil Blend per 1 cup of Fragrance-Free Laundry Detergent.

DAY #5 SPRING CLEANING CHALLENGE

Inner Cleanse | Clear Your Mind Day

As we embark on our spring cleaning journey, it's essential to remember that it's not just our physical spaces that need a refresh—our minds could use some clearing and rejuvenation too. So, as we reach Day 5 of our Spring Cleaning Challenge, let's prioritize self-care.

Today, take a break from the strenuous work and unwind through relaxation techniques like deep breathing, journaling your thoughts, or prioritizing activities that promote inner peace. Book yourself a facial or massage appointment to release any tension. If appointments are all booked, you can still create an at-home spa day.

By nurturing your mental health, you'll not only feel more balanced and refreshed but also more energized to tackle the remaining cleaning tasks with renewed vigor. So, embrace this opportunity to unwind, relax, and rejuvenate, knowing that you're investing in both your home and your mental health.

DIY Massage Oil | What You Need:

- 1 oz Amber Glass Pump Bottle
- 1 oz Carrier Oil
- 18 drops Calming The Mind

How To:

Create a relaxing massage oil by diluting Calming The Mind essential oil blend in your favorite carrier oil. Pump a small amount into your hands, rub them together to warm the oil, and begin your relaxing massage experience.

DAY #6 SPRING CLEANING CHALLENGE

Brush Sparkle | Shine Bright with Clean Tools Day

Many of us devote ourselves to a good skincare routine, but how often do we clean the gunky makeup tools we put on our faces day after day? It's easy to forget, so let's take care of those icky brushes for Day 6 of our Spring Cleaning Challenge. Today, we're not neglecting them and giving them a much-needed natural deep clean.

Regularly cleaning your makeup brushes is crucial for the longevity of your tools, while also maintaining healthy skin. Dirty brushes harbor bacteria, oil, and old makeup residue, which can lead to breakouts, irritation, and even infections. Experts recommend washing your brushes every 7-10 days to keep them clean and your skin clear and healthy.

To ensure thorough cleaning without harsh chemicals, opt for non-toxic formulas that contain effective antibacterial essential oils like Tea Tree, while also conditioning the bristles with a carrier oil. Take your brush cleaning to the next level with our homemade formula.

Makeup Brush Cleanser | What You Need:

- 2 tbsp Fenugreek Carrier Oil
- 2 drops Manuka Essential Oil
- 2 tbsp Castile Soap
- Small Bowl
- 6 drops of Tea Tree Essential Oil
- Water
- 5 drops Grapefruit Essential Oil
- Washcloth

How To:

1. Combine Carrier Oil and Soap in a Small Bowl.
2. Add Essential Oils.
3. To clean your makeup brush, dip the soft end into the mixture.
4. Rinse the brush under warm water until the water runs clean.
5. Use the washcloth to gently remove excess water from the brush.
6. Place makeup brush on a clean, dry towel overnight or until completely dry.

DAY #7 SPRING CLEANING CHALLENGE

Sunday Scrubdown | Deep Cleaning Day

Congratulations! You've reached Day 7 of our Spring Cleaning Challenge! By now, your home should be sparkling clean, but how do you maintain that fresh feeling and create a truly healthy haven? The power of essential oils goes beyond just tackling dirt and grime. These natural extracts can elevate your entire cleaning routine, promoting feelings of well-being and enhancing the comfort of your space.

Edens Garden offers a wide variety of essential oils specifically chosen for their mood-boosting and purifying properties. Consider incorporating Lavender for a calming atmosphere in your bedroom, or invigorating Peppermint to uplift the energy in your home office. Diffuse purifying essential oils like Lemon or Eucalyptus in common areas to combat lingering odors and promote a sense of cleanliness.

Natural cleaning doesn't have to stop at surface level – essential oils can create a holistic clean that benefits both your home and your well-being. So ditch the harsh chemicals and embrace the power of nature to keep your freshly cleaned home feeling like a sanctuary for seasons to come.

Step 1 - Purify the Air

Diffusing a purifying oil or blend, such as Immunity, can clear the atmosphere of any unwanted microbes.

Step 2 - Clean Kitchen

Give some attention to often overlooked areas such as pantries, drawers, and the fridge. Bonus tip! In a bowl, mix ½ cup of Baking Soda and a few drops of Cinnamon Essential Oil. Pour the mixture down your garbage disposal and run the disposal to tackle germs.

