



The Low-tox home

IAMBIONICWOMAN.COM

LOW-TOX • RECIPE • HOME • SELF-CARE • LIFE-STYLE

HOW DO YOU SCORE?



The low-tox home quiz

GIVE YOURSELF 1 POINT FOR EVERY "YES" ANSWER BELOW

- I choose to diffuse essential oils instead of scented candles
- I make my own cleaning products where possible
- I read the ingredient labels of most of my skincare products
- I know lemon essential oil is a must for a clean home
- Vinegar is a regular item in my monthly grocery haul
- I have made my own toilet or shower bombs
- ADD YOUR SCORE**



**IF YOUR SCORE WAS 6
CONGRATS!**

**IF YOUR SCORE WAS BELOW 6,
READ ON.**

**I AM GOING TO BLOW YOUR
SOCKS OFF WITH SIMPLE
SWOPS TO MAKE ON YOUR WAY
TO BEING LOW-TOX.**



ALL NATURAL?
ALL NATURAL?
ALL NATURAL?

(NOT EVERYTHING IS AS IT SEEMS)

It's time to become an obsessive label reader!

The common everyday products **MANY** households use are working against you. You need to evaluate the label because even many “natural” products are **LOADED** with chemicals, phthalates, and hormone disruptors that are bombarding your body.

Your family's personal care products could be loaded with ingredients that are massively detrimental to your health.

Let's dive into some simple DIY solutions to get you started on ridding your home of products that cause harm.

IAMBIONICWOMAN.COM



Around your home



Fresh Produce Rinse

2 ways:

¼ cup White or Apple Cider Vinegar

10 drops Lemon essential oil

Fill the rest of your 8 oz spray bottle with distilled water, shake and spray away!

OR

Fill your sink or a bowl with water, add 3-5 drops of Lemon essential oil, 3-4 pumps of dōTERRA On Guard® foaming hand wash, swish, and let the produce soak for 5-10 minutes and rinse clean!



Dish Soap

You need

2 cups unscented castile soap

20 drops Lime oil

8 drops Lemon oil

6 drops Citrus Bliss® oil

Method

Fill a large, clean bottle with castile soap and essential oils

To use, shake and add 1-2 tsp to dishwasher or a small amount to a natural sponge

Washing Machine Cleaner

You need

- ¾ cup white vinegar
- 10 drops Tea Tree oil
- 5 drops Grapefruit oil

Method

- Combine all ingredients in an 8 oz glass spray bottle
- Shake well and spray the solution around the seal
- Using a soft cloth, wipe down
- Remove the soap dispenser tray and spray and wipe down.
- Let air dry before doing the next load of laundry

Laundry Softener

You need

- 10 oz white vinegar
- 3 drops each of Lemon, Lime, and Grapefruit oils
- Citrus peels (optional)

Method

Add citrus peels to a 16 oz glass bottle
Fill the bottle halfway with vinegar. Add essential oils then top with the rest of the vinegar and shake. Let sit a week before use. Depending on the size of the load, you can use anywhere from 2 tbsp up to ¼ cup at a time. If you have harder water you may need to use more.

The use depends on the type of washer that you have. If you have a top-loading washer: during the final rinse cycle, manually add the vinegar mixture. If your washer has a fabric softener cup, add the mixture to it and it will dispense at the appropriate time. If your washer does not have one, add the mixture into a fabric softener ball and put it in with your clothes at the beginning.





Soft Scrub

You need

- $\frac{3}{4}$ rounded cup of baking soda
- $\frac{1}{4}$ cup unscented castile soap
- 1 tbsp water
- 1 tbsp vinegar
- 5-10 drops Lemon oil

Method

Combine baking soda and castile soap in a bowl, add water and stir. Add vinegar and essential oil. The consistency should be a soft paste. Store in an airtight container (this is enough for 2-4 applications) Use this recipe to remove soap scum and stains as well as to brighten your tub, tile, and toilet! To use, apply and let sit for 5-10 minutes and then scrub. After scrubbing, take a wet cloth and wipe clean. Boom! The shower looks good as new!



