

Low Tox Cleaning

Clean Your Home Naturally



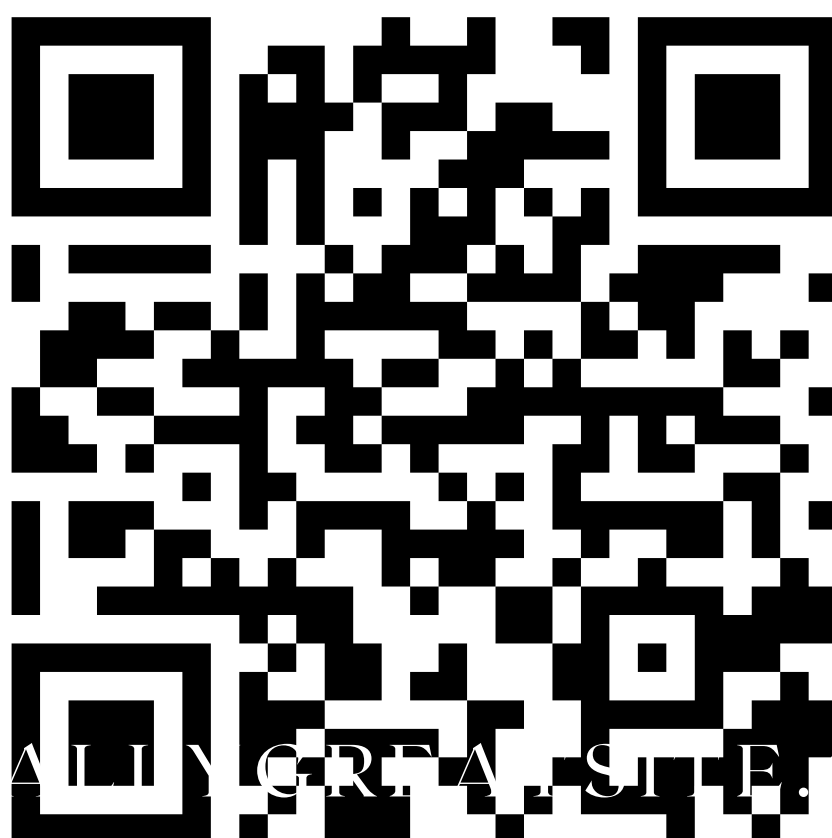
Welcome

We are so thrilled you are here.

The purpose of this e-book and associated materials is to show you just how easy and economical green cleaning is. You do not need to be a 'hippy' or 'crazy alternate faze enthusiast', although yay for you if you are! The steps and processes we outline here are for the masses. They are for those that want a clean and safe home. For those that treat their home like the safe haven / retreat that it should be. For those that want less allergies, better skin, less respiratory issues and an improved sense of health and wellbeing. This book does not intend to re-create the wheel of cleaning. It aims to consolidate all the information, the research, the steps and the reasons supporting low tox cleaning. It brings it all together so that, one small step at a time, you can get started. It aims to give you alternate uses for many common pantry items and your oils. It will show you that reducing the chemicals in your home and replacing them with natural ingredients is effective and financially viable!

Your copy of this e-book comes with some bonus material!

Visit our website for cleaning videos + tips and some extra cleaning recipes. Simply scan the QR code or visit www.oilology.com.au/low-tox-cleaning



The Basics

You may have already experienced the health benefits of essential oils, used them in the kitchen when whipping up your favourite meals, or enjoyed their uplifting, relaxing, and soothing scents on a daily basis, but have you tried using essential oils for cleaning?

With natural cleansing and purifying properties, certain essential oils can be a helpful part of your regular cleaning routine. Not only can essential oils be used to cleanse surfaces and purify the air, but they leave behind a pleasant aroma that will instantly make your home feel clean and refreshed.

Are Cleaning Products Safe?

Have you looked at the labels of your cleaning products? Many products are loaded with toxic chemicals that can be harmful to your family, home, pets, and the environment. These chemicals can give off fumes that may irritate the throat, eyes, or lungs; trigger headaches and fatigue; irritate the skin; pose a safety hazard; or affect the body in other ways.

Essential oils are natural and safe to use around the family

One of the most appealing things about using essential oils for cleaning is that they come from natural sources and, when used appropriately, can be safely used around the entire family. Essential oils are extracted from plant parts and carefully curated to preserve the potent properties of the oil. When you use essential oils for cleaning, you are relying on the natural chemical components found in the oil to provide cleansing and purifying power. Whether you prefer to use natural cleaning products, worry about keeping your family safe, or just want peace of mind, essential oils are a wonderful natural cleaning solution to use around the home.

The Basics

Essential oils are effective cleaning agents because they are potent and powerful

While essential oils are found in nature, they still contain potent and powerful cleansing properties that make them useful for household cleaning. Essential oils are extracts taken from plant parts, which means they are highly concentrated and extremely potent. Not only do they provide a potent aroma, but the chemical components in each oil provide powerful benefits.

