

30 Hacks in 30 Minutes Spring Cleaning Edition

- **ESSENTIAL OILS MAKE POWERFUL AND NATURAL CLEANERS DUE TO THEIR CHEMICAL COMPOSITION.** LET'S QUICKLY LOOK AT THE CHEMICAL COMPOUNDS THAT MAKE GREAT CLEANING OILS:
PHENOLS: CLOVE, OREGANO, THYME
ALDEHYDES: CASSIA, CILANTRO, CINNAMON BARK, MELISSA
MONOTERPINES: BERGAMOT, LEMON, LIME, TEA TREE & WILD ORANGE
- **HOW MUCH OIL?** FOR A STRONG CLEANING BLEND ADD AROUND 5-10 DROPS OF OIL, FOR A SUPER STRONG BLEND ADD AROUND 10-15 DROPS AND TO CLEAN THE STUBBORN AREAS USE 15-30 DROPS.
- **HOUSEHOLD INGREDIENTS** OFTEN USED IN NATURAL CLEANING: WHITE VINEGAR, BAKING SODA, CITRIC ACID, SALT, CASTILLE SOAP.
- MOTIVATE IN THE DIFFUSER AND ROLLED ON - SO YOU CAN GET YOUR **SPRING CLEANING DONE**
- **DOWNLOAD OUR SPOTIFY PLAYLIST** SO THE CLEANING BECOMES ENJOYABLE! WHO DOESN'T LOVE A GOOD DANCE AROUND THE HOUSE WITH THE VACUUM.
- **MAKE A SOFT CLEANING SCRUB:** MIX ¼ CUP BAKING SODA, ¼ CUP TABLE SALT, 1 TABLESPOON APPLE CIDER VINEGAR, 2 TABLESPOONS WATER 4-5 DROPS DÖTERRA ESSENTIAL OIL (LEMON, LIME, OR TEA TREE) INTO A PASTE. STORE IN AN AIRTIGHT JAR AND APPLY ON A SPONGE OR CLOTH WHEN NEEDED. RUB AWAY THE GRIME AND WIPE OFF.

IN THE LAUNDRY

- **WASHING MACHINE & DRYER CLEANER:** 1 CUP OF WHITE VINEGAR WITH 10 DROPS OF TEA TREE AND 10 DROPS OF GRAPEFRUIT (OR ANY CITRUS) INTO A SPRAY BOTTLE. SPRAY THE MACHINES, INSIDE AND OUT. WIPE DOWN THE EXTERIOR AND LET THE INSIDES DRY NATURALLY BEFORE USE.
- **FABRIC SOFTENER:** 3 CUPS OF WHITE VINEGAR, 1 CUP OF WATER AND 20 DROPS OF YOUR FAVOURITE ESSENTIAL OIL. USE 2 TABLESPOONS PER LOAD. ANOTHER HANDY TIP IS TO FILL A LARGE CONTAINER WITH THE WATER AND VINEGAR AND JUST POP YOUR EMPTY UNCLEARED BOTTLES IN THERE FOR A FEW DAYS.
- **GREASE STAINS:** 2 TEASPOONS OF CORNMEAL, SALT AND BAKING SODA WITH 1 TEASPOON OF ON GUARD CLEANING CONCENTRATE. SPREAD THE PASTE ON THE STAIN AND LEAVE OVERNIGHT.
- **STAIN REMOVER:** THERE IS NO BETTER STAIN REMOVER THAN UNDILUTED ON GUARD CLEANER CONCENTRATE. POP IT IN A ROLLER OR SPRAY BOTTLE AND APPLY DIRECTLY TO THE STAIN AND LET IT SOAK FOR A FEW HOURS BEFORE WASHING AS NORMAL. IT IS GREAT FOR COLLARS.



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- **SCENT YOUR WASH:** ABSOLUTE FAVOURITE OIL TO ADD TO WASHING IS GERANIUM. POP 5-10 DROPS DIRECTLY INTO THE LOAD OF WASHING. FAVOURITE OIL TO ADD TO DRYER BALLS IS WINTERGREEN.
- **SPRITZ AFTER HANGING:** USE YOUR HOMEMADE LINEN SPRAY WITH ESSENTIAL OILS TO SPRAY YOUR WASHING AS IT HANGS ON THE LINE. THEY WILL DRY WITH THE MOST AMAZING AROMA.
- **FORGOT YOUR WASHING IN THE MACHINE:** ADD 5 DROPS OF EUCALYPTUS OIL OR PURIFY BLEND AND RUN A RINSE CYCLE AND THEY WILL COME OUT WITH NO STINK!

AROUND THE HOME

- **TILE CLEANER:** HOT WATER, 1 CUP OF WHITE VINEGAR, 2 TABLESPOONS OF CASTILLE SOAP AND 20 DROPS OF ESSENTIAL OIL. REMEMBER, IF YOU HAVE PETS AVOID USING HOT OILS, TEA TREE AND WINTERGREEN.
- **STINKY SHOES:** 1 DROP OF PURIFY ON A COTTON BALL OR TISSUE AND PLACED INSIDE STINKY SHOES AND LEFT OVERNIGHT REMOVES ALL ODOURS!
- **WOOD POLISH:** ABSOLUTE FAVOURITE POLISH BLEND IS 250ML OLIVE OIL, 250 ML WHITE VINEGAR + 15 DROPS OF LEMON + 10 DROPS OF ABORVITAE IN A SPRAY BOTTLE. SPRAY AND WIPE. ALWAYS PATCH TEST FIRST!
- **GERM KILLER:** WIPE DOWN DOOR HANDLES, TAPS AND ALL THE THINGS TOUCHED A LOT WITH ONGUARD, OREGANO AND WATER.
- USE A SPLASH OF VODKA OR WITCHHAZEL WITH WATER IN YOUR **ROOM SPRAYS** - ADD OILS OF YOUR CHOICE IN A SPRAY BOTTLE. THE VODKA OR WITCH HAZEL ASSISTS EVAPORATION SO FURNISHINGS DO NOT FEEL WET! SHAKE BEFORE USE.
- **RE-USABLE DUST WIPES:** IN A JAR MIX 2 CUPS OF WATER, 25 DROPS OF LEMON OIL, 2 TABLESPOONS OF OLIVE OIL AND 1 TABLESPOON OF VINEGAR. SHAKE WELL. PLACE INSIDE SOME CLOTH TOWEL SQUARES UNTIL THEY ARE SUBMERGED AND WET. TO USE SIMPLY PULL ONE OUT, SQUEEZE OUT EXCESS MOISTURE AND YOU ARE GOOD FOR DUSTING! WASH THE CLOTH AND RE-DO.
- **SCENT YOUR TISSUES NATURALLY:** BUY UNSCENTED TISSUES, OPEN ONE END, REMOVE THE TISSUES, DROP E.O IN THER LIKE EUCALYPTUS, ONGUARD, ETC ON THE BOX, SLIDE THE TISSUES BACK IN AND THEN SEAL THE END. NO FAKE FRAGRANCE ON YOUR TISSUES WHICH YOU BREATHE IN!



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- **CLEANSE YOUR CARPETS:** ADD 1 CUP OF BICARB SODA, 10 DROPS OF PURIFY AND 10 DROPS OF EUCALYPTUS INTO A SHAKER. SPRINKLE ONTO CARPET AND EITHER BRUSH IN OR RUB IN. LET IT SIT FOR AN HOUR AND VACCUM.
- **CLEAN YOUR LEATHER:** ½ CUP WARM WATER, ¼ CUP OF WHITE VINEGAR AND 6 DROPS OF EUCALYPTUS OIL IN A SPRAY BOTTLE. SPRAY ONTO A CLEANING CLOTH AND CLEAN AWAY ANY MARKS OR SCUFFS. WIPE DRY WITH A MICROFIBRE CLOTH. ALWAYS PATCH TEST FIRST.
- **MAKE A NATURAL OUTDOOR INSECT SPRAY:** IN A 50 ML GLASS SPRAY BOTTLE ADD 1 TSP FRACTIONATED COCONUT OIL, DISTILLED WATER AND 20 DROPS DÖTERRA TERRAARMOUR® SPRAY OUTDOOR
- BLEND. THE FCO KEEPS IT FROM EVAPORATING SO IT REPELS LONGER.

IN THE KITCHEN

- **CLEAN YOUR DISHWASHER:** SPRINKLE EMPTY DISHWASHER WITH BICARB SODA. THEN IN A SPRAY BOTTLE MIX WHITE VINEGAR WITH ONGUARD AND LEMON ESSENTIAL OILS AND SPRAY OVER THE BICARB. LET SIT FOR 30 MINUTES, RUB AWAY ANY STUBBORN GRIME AND RUN A FULL HOT CYCLE.
- **SAY GOODNIGHT TO YOUR KITCHEN:** THE LAST THING I DO AS I LEAVE THE KITCHEN FOR THE NIGHT IS TO POP A DROP OR 2 OF LEMON OIL ON MY TEATOWELS (WHICH HANG ON THE OVER DOOR HANDLE). THE AROMA IS THE FIRST THING I SMELL EVERY MORNING WHEN I ENTER THE KITCHEN!
- **REMOVE FRIDGE ODOURS:** SIT A SMALL CONTAINER OF BICARB SODA, WITH 3-4 DROPS OF LEMON OIL MIXED IN IT, INSIDE YOUR FRIDGE. THIS LITTLE MIXTURE WILL SUCK UP ALL THE ODOURS AND LEAVE YOUR FRIDGE FRESH. DISCARD AND REPLACE EVERY 2-3 WEEKS. THIS SAME BLEND CAN BE USED IN LAUNDRIES OR CLOSETS TO REMOVE MOISTURE FROM THE ENVIRONMENT AND REFRESH THE AIR.
- **DESCALE YOUR KEETLE:** ADD 2 TEASPOONS OF CITRIC ACID AND 5 DROPS OF LEMON OIL TO YOUR KEETLE, FILL WITH WATER AND BOIL TWICE, EMPTY AND RINSE.
- ON GUARD CLEANING CONCENTRATE MAKES A GREAT ALTERNATIVE TO **DISHWASHING LIQUID.**
- THE NEW DOTERRA CLEAN LAUNDRY POWDER DOUBLES AS A **DISHWASHER POWDER!** THE SMELL AND RESULTS ARE AMAZING.
- **CLEAN OUT THE PANTRY** WITH YOUR NATURAL ALL PURPOSE SPRAY. PLACE SOME COTTON BALLS ON EACH SHELF THAT HAVE 1-2 DROPS OR LAVENDER OR BASIL OIL ON THEM TO KEEP AWAY THE NASTIES.



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IN THE BATHROOM

- **TOILET CLEANER:** POUR 1/4 CUP WHITE VINEGAR AND 1/2 CUP OF BAKING SODA WITH 10 DROPS OF TEA TREE INTO YOUR TOILET BOWL. AS THE VINEGAR AND BAKING SODA START TO FIZZ USE THE TOILET BRUSH TO SCRUB THE BOWL. LEAVE FOR 5 MINUTES AND FLUSH.
- **USE YOUR KITCHEN DISH BRUSH** THAT CONTAINS SOAP AND SPONGE ON THE ENDS AS A HANDY BATHROOM SCRUBBER. SIMPLY ADD ON GUARD CLEANER CONCENTRATE + WATER OR VINEGAR AND ON GUARD OIL. WET AND SCRUB AWAY THE MOULD, MILDEW AND SCRUM. RINSE OFF.
- **SET UP A DIFFUSER** ON AN INTERMITTENT SETTING IN YOUR BATHROOM. THE NEW BUBBLE MOTION DIFFUSER IS PERFECT AND CITRUS OILS MAKE THE PERFECT DEODORIZING AROMA.

IN THE BEDROOM

- **MATRESS CLEANER:** COMBINE 1/2 CUP OF BAKING SODA WITH 4 DROPS OF EACH LIME, LAVENDER AND EUCALYPTUS AND MIX WELL IN A SHAKER. SPRINKLE ON YOUR MATRESS AND LET SIT FOR AN HOUR AND VACUUM OFF

GENERAL TIPS

- **CLEAN YOUR MAKE UP BRUSHES:** 1 TABLESPOON OF OLIVE OIL, 2 TABLESPOONS OF ON GUARD CLEANING CONCENTRATE, 5 DROPS OF LAVENDER AND 5 DROPS OF TEA TREE OIL. LET YOUR BRUSHES SOAK THIS UP FOR 10 MINUTES AND THEN DRY WITH A PAPER TOWEL.
- **MOULD BE GONE:** THE BEST MOULD REMOVER: IN A SPRAY BOTTLE MIX UP SOME ON GUARD CONCENTRATE AND WATER, ADD IN 15 DROPS OF CLOVE, 10 DROPS OF OREGANO, 10 DROPS OF TEA TREE AND 10 DROPS OF LEMON OIL AND 4 TABLESPOONS OF WHITE VINEGAR (OR 1 OF HYDROGEN PEROXIDE). SPRAY THE AREA AND LET IT SIT FOR 10 MINUTES AND RUB IT AWAY. DRY WITH A CLEAN DRY CLOTH.

FOR MORE HACKS WATCH OUT FOR OUR NEXT 30 IN 30 EVENT AND FOLLOW ALONG ON FACEBOOK AND INSTAGRAM VIA THE HANDLES BELOW.

