



# *DIY Natural Cleaning with Essential Oils*

*Transform Your Home into a Healthy Oasis*

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## *Hello & Welcome*

to DIY Natural Cleaning with Essential Oils!

In this e-book, we will explore the wonderful world of using essential oils to create your own homemade, non-toxic cleaning products.

Not only are these natural solutions effective at removing dirt and grime, but they also promote a healthier environment for you and your loved ones. Get ready to discover the power of essential oils in keeping your home clean, fresh, and chemical-free!

*Julie*

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# Understanding the Benefits of Natural Cleaning

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## **The dangers of conventional cleaning products**

Conventional cleaning products often contain harsh chemicals and toxins that can have detrimental effects on our health and the environment.

These chemicals, such as ammonia, chlorine, and synthetic fragrances, can irritate the respiratory system, trigger allergies, and contribute to indoor air pollution.

Prolonged exposure to these substances has been linked to various health issues, including respiratory problems, skin irritation, hormonal disruptions, and even certain types of cancer. By understanding the dangers of conventional cleaning products, we can make informed choices and seek safer alternatives.

## **Why choose natural cleaning alternatives?**

Choosing natural cleaning alternatives offers numerous benefits for our health, well-being, and the planet.

Firstly, natural cleaning products are typically made from simple ingredients like vinegar, baking soda, and essential oils, which are safe, effective, and readily available. They are free from harsh chemicals and toxins, reducing the risk of allergic reactions and respiratory problems.

Moreover, natural cleaning alternatives are environmentally friendly. They do not contribute to water and air pollution or harm aquatic life. By choosing natural cleaning alternatives, we can create a safer and more sustainable living environment for ourselves and future generations.

## UNDERSTANDING THE BENEFITS OF NATURAL CLEANING

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### **How essential oils contribute to a safer cleaning routine:**

Essential oils are highly versatile and offer a wide range of cleaning benefits. Many essential oils possess natural antimicrobial, antiviral, and antibacterial properties, making them effective at eliminating germs, bacteria, and fungi. For example, tea tree oil has powerful antimicrobial properties, while lemon oil is known for its grease-cutting abilities. By incorporating essential oils into our cleaning routine, we can create non-toxic, yet potent cleaning solutions.

Additionally, essential oils provide a refreshing and natural fragrance, replacing the artificial and potentially harmful fragrances found in conventional cleaning products. With essential oils, we can achieve a safer and healthier cleaning routine without compromising on effectiveness.



"Embark on a transformative journey of natural cleaning, harnessing the power of essential oils, where purity meets efficacy, and your home becomes a haven of well-being."

# Essential Oils for Cleaning:

## A COMPREHENSIVE GUIDE

### Choosing high-quality essential oils:

Selecting high-quality essential oils is crucial to ensure safety and optimal results.

At Lively Living, we are proud to offer the largest range of 'Single Note' Essential Oils that are 100% pure and certified organic.

Our oils are unparalleled in quality, ensuring absolute purity and the finest nature has to offer encapsulated in each bottle.

By incorporating Lively Living's essential oils into your home cleaning routine, you can bolster the health and wellbeing of your whole family.



### Essential oil safety guidelines for cleaning purposes:

While essential oils offer numerous benefits for cleaning, it's important to follow safety guidelines to avoid any adverse reactions or misuse.

Firstly, always dilute essential oils before using them on surfaces to prevent damage or discolouration. A general guideline is to use about 10-20 drops of essential oil per 500mls of water or other carrier substances like vinegar or alcohol.

When using essential oils, ensure proper ventilation in the area to avoid inhaling concentrated vapours. Additionally, keep essential oils out of reach of children and pets. Some oils, like citrus oils, may cause photosensitivity, so avoid direct sunlight after applying them.

Lastly, if you have specific health conditions, allergies, or sensitivities, consult with a healthcare professional before using essential oils for cleaning purposes to ensure they are safe for you.