Because essential oils are so potent, only a small amount will be necessary to provide serious cleaning power. Other cleansing products may require a large amount to get the job done, but it is possible to cleanse an entire area with just a few drops of an essential oil. For those who wonder if essential oils are as powerful as other cleaning agents, simply opening a bottle of any essential oil is all it takes to immediately experience the highly concentrated, potent power of these natural elements.

Essential oils provide an alternative to cleaning products with dangerous chemicals

Many of the cleaning products on the market today are full of powerful yet potentially dangerous chemicals. While these products claim to provide effective cleansing benefits, they often contain synthetic chemicals and questionable ingredients that may put your family at risk when used around the home. The beauty of using essential oils for cleaning is that they only contain the natural chemical components originally found within the oil, so when used in proper quantities, they do not pose a risk and are safe to be used around the house. If you have small children in the home, or just want to ensure that your family isn't being exposed to unnecessary toxins and chemicals every day, essential oils provide a safe, natural solution for keeping the home clean.

The Basics

Versatility

One major benefit of using essential oils for cleaning is that they are so versatile—a single oil can be useful for cleaning various sections of the home or for several difficult cleaning tasks. Typically, it requires an entire cupboard full of different cleaning products to keep the entire house clean. Because essential oils are potent and effective, one oil can be used for a variety of jobs, from the kitchen to the bathroom, to purifying the air, cleaning up sticky messes, helping with laundry, and more. Essential oils can also be used to make your own cleaning agents, allowing you to tailor each oil to your personal cleaning preferences or needs.

Enjoy the lovely aroma of essential oils while you clean

Perhaps one of the greatest appeals of cleaning with essential oils is that you'll have the added benefit of enjoying the aroma of essential oils while you clean. Many cleaning products have a strong or unpleasant smell because they are full of synthetic chemicals and other unnatural ingredients. As you use essential oils for cleaning, you'll be able to smell the lovely aroma they emit—an aroma that can last up to a few hours. Using essential oils with uplifting, refreshing, and invigorating scents will make your home feel extra clean.



CLEAN GREEN



The Science

Each essential oil has a unique set of chemical components that give the oil specific benefits. For example, some essential oils contain chemical constituents that make the oil useful for improving the appearance of the skin, while other oils have properties that might make it useful for repelling insects or supporting a restful sleep. An essential oil can have a combination of several different chemical components, giving each oil a diverse set of possible benefits.

While many essential oils contain cleansing chemical components, the most beneficial oils for cleaning are those with a high concentration of cleansing chemical constituents. The unique combination of chemical constituents in any essential oil will depend on what kind of plant it comes from—each plant produces a different essential oil with its own set of chemical components and thus, its own set of benefits. Because some essential oils will have a higher percentage of chemical components with cleansing benefits than others, these oils are more effective for household cleaning.

Let's take a look at some of the chemical constituents that have cleansing properties, and which essential oils contain high concentrations of these chemical components.

	Essential oil	Chemical constituents	Possible benefits
PHENOLS	Clove	Thymol, Carvacrol	Surface cleansing, protects against environmental threats, antioxidants*
	Oregano	Eugenol	Surface cleansing, protects against environmental threats, antioxidants*
	Thyme	Thymol, Carvacrol	Surface cleansing, protects against environmental threats
ALDEHYDES	Cassia	Cinnamaldehyde	Protects against environmental threats
	Cilantro	Decenal	Surface cleansing
	Cinnamon	Cinnamaldehyde	Protects against environmental threats
	Melissa	Geraniol	Protects against environmental threats
MONOTERPENES	Bergamot	Limonene, Terpinene	Cleansing properties
	Lemon	Limonene, Pinene	Cleansing properties
	Lime	Limonene, Terpinene	Cleansing properties
	Melaleuca	Terpinene	Cleansing properties
	Wild Orange	Limonene	Cleansing properties

Your Pantry

How Can I Make My Own Natural Cleaner?

Fortunately, there are many ways to clean surfaces in your home without using harsh chemicals. Cleaning with natural, non-toxic cleaners is healthier for the environment and everyone in it.

Baking soda, white vinegar and castile soap are three basics for nontoxic household cleaning.

BAKING SODA:

- **Benefit:** Absorbs and eliminates odour.
- **Use as:** Non-abrasive cleanser to clean countertops, sinks, and tubs.
- **How to:** Sprinkle some baking soda on carpet and vacuum after 15 minutes for a fresher look and feel. For scent, add a drop or two of lavender to the baking soda.

WHITE VINEGAR:

- **Benefit:** Contains natural antifungal and antibacterial properties that cut grease and dissolve mineral deposits.
- **Use as:** Cleanser for coffee maker, floors, refrigerator and so much more! (NOTE: Do not use on marble. Test a small area of your countertops before using)
- **How to:** Add some white vinegar to your spray cleaners for an extra punch. Use half vinegar to half water to clean out your coffee maker.

