

Green Cleaning with Essential Oils

All-Purpose Cleaning Spray

Ingredients	4 oz.	8 oz.	16 oz.
doTerra On Guard	4 Drops	8 Drops	16 Drops
Water	1/3 Cup	2/3 Cup	1 1/3 Cups
White Vinegar	2 TBSP + 2t	1/3 Cup	2/3 Cup

Combine all ingredients in a spray bottle. Shake well before each use. Spray on surface and wipe clean. *Not recommended for use on many natural stone countertops.*

Countertop Cleaning Spray

Ingredients	4 oz.	8 oz.	16 oz.
Eucalyptus	1 Drop	2 Drops	4 Drops
Lavender	2 Drops	4 Drops	8 Drops
Lemon	2 Drops	4 Drops	8 Drops
Rosemary	1 Drop	2 Drops	4 Drops
Castile Soap	1 TBSP	2 TBSP	1/4 Cup
Water	7 TBSP	¾ Cup + 2T	1 3/4 Cups

Combine all ingredients in a spray bottle. Shake well before each use. Spray on countertops and wipe clean.

Stainless Steel Cleaning Spray

Ingredients	4 oz.	8 oz.	16 oz.
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Lavender	2 Drops	4 Drops	8 Drops
Lemon	2 Drops	4 Drops	8 Drops
FCO*	1/2 Cup	1 Cup	2 Cups

Combine all ingredients in a spray bottle. Shake well before each use. Spray, rub, and polish using a soft cloth. *FCO = Fractionated Coconut Oil

Glass & Window Cleaning Spray

Ingredients	4 oz.	8 oz.	16 oz.
Lemon/Lime	2 Drops	4 Drops	8 Drops
Orange	2 Drops	4 Drops	8 Drops
Water	6 TBSP	3/4 Cup	1 1/2 Cups
White Vinegar	2 TBSP	1/4 Cup	1/2 Cup

Combine all ingredients in a spray bottle. Shake well before each use. Spray on glass surface and wipe clean. *Tip: Try adding 1/2 tsp. of Rubbing Alcohol per 4 oz. of cleaning spray to help prevent streaks.*

Tile & Grout Cleaning Spray

Ingredients	4 oz.	8 oz.	16 oz.
Eucalyptus	2 Drops	4 Drops	8 Drops
Lavender	2 Drops	4 Drops	8 Drops
Melaleuca (Tea Tree)	2 Drops	4 Drops	8 Drops
Orange	2 Drops	4 Drops	8 Drops
Borax	1 Tsp.	2 Tsp.	4 Tsp.
Water	1/8 Cup	1/4 Cup	1/2 Cups

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White Vinegar 1/3 Cup 2/3 Cup 1 1/3 Cups

Combine all ingredients in a spray bottle. Shake well before each use. Spray on surface; let stand 15 minutes, scrub and wipe clean.

Toilet Bowl Cleaning Spray

Ingredients	4 oz.	8 oz.	16 oz.
Lavender	2 Drops	4 Drops	8 Drops
Lemongrass	2 Drops	4 Drops	8 Drops
Melaleuca (Tea Tree)	2 Drops	4 Drops	8 Drops
Borax	1 Tsp.	2 Tsp.	4 Tsp.
Water	1/4 Cup	1/2 Cup	1 Cup
White Vinegar	1/4 Cup	1/2 Cup	1 Cup

Combine all ingredients in a spray bottle. Shake well before each use. Spray the inside and outside of the toilet bowl; let stand 15 minutes, scrub, flush, and wipe clean.

Tub & Shower Cleaning Spray

Ingredients	4 oz.	8 oz.	16 oz.
Lavender	3 Drops	6 Drops	12 Drops
Lemon	3 Drops	6 Drops	12 Drops
Peppermint	3 Drops	6 Drops	12 Drops
Liquid Dish Soap	1 TBSP	2 TBSP	¼ Cup
Salt	1/8 Tsp.	1/4 Tsp.	1/2 Tsp.
Water	3 TBSP	6 TBSP	3/4 Cup

White Vinegar 1/4 Cup 1/2 Cup 1 Cup

Combine all ingredients in a spray bottle. Shake well before each use. Spray, scrub, rinse, and wipe dry.

Wood Furniture Cleaning Spray

Ingredients	4 oz.	8 oz.	16 oz.
Lemon	2 Drops	4 Drops	8 Drops
Orange	2 Drops	4 Drops	8 Drops
Olive Oil	1/4 Cup	1/2 Cup	1 Cup
White Vinegar	1/4 Cup	1/2 Cup	1 Cup

Combine all ingredients in a spray bottle. Shake well before each use. Apply lightly to wood surfaces or spray on soft cloth, and wipe dry.

BONUS - Fruit & Veggie Cleaning Spray

Ingredients	4 oz.	8 oz.	16 oz.
Grapefruit	2 Drops	4 Drops	8 Drops
Lemon	2 Drops	4 Drops	8 Drops
Baking Soda	1/2 Tsp.	1 Tsp.	2 Tsp.
Water	1/2 Cup	1 Cup	2 Cups

Combine all ingredients in a spray bottle. Shake well before each use. Spray fruits and vegetables in a bowl. Rinse and air dry.

Other DIY's with Essential Oils

Homemade Deodorant

Cocoa Butter	4 TBSP
Shea Butter	4 TBSP
Beeswax	4 TBSP
Arrowroot Powder	6 TBSP
Baking Soda	2 TBSP
Essential oils (your choice)	10 drops

1. Melt the butters and beeswax over the stove (use double boiler method).
2. Once melted, turn it off and mix in the powders to form a thin paste.
3. Once it has slightly cooled, stir in the essential oils.
4. Pour into a container of choice.

Homemade Hand Soap

Castile Soap	¼ of the way
Essential oils (your choice)	10 drops
Water	Fill rest of bottle

Combine all ingredients in a foaming soap pump. Shake well before each use.

Homemade Toothpaste

Bentonite Clay	3 TBSP
Filtered Water	¼ cup (more if necessary)
Unrefined Coconut Oil	2 TBSP
Baking Soda	2 TSP
Essential Oils (your choice)	15-20 drops

1. Melt the coconut oil over the stove (use double boiler) or a slow cooker.
2. When it has liquefied turn it off.
3. Pour the liquefied oil into a larger bowl.
4. Add the rest of your ingredients, mix well and seal tightly in a glass jar or container of choice.

Natural Air Freshener

Ingredients	8 oz.	16 oz.
Water	¾ cup	1 ½ cups
Witch Hazel	¼ cup	½ cup
Essential oils (your choice)	15 drops	30 drops

Combine all ingredients in a spray bottle. Shake well before each use.

Natural Floor Cleaner

Castile Soap	¼ cup
Baking Soda	¼ cup
Essential oils (your choice)	10 drops

Combine ingredients in a bucket of water. Mix and then mop.