Drain Cleaner

You need

- $\frac{1}{4}$ cup baking soda
- $\frac{1}{4}$ cup white vinegar
- 3 drops Wild Orange essential oil (or any citrus)

Method

Drip 3 drops of essential oil down the drain followed by the baking soda and then the vinegar.

Let it sit for 15 minutes.

Pour hot water down the drain, following with cold water.



Wood Polish

You need

¼ cup olive oil

¼ cup vinegar

10 drops essential oil

Suggested Oils: Wild Orange, Lemon, or Arborvitae

Method

Add olive oil and vinegar to a glass spray bottle.

Add essential oils.

Shake well before each use.

Apply to a microfiber cloth and wipe down your wood surfaces!

Repeat every 2-3 months as desired.



Magic Sponge

You need

1 melamine sponge

1 tbsp baking soda

1 tsp borax

½ cup hot water

3 drops Purify Cleansing Blend

Method

Add baking soda, borax, hot water and Purify to a glass container and mix until dissolved.

Place melamine sponge in the mixture and press to absorb the liquid.

To use, remove the sponge, wring out extra liquid and begin cleaning.

When finished, rinse the sponge with cold water and return to the glass container with the mixture.

All Purpose Spray



Ingredients

¼ cup white vinegar
1 ¾ cup water
30 drops Essential Oil*

OR

2 Tablespoons of dōTERRA On Guard® Cleaning Concentrate
15 drops Essential Oil*
Top with distilled water

* Options include: 15 drops each Lavender & Lemon, 10 drops each Eucalyptus, Peppermint & Wild Orange, 30 drops dōTERRA On Guard® or 15 drops each Grapefruit & dōTERRA On Guard®)

Method

Add all ingredients to a 16 oz spray bottle. Shake thoroughly and spritz on surfaces and wipe clean! Perfect for use all throughout the house!

Dishwasher Detergent



You need

1 cup baking soda
¼ cup citric acid
1 tbsp dōTERRA On Guard® Cleaner Concentrate
5 drops Grapefruit essential oil (or any citrus)

Method

Put all ingredients into a bowl and mix together until the mixture is an even consistency. Place in silicone molds and let sit for 4 hours. Remove tabs and store them in an airtight container. Use in place of store-bought tablets!



Microwave Cleaner



You need

- 1 cup white vinegar
- 2 cups hot water
- 15 drops Lemon oil (or any citrus)

Method

Combine the ingredients in a glass spray bottle
Spray mixture inside the microwave, let sit and wipe clean using a damp cloth!



Toilet Pods

You need

- 1 cup baking soda
- ¼ cup citric acid
- 1 ½ tbsp unscented castile soap
- 15 drops Purify Oil Cleansing Blend

Method

Stir the baking soda and citric acid. Slowly stir in castile soap and Purify Oil Cleansing Blend until the mixture resembles wet sand. Pack the mixture into a mold and let dry for at least 4 hours. Once dry. Remove the pods and store them in an airtight container
To use, drop one in the toilet, wait until the pod starts bubbling and scrub!



Linen Spray

You need

1 tsp Witch Hazel or Vodka

Water

30 drops Lavender (or essential oil of choice)

Method

Add witch hazel, water, and essential oil into a 2 oz spray bottle and spray linens.



Carpet Cleaner

You need

2 cups baking soda

10 drops Purify Cleansing Blend

Method

Add Purify to baking soda until combined

Sprinkle mixture over the carpet and let sit 1-2 hours. Vacuum.

Store remaining mixture in an airtight container for future use



All Purpose Wipes

You need

- 1 roll premium paper towels
- 2 cups warm water
- 2 tbsp Fractionated Coconut Oil (FCO)
- 5 drops ,
- 1-2 tbsp dōTERRA On Guard® Foaming Hand Wash

Method

Cut the paper towel roll in half widthwise with a serrated knife. Use one half now and save the other for later! Combine water, FCO, essential oils, and Hand Wash in a small bowl. Pour mixture over paper towels and cover with an airtight lid. Let absorb for 10 minutes. Flip the container over and let it sit another 10 minutes. Remove and discard the cardboard tube. Pull the wipes from the center when you are ready to use them!