CASTILE SOAP:

- **Benefit:** Lifts dirt, cuts grease, and eliminates tough stains.
- **How to:** Pour a small amount over baking sheets and pans then scrub for a few minutes for clean, shiny results. You can use this to make your own detergent, foaming hand soap and more.

Kitchen

Fridge & Microwave Cleaner

Cleaning the fridge and microwave can be two of the most difficult chores around the house. Caked-on food, mystery stains, and questionable smells can make this a dreaded cleaning job that gets put off until the last minute. If you need a little help, try this DIY Refrigerator and Microwave Cleaner featuring Lemon essential oil for an easy cleaning job and refreshing aroma.

Ingredients

- 1 cup white vinegar
- 2 cups hot water
- 15 drops Lemon oil

Instructions

1. Combine the ingredients in glass spray bottle.
2. Spray mixture inside fridge or microwave, then scrub and wipe using damp cloth.



Kitchen

Stove Top Cleaner

Ingredients:

- ¼ cup baking soda
- ¼ cup table salt
- 1 tablespoon apple cider vinegar
- 2 tablespoons water
- 4–5 drops of Purify Cleansing Blend

Directions:

1. Stir all ingredients together until they form a paste and spread it over the stove top and burners.
2. Leave it on for 15 minutes or longer for hard-to-remove stains.
3. Using a sponge, scrub the mixture into the grime.
4. Remove excess cleaner and wipe surface clean.



QUICK TIP

Before you go to bed pop a drop of lemon oil in your sink and a couple of drops on your tea towel. Your kitchen will smell divine in the morning!

Kitchen

Dishwasher Tabs

Instead of using store-bought dishwasher detergent, you can make your own detergent pods with essential oils and an extra boost from the proprietary dōTERRA On Guard® formula

Ingredients

- 1 cup baking soda
- ¼ cup citric acid
- 1 tablespoon dōTERRA On Guard® Cleaner Concentrate
- 5 drops Grapefruit oil
- Silicone moulds

Directions

1. Put baking soda, citric acid, dōTERRA On Guard Cleaner Concentrate, and Grapefruit oil in a mixing bowl. Mix together until the mixture is an even consistency.
2. Place in silicone moulds and let sit for four hours. Remove tabs.
3. Store in an airtight container.
4. Use in dishwasher in place of store-bought dishwasher tablets (one at a time)

Kitchen

Deep Clean Scrub

Ingredients

- 1/2 cup of baking soda
- 1/3 cup of natural liquid dish soap
- 1/4 cup of hydrogen peroxide
- 3/4 cup of distilled water
- 30 drops of eucalyptus essential oil

Instructions

Mix together in squeeze bottle. Squirt in toilet, shower, or other dirty crevices. Scrub with brush.

Let stand for 20 minutes. Rinse.
(at a time)

Kitchen Degreaser

Ingredients

- 1 cup white vinegar
- 1/4 cup dish soap
- 10 drops lemon essential oil

Instructions

Mix all ingredients together in a spray bottle and shake well. Spray on kitchen countertops, stovetops, ovens or anywhere else you need to cut through grease.

Kitchen

Dishwashing Detergent

Ingredients

2 cups unscented castile soap
20 drops Lime oil 8 drops Lemon oil
6 drops Grapefruit or Wild Orange oil

Instructions

1. Fill a large, clean bottle with castile soap Note: Dilute according to instructions if using a concentrate
2. Add essential oils
3. To use, shake and add 1–2 tablespoons to dish water

Disinfectant

In a 4 oz bottle of distilled water, add 5 drops lavender, 2 drops wild orange, and 5 drops Melaleuca (or tea tree) essential oil. Another option: 15 drops Protective Blend.

Use to disinfect hands, counters, doorknobs, toilet seats, and more. Shake well before each use.

Kitchen

Oven Cleaner Spray

Ingredients

½ cup liquid soap

1 cup baking soda

½ cup hydrogen peroxide

2 tablespoon white vinegar [additional vinegar for rinse]

10 drops of lemon essential oil

10 drops of tea tree oil [optional]

Some helpful items: a spatula for scraping, gloves to protect your hands

Instructions

1. Empty everything out of the oven including the racks.
2. Wipe the oven down with hot, soapy water.
3. Mix together all the ingredients to make a paste.
4. Spread the paste all over the inside of the oven except on the heating elements.
5. Let it sit for at least 4 hours; the longer you let it sit, the more it can work. You can leave it on overnight and it won't hurt anything.
6. Remove the paste with a rag, brush, or scrub sponge.
7. You can do a final rinse with a mixture of $\frac{1}{3}$ vinegar and $\frac{2}{3}$ water in a spray bottle.



Kitchen

Refresher Pods

With all the different food items, it's only natural to have a smelly fridge, right? Well, not anymore! These easy to make fridge refreshers are a simple way to deodorize your refrigerator without the use of toxic cleaners. Just place one refresher in your fridge each month for a fresh and clean scent every time you open up your fridge. Now, there is no excuse for having a smelly fridge!