DAY #7 SPRING CLEANING CHALLENGE

Sunday Scrubdown | Deep Cleaning Day

Step 3 - Refresh Your Living Room

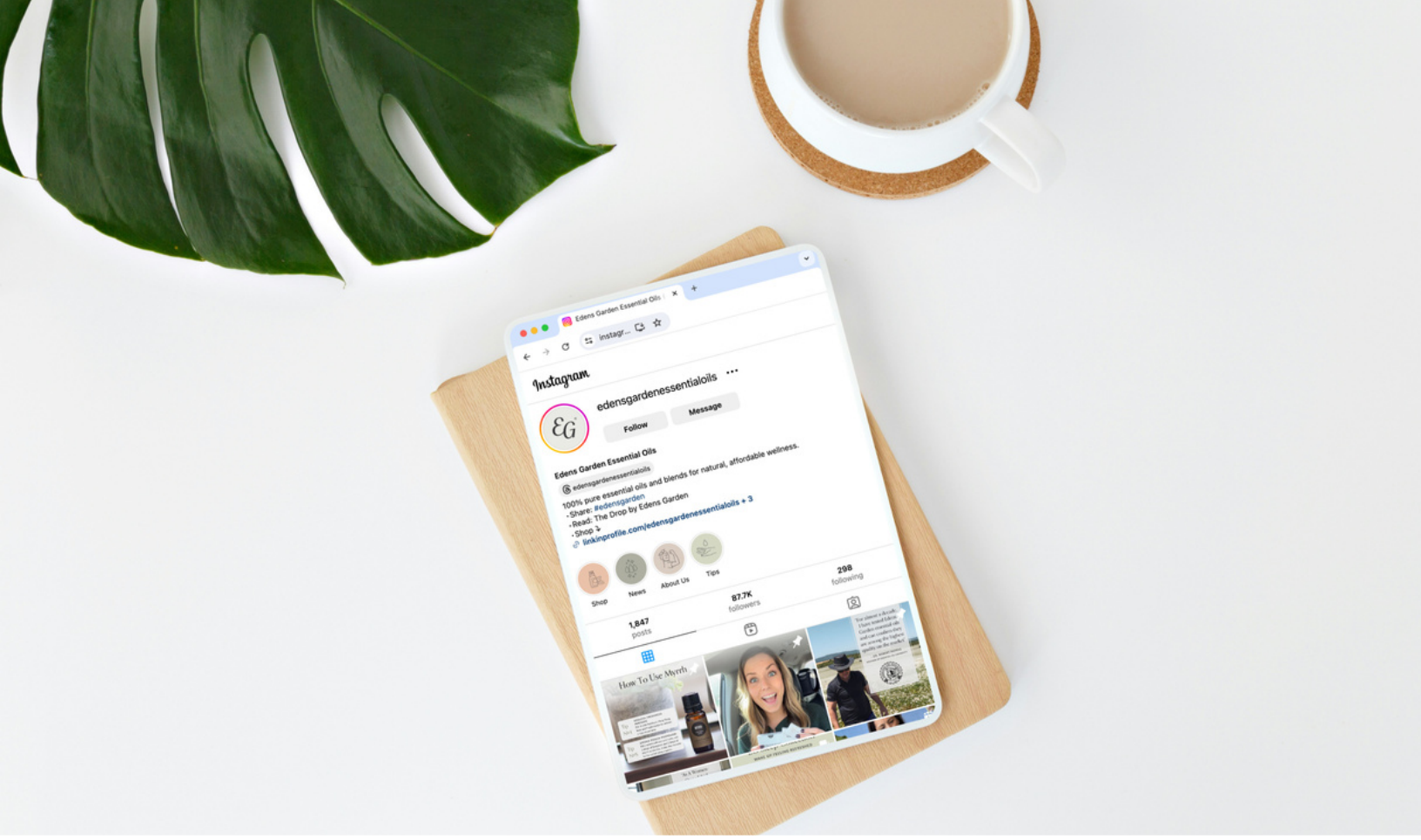
Overturn pillows and couch cushions to vacuum any missed dirt and crumbs. Can't remember the last time your couch was cleaned? Wash any removable cushion covers or use an upholstery cleaner to clean your couch. Additionally, use a Natural Room Spray such as Breathe Easier to refresh your space.

Step 4 - Bathroom

Clear out and wipe down bathroom cabinets. And don't forget to give the toilet a good scrub down! Keep a Natural Room Spray such as Fighting Five in the bathroom to quickly deodorize.

Step 5 - Bedroom

Carpet or rugs in the bedroom? Deodorize and expel dust mites by combining ½ cup Baking Soda, 20 drops Orange, and 20 drops Xiang Mao. Transfer the mixture to a shaker bottle and sprinkle over carpets and rugs. Let sit for at least 20 minutes before vacuuming. Additionally, wash sheets and bedding and spritz Tangerine Jasmine Room Spray to turn your bedroom into an oasis.



We Want To Hear From You

SHARE YOUR JOURNEY WITH US!

Show us your DIY household cleaning products and before & after photos by tagging us on social media.

We can't wait to see them!

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