Oven Cleaner

You need

- ½ cup baking soda
- 1 tbsp coarse salt
- ¼ cup liquid dish soap
- 5 drops Lemon essential oil (or any citrus)

Method



Combine ingredients to make a thick paste. Apply a generous layer to the inside of the oven and let it sit for a few hours. Clean out with a damp sponge.



Garbage Disposal Pods

You need

- 2 cups baking soda
- 1 cup salt
- ½ cup water
- ⅓ cup unscented castile soap
- 30 drops Lemon oil

Method

Combine baking soda and salt in a bowl. Add castile soap and essential oil into the mixture. Add water, 1 tbsp at a time, while stirring until it becomes the consistency of “damp sand.” (It should stay together when pressed - if you add too much water just add more baking soda)

Scoop a tbsp of mixture onto parchment paper and let dry for 24 hours or until hardened. Store in a glass jar. Place 1-3 refreshers into the garbage disposal and turn on as needed for freshness!

Glass Cleaner

Grab a 16 oz spray bottle and get mixing:

- 1 ½ cup white vinegar
- ½ cup distilled water
- 8 drops of a citrus oil of your choice



Self-Care



Make-Up Wipes

You need

- 2 tablespoons witch hazel
- 2 tablespoons Fractionated Coconut Oil
- 2 tablespoons distilled water
- 1-2 drops Tea Tree oil
- Roll of paper towels

Method

Combine witch hazel, Fractionated Coconut Oil, and water in a small bowl and stir. Add Tea Tree essential oil. Use a serrated knife to cut the roll of paper towels in half widthwise and remove the tube from one half. Put the half without the tube in an airtight container, then pour the solution over the roll. Replace lid and shake. To use, pull wipes from the center and wipe off makeup.



Nail Polish Remover

You need

- 10 drops Lemongrass Oil
- 2 ounces white vinegar or rubbing alcohol

Method

Add essential oils to a 2 oz glass bottle and fill the remainder of the bottle with white vinegar or rubbing alcohol. Shake to combine. Add the solution to a cotton ball and rub onto nails to remove polish. Once the polish is removed, wash hands before applying new polish. Easy as that!



Body Wash

You need

- 8 oz glass pump bottle
- ½ cup unscented castile soap
- 4 tbsp vegetable glycerin
- 3 tbsp fractionated coconut oil (FCO)
- 10 drops of your favorite essential oil

Method

- Combine ingredients into glass pump.
- Add essential oils.
- Shake before each use to combine.



Foaming Hand Soap

You need

- 2 tbsp unscented castile soap
- 1 tbsp fractionated coconut oil (FCO)
- 10 drops of your favorite essential oil
- Water

Method

- Pour castile soap and FCO into the bottle and add essential oils.
- Slowly add water, making sure to leave room for the pump.
- Add lid, shake and you are all set!



Lifestyle Hacks

Car Wash

Add 1 tbsp dvo a bucket. Fill with hot water and clean your car. Wipe surfaces inside down first, then clean the outside with a soft rag. Bing bang boom! Clean car for literal pennies.





Grill Cleaner

You need

- ¼ cup baking soda
- 2 tbsp castile soap
- 5 drops Lemon essential oil
- Distilled white vinegar

Method

- Combine baking soda, castile soap, and Lemon oil .
- Add vinegar until it has an olive oil consistency.
- Brush mixture on the metal grill and let sit for 15-20 minutes.
- Use a grill brush to scrub the surface clean.
- Rinse with water.

Shoe Care

You need

- ½ cup rubbing alcohol
- 20 drops each of Tea Tree, Cypress & Lemon oil

Method

- Add rubbing alcohol and essential oils to a spray bottle
- Close the bottle and shake to combine. Spray desired target.
- If applying to shoes, remove soles and spray.
- Let dry before replacing soles.



Want to know more?

FREE CLASSES AND
MORE RESOURCES ON
WWW.IAMBIONICWOMAN.COM

EMAIL:
TERRI@IAMBIONICWOMAN.COM

• LOW-TOX • RECIPE •