By following these safety guidelines, you can enjoy the benefits of essential oils while maintaining a safe environment.

# Top essential oils for cleaning and their properties:

When it comes to cleaning, certain essential oils excel at tackling specific tasks.

By harnessing the unique properties of these essential oils, we can enhance the effectiveness of our natural cleaning solutions.



Eucalyptus oil is effective in removing tough stains and odours, leaving a revitalising and invigorating fragrance



Lemon Oil is an excellent degreaser that effectively cuts through grease and grime with a fresh and uplifting aroma.



Tea Tree Oil is a powerful antimicrobial properties make it ideal for disinfecting surfaces and combating mould and mildew.



Lavender oil has natural antibacterial properties which freshen surfaces, while providing a soothing and calming scent.



Orange oil effectively removes grease and sticky residues while leaving a refreshing citrus scent.



Peppermint Oil deters pests and insects while infusing spaces with a minty-fresh aroma.



## All-Purpose Cleaner:

- 1 cup distilled water
- 1/4 cup white vinegar
- 10 drops lemon oil
- 5 drops tea tree oil
- 5 drops lavender oil

1. In a spray bottle, combine the distilled water and white vinegar.
2. Add the lemon oil, tea tree oil, and lavender oil.
3. Shake well to mix the ingredients.
4. Spray the solution onto countertops, sinks, and surfaces, then wipe clean with a cloth or sponge.

## Fresh Citrus Floor Cleaner:

- 2 cups warm water
- 1/4 cup white vinegar
- 10 drops orange oil
- 5 drops lemon oil

1. In a bucket, mix the warm water and white vinegar.
2. Add the orange oil and lemon oil.
3. Stir well to combine.
4. Use this solution to mop your floors, enjoying the refreshing citrus scent as you clean.



## Sparkling Bathroom Scrub:

- 1 cup baking soda
- 1/4 cup liquid castile soap
- 10 drops tea tree oil
- 10 drops eucalyptus oil

1. In a bowl, combine the baking soda and liquid castile soap to form a paste.
2. Add the tea tree oil and eucalyptus oil.
3. Mix well until all the ingredients are thoroughly incorporated.
4. Apply the scrub to showers, tubs, and tiles, and use a sponge or brush to scrub away grime and buildup. Rinse with water.



## Natural Air Freshener:

- 1/2 cup distilled water
- 1/2 cup rubbing alcohol
- 10 drops lavender oil
- 10 drops peppermint oil

1. In a spray bottle, combine the distilled water and rubbing alcohol.
2. Add the lavender oil and peppermint oil.
3. Shake well to mix the ingredients.
4. Spray the solution into the air to freshen up your living spaces and banish odours.

## Grease-Busting Dish Soap:

- 1 cup liquid castile soap
- 1/4 cup water
- 10 drops lemon oil
- 5 drops orange oil

1. In a bottle, mix the liquid castile soap and water.
2. Add the lemon oil and orange oil.
3. Shake well to combine all the ingredients.
4. Use this dish soap to tackle tough grease while washing dishes.



## Laundry Booster:

- 1 cup baking soda
- 10 drops lavender oil
- 5 drops eucalyptus oil

1. In a container, combine the baking soda, lavender oil, and eucalyptus oil.
2. Mix well to distribute the essential oils evenly.
3. Add 1-2 tablespoons of this laundry booster to your washing machine along with your regular detergent to freshen and enhance the fragrance of your laundry.



## *Thank You!*

We hope that you enjoyed our guide to DIY Natural Cleaning with Essential Oils!

You are now equipped with the knowledge and DIY recipes to transform your home into a healthy oasis. By incorporating natural cleaning practices into your routine, you're not only taking care of your living space, but also prioritising the well-being of your loved ones and the planet.

Remember, a healthier and more sustainable lifestyle begins with small, intentional steps. Start today by harnessing the natural power of essential oils in your cleaning routine and experience the difference it can make.

Happy cleaning and living a vibrant, toxin-free life!



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