Ingredients

2.5 cups baking soda

1/2 - 1 cup water

15 drops Purify essential oil

Silicone mould

Directions

Combine baking soda, 1/2 cup water, and essential oils into bowl. Stir together. If needed, add more water until thick paste forms. The mixture should resemble damp sand. Divide mixture equally into silicone mould. Allow it to rest 2-3 days or until mixture hardens. Once hard, place in refrigerator to help eliminate unpleasant odours. Store additional fridge refreshers in an airtight container until ready to use. One disk will last up to a month.

Bathroom

Cleaning the bathroom is not an experience people look forward to very often. Being stuck in a small, enclosed space with harsh chemicals not only makes it hard to breathe, but can also be hazardous to your health.

The next time you clean your bathroom, why not try mixing up an effective cleaner with many ingredients you already have at home? It still might not be your favourite household chore, but you will at least have a clean bathroom and cleaning products that make the job a little easier to handle.

Make in small batches and store in an airtight container. This is enough for two to four applications. This soft scrub is excellent for getting rid of soap scum, removing stains, and brightening your tub, tile, and toilet. To use, just apply and let it sit for 5–10 minutes and then scrub. Once done scrubbing, take a wet cloth and wipe clean. Note: this scrub is also great to use when cleaning your kitchen sink or refrigerator.

Soft Cleaning Scrub

Ingredients

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

Instructions

1. In bowl, combine baking soda and castile soap.
2. Add water and stir.
3. Add vinegar and essential oil. The consistency should be a soft paste.
4. Store in airtight container.



Bathroom

Glass Cleaner

Ingredients

16-ounce spray bottle

1 ½ cup white vinegar

½ cup distilled water

8 drops of your citrus oil of choice

Recommended oils: Lemon, Lime, Grapefruit, Wild Orange, and Citrus Bliss®.

Instructions

1. Add vinegar, water, and essential oil(s) to spray bottle and shake.
2. Clean surfaces.

QUICK TIP

Add a drop or two of your favourite essential oil to the inside of your toilet paper roll. Each time it is touched the aroma abounds leaving your bathroom smelling clean and fresh.

Try Lemon, Lime, Geranium, Green Mandarin

Bathroom

Deep Toilet Scrub

Ingredients

1/2 cup baking soda
1/3 cup liquid dishwashing soap
1/4 cup hydrogen peroxide
30 drops eucalyptus essential oil
3/4 cup water

Instructions

Mix together in a squeeze-type bottle, then squirt into toilet. Scrub and let stand 20 minutes.

Daily Shower Spray

Ingredients

1.5 cups water
1 cup white vinegar
1/2 cup rubbing alcohol
1 teaspoon natural liquid dish soap (not castile soap)
15 drops lime essential oil
15 drops melaleuca (tea tree) essential oil

Instructions

Combine in a quart-sized spray bottle. Spray daily on shower door and walls after use (this is a preventative spray, designed to help prevent build-up)

Bathroom

Toilet Pods

For an even easier way to clean the toilet, consider making your own toilet cleaning pods that you can simply drop in the toilet when you are ready for a clean, refreshed toilet and bathroom.

Ingredients

1 cup baking soda

$\frac{1}{4}$ cup citric acid

$1\frac{1}{2}$ tablespoon unscented castile soap

15 drops essential oil (try Lime, Melaleuca, Siberian Fir, Lemon, Cilantro, or a combination of any of these oils)

Silicone mould

Instructions

1. Stir the baking soda and citric acid together until combined.
2. Slowly stir in the castile soap and essential oils. Stir until the mixture resembles wet sand.
3. Pack the pod mixture into a mould and let dry at least four hours. If the mixture expands above the mould, firmly press back down.
4. Once dry, remove the pods from the mould and store in an airtight container.
5. To use, simply drop one into the toilet, wait until the pod stops bubbling, and start scrubbing.



Bathroom

Antibacterial Cleaner

Ingredients

2 cups baking soda

15 drops lemon essential oil

15 drops tea tree (melaleuca) oil

White vinegar

Instructions

Mix together the baking soda and essential oils and store in a Mason jar. When ready to use, sprinkle some in your sink, bathtub or toilet and spray with white vinegar (you could also spray the baking soda mixture with your homemade all-purpose cleaner). Allow the baking soda to foam up for about a minute and then wipe or scrub clean with a wet cloth or a toilet scrubber. Rinse any remaining residue down the toilet or drain.

QUICK TIP

Place a diffuser with intermittent settings in your bathroom. Perfect deodoriser!

Laundry

Spot Stain Remover

Ingredients

15 drops of Lemongrass essential oil

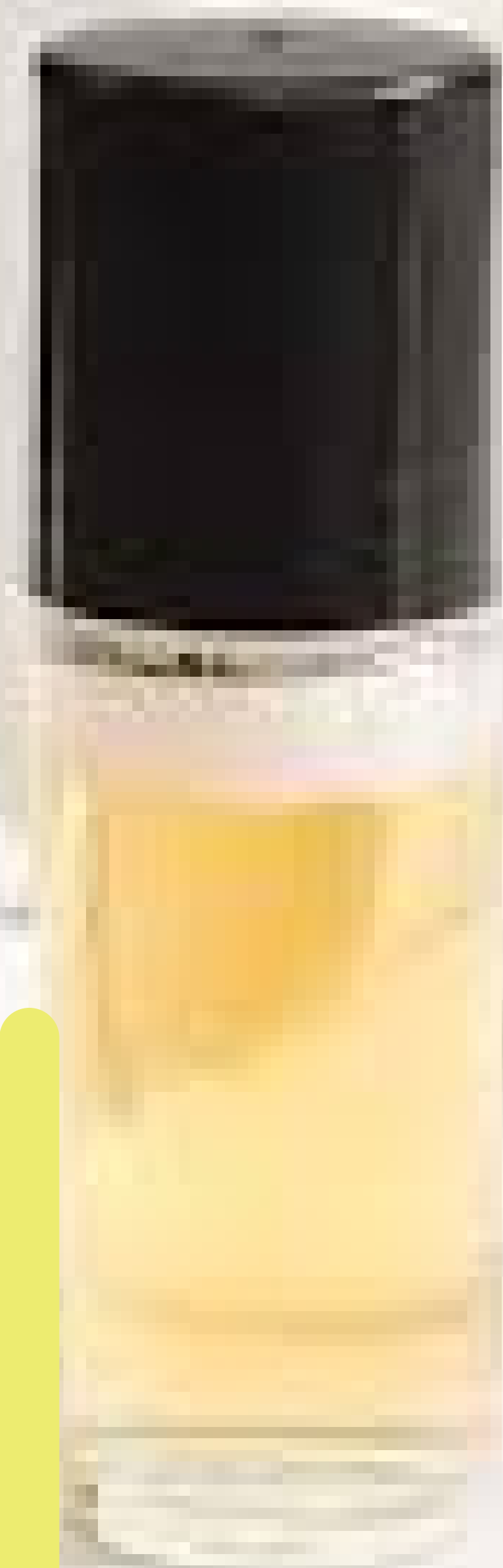
White vinegar

Directions

Place essential oil in a 10ml roller bottle and top with white vinegar. Apply to spot stain area and soak for an hour before washing as usual.

QUICK TIP

On Guard Cleaner Concentrate applied directly to larger or more stubborn stains works brilliantly! Simply dab or spray on and let sit for an hour or so before washing.



Laundry

Fabric Softening Spray

Ingredients

16 ounces white vinegar
10–15 drops Lavender, Grapefruit,
Peppermint, or Geranium oil

Instructions

1. Add essential oils to a glass spray bottle.
2. Fill the remaining space with warm white vinegar.
3. Shake well before each use to ensure oils and vinegar are well combined.
4. To use, spray over wet clothing before drying.

Laundry

A glass jar with a lid and a small bottle of essential oil on a wooden surface.

Laundry Powder Detergent

Ingredients

2 cups washing soda

2 cups borax

1 bar grated castile soap 25 drops of
your favourite essential oil

Instructions

1. Mix washing soda, borax, and grated castile soap together.
2. Add essential oil, mixing to combine.
3. Use $\frac{1}{4}$ cup of the mixture per load of laundry. Store in an airtight container.

Laundry

A glass jar with a lid and a small bottle of essential oil on a wooden surface.

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2 cups borax

1 bar grated castile soap 25 drops of
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Instructions

1. Mix washing soda, borax, and grated castile soap together.
2. Add essential oil, mixing to combine.
3. Use $\frac{1}{4}$ cup of the mixture per load of laundry. Store in an airtight container.

Laundry

Linen Spray

Ingredients

- 1 cup rubbing alcohol
- 2 cups distilled water
- 15 drops dōTERRA Lemon
- 15 drops dōTERRA Siberian Fir

Instructions

Combine all ingredients in a 250mL Glass Spray Bottle.
Use within two weeks.

QUICK TIPS

- Add two to three drops of Wild Orange oil to dryer sheets to add a refreshing aroma to your laundry.
- Add a few drops of Siberian Fir oil to the rinse cycle to help get rid of unpleasant odours.
- Add a drop of your favourite essential oil to a damp cloth and place on top of clothing when ironing.
- Add a few drops of Lavender to dryer sheets and throw in the dryer with some towels for a luxurious, relaxing aroma the next time you get out of the shower.
- Add $\frac{1}{2}$ cup of white vinegar and four to six drops of Melaleuca essential oil to the wash cycle to naturally brighten your white clothes.

Laundry

Fabric Softener

Ingredients

2 cups white vinegar

2 tbsp bi-carb soda

2 cups hot water

15 drops dōTERRA essential oil

Combo 1: “Super Clean”

dōTERRA Eucalyptus & Tea
Tree

Combo 2: “Citrus Burst”

dōTERRA Lemongrass, Lemon
& Wild Orange

Combo 3: “Crisp and Fresh”

dōTERRA Siberian Fir & Purify

Instructions

Mix in a large bowl or jug due to the frothing reaction between bi-carb and vinegar. Once settled pour into a glass bottle and shake before each use. Add two tablespoons when required to your wash. Use within two weeks.



QUICK TIP

Add clean citrus rinds to your storage bottle or jar for some extra oomph!

General Clean



Pot Pouri Freshener

Ingredients

¼ cup baking soda

5–6 drops favourite essential oil

Instructions

Place all ingredients in glass jar and cover with thin mesh or stocking or a lid with holes

Recommended essential oils: doTERRA Balance®, Cassia, Geranium, Eucalyptus, Lavender, Lemon, doTERRA On Guard®, Purify, or Wild Orange.

Air Freshener Spray

Ingredients

20 drops Lemon oil

20 drops Grapefruit oil

20 drops Lime oil

1 Tablespoon Witch Hazel or Vodka

Distilled water

Instructions

1. In a glass spray bottle, add Witch Hazel or Vodka, essential oils and top with water. Depending on the size of the spray bottle, you may wish to add more essential oils.
2. To refresh a room, shake the bottle well, and spray liberally.

General Clean

Leather Polish

Ingredients

1/2 cup of olive oil
10 drops of lemon essential oil

Instructions

Use dry, clean rag to spot-polish leather
and wood furniture.

Always spot test prior to use.

Wood Polish

Ingredients

1/4 cup olive oil
1/4 cup vinegar
10 drops doTERRA essential oils
Recommended oils: Wild Orange,
Arborvitae, or Lemon.

Instructions

Place ingredients into spray bottle,
apply and polish

General Clean

Pine Floor Cleaner

Ingredients

- 1 bucket of water
- 2 tablespoon liquid castile soap
- 5 drops Douglas Fir essential oil
- 5 drops Siberian Fir essential oil
- 5 drops Cypress essential oil
- 10 drops Lemon essential oil

Instructions

Add soap and essential oils to bucket of warm water. Dip mop or rag in bucket and clean tile or linoleum floors. You can also use this same recipe as a countertop cleaning spray.

Carpet Cleaner

Ingredients

- 2 cups baking soda
- 10 drops essential oils (recommended oils: Lavender, Lemon, Cypress, or Eucalyptus)

Instructions

1. Add essential oil to baking soda and stir until well combined.
2. Sprinkle mixture over carpet.
3. Let rest one to two hours. Vacuum.
4. Store remaining baking soda in an airtight container for future use.

General Clean

Mould & Mildew Spray

Ingredients

1 glass spray bottle

2 c white vinegar

10 drops doTERRA Tea Tree
Essential Oil

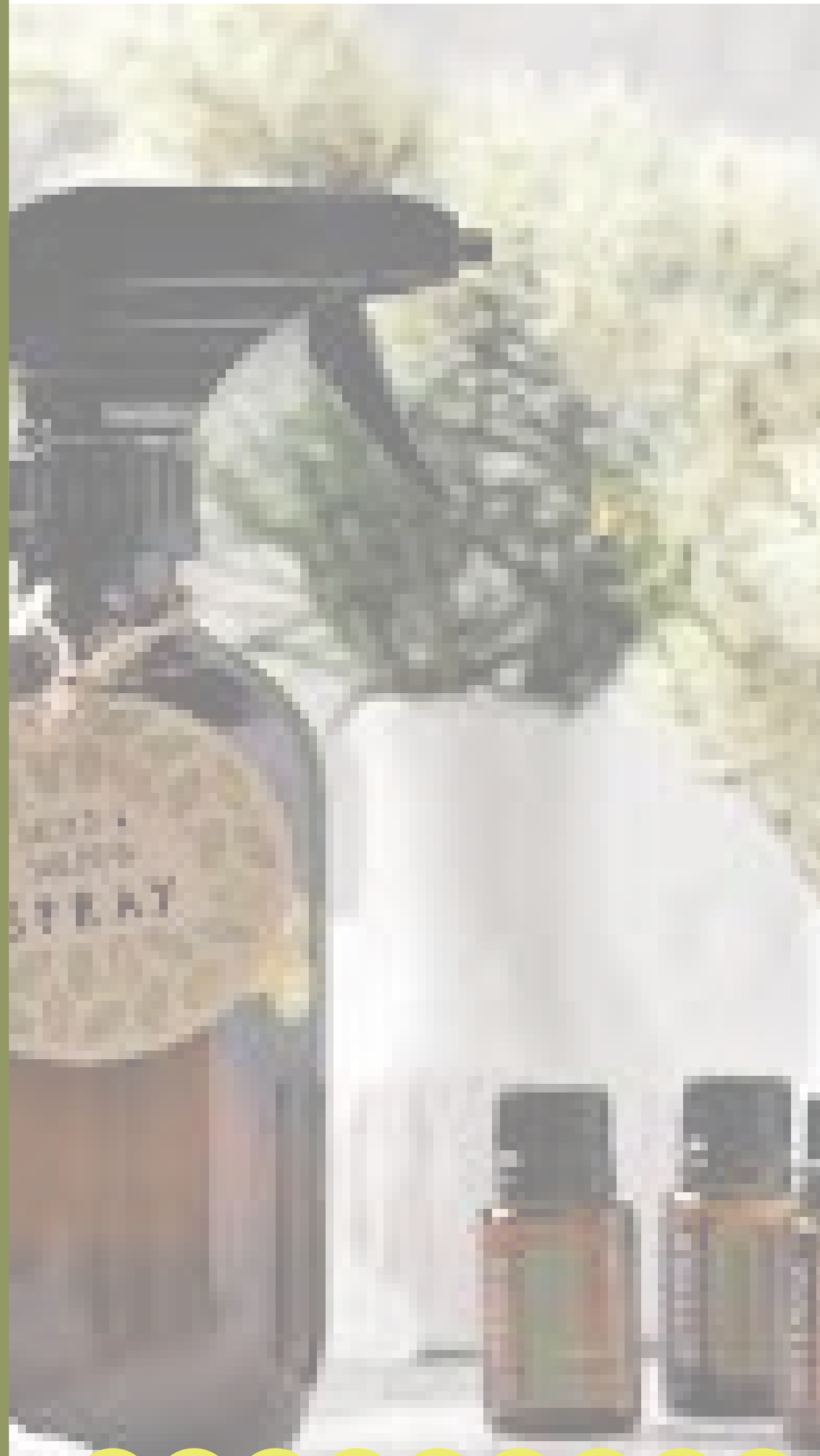
10 drops doTERRA Wild Orange
Essential Oil

10 drops doTERRA Clove Essential
Oil

5 drop doTERRA Oregano Essential
Oil

Instructions

1. Mix all ingredients together and shake well before use.
2. Spray over affected area and leave to soak for about 5-10 minutes. If able. Rinse well with water, or wipe clean with a damp cloth. Dry the area thoroughly.
3. **NOTE:** This is NOT recommended to use on stone or granite benches as the vinegar may cause some damage over time. If using on grout, make sure to rinse really well with clean water.



QUICK TIP

Mould around the house is not only unsightly but it can also have adverse effects on our health. Symptoms caused by mould allergy may include:

- Respiratory illness or asthma;
- Watery, itchy, red eyes;
- Chronic cough;
- Headaches or migraines;
- Rashes (dermatitis);
- Tiredness;
- Sinus problems, blocked nose; and
- Frequent sneezing;

General Clean

Cleaning Wipes

Ingredients

- 1 roll premium paper towels
- 2 cups warm water
- 2 tablespoon dōTERRA Fractionated Coconut Oil
- 3 drops dōTERRA OnGuard®
- 3 drops dōTERRA Lemon
- 1-2 tablespoons dōTERRA OnGuard® Foaming Hand Wash

Instructions

Cut roll of paper towels in half – one half now other half for later. Place one half of paper towels in an air tight container. In a bowl combine all above ingredients. Pour mixture over paper towels and let absorb. Remove cardboard tube. Pull wipes from centre when ready.



General Clean

Reusable Dust

Wipes

Ingredients

2 cups distilled water

25 drops Lemon oil

2 tablespoons olive oil

1 tablespoon white vinegar

Instructions

1. Cut 3–5 flour cloth towels into fourths or quarters.
2. In a large bowl, combine all ingredients and add all cloths.
3. Soak in liquid mixture until there are no dry spots on the cloth.
4. Ring out each cloth until it is damp and no more moisture comes out.
5. Tightly roll up the cloths and store them together in an air-tight container.
6. If cloths happen to dry out before you use them, dampen with water before use.

Tip: To reuse simply wash used cloths and re-apply ingredients.

General Clean

All Purpose Spray

Ingredients

$\frac{1}{4}$ cup white vinegar

$1 \frac{3}{4}$ cups water

30 drops doTERRA essential oils

Recommended essential oil combinations:

- 15 drops each of Lavender and Lemon
- 10 drops each of Eucalyptus, Peppermint, and Wild Orange
- 30 drops doTERRA On Guard®
- 15 drops each of Grapefruit and doTERRA On Guard



General Clean

Window Cleaner

Ingredients

½ cup white vinegar

½ cup rubbing alcohol

10 drops Lemon

1 Tbsp Cornstarch or arrowroot powder

Instructions

Mix all ingredients together in a glass spray bottle

Shake, spray and wipe clean

Mattress Dust Mite Solution

Create a sprinkle jar of 1 cup baking soda + 5 drops Melaleuca (tea tree oil) and sprinkle on the bare mattress. Open your windows and leave for 2 hrs before vacuuming it up.

Studies have shown that pure melaleuca oil (only use @doterra because store bought won't work) immobilized 100% of dust mites after 30 min and killed them all after 2 hrs ☐☐



Go Low Tox

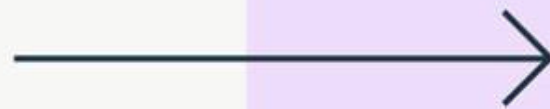
dōTERRA®

Ditch the toxins in your home and ***switch*** to natural essential oil solutions!

Ditch



Candles

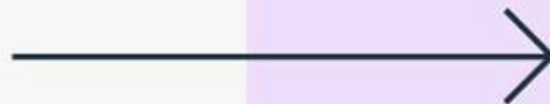


Switch

Essential oils



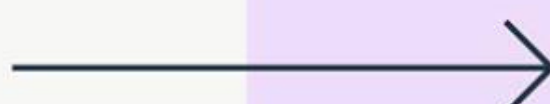
Plug-ins



Diffusers



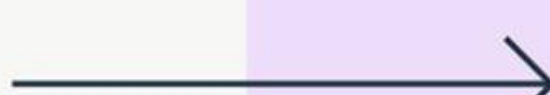
Dryer sheets



DIY dryer balls



Perfumes



Natural perfume blends



Clean The Air

Diffuser Blends for Every Room

Energizing and uplifting blends

 dōTERRA Balance®
 Elevation



 Peppermint
 Wild Orange
 Lime



 Grapefruit
 Eucalyptus
 Rosemary



Clean The Air

Healthy Habits

Diffuser Blends

Immune Support

3 OnGuard

2 Lemon

3 Frankincense

Restore & Revive

3 Balance

3 Lavender

2 OnGuard

Sweet Dreams

3 Balance

2 Frankincense

2 Lavender

Fresh & Grounded

3 Balance

3 Lemon

Energy & Focus

3 Lemon

3 Frankincense

Cool & Calm

3 Frankincense

2 Lemon

2 Balance



Clean The Air

That Clean House Smell

DIFFUSER BLENDS

SPARKLY CLEAN

3 drops Lemon
3 drops Peppermint
3 drops Eucalyptus

CLEAN + FRESH

3 drops Eucalyptus
3 drops Wild Orange
3 drops Lime

SPRING CLEANING

4 drops Lemon
3 drops Lavender
2 drops Rosemary

OUT WITH THE STALE AIR

4 drops Frankincense
4 drops Cypress
2 drops Ylang Ylang

TIME TO DECLUTTER

4 drops Lemon
3 drops Lemongrass
2 drops Peppermint

IT SMELLS SO FRESH

3 drops Lemon
3 drops Easy Air
3 drops Lime



QUICK TIP

1 drop of Purify on a cotton ball placed inside anywhere stinky is the most effective odour remover EVER! Shoes, closets, rooms,, cars or bins!

Clean Your Diffuser

Cleaning Your Diffuser

1. Turn off your diffuser.
2. Fill the water reservoir halfway to the line with hot water.
3. Turn the diffuser on and let it run for three to five minutes, allowing the hot water to disperse throughout.
4. Drain the water reservoir completely.
5. Dip a dry fiber cloth in water and wipe down the edges of the water reservoir, as well as the ultrasonic mist chip.
6. Rinse the water reservoir with clean water.
7. Wipe the excess water with a dry fiber cloth and let the diffuser air-dry before using it again.

QUICK TIP

Use a drop of Lemon oil on a cotton ball to wipe over any stubborn marks in your diffuser



General Clean

The Best Natural & Effective Hand Sanitiser

17 WAYS TO USE dōTERRA ON GUARD® SANITIZING MIST



1 PUBLIC TRANSPORTATION

Apply to hands before or after touching public surfaces such as handles, straps, poles, or signal buttons.

2 PHONES

Apply 1-2 mists to hands after phone use, particularly after talking on someone else's phone.

3 HANDLES, SWITCHES, AND BUTTONS

Although these objects are used daily, how often do you think they get cleaned? After touching door handles, light switches, elevator buttons, etc., apply 1-2 mists to hands.

4 MONEY

Apply 1-2 mists after handling dollar bills and coins.

5 TRAVELING

Bring dōTERRA On Guard Sanitizing Mist on your travels. Mist your hands during your flight, at the airport, or any public place where you can be exposed to a wide variety of germs.

6 DOCTORS' OFFICES

Apply to hands before and after a visit to the doctor's to cleanse the skin of any potential germs or bacteria.

7 CAMPING

Bring dōTERRA On Guard Sanitizing Mist on your next campout and apply before eating, after using the restroom, or after touching camping equipment.

8 SHOPPING

Use after touching shopping cart handles, card readers, meat trays, and any potentially harmful surfaces.

9 NURSERIES

After children play with toys or attend a nursery with other children, apply one mist to their hands to sanitize and refresh.

10 EATING OUT

Bring on a night out, not only to sanitize your hands before eating, but also in case of a sticky, greasy menu or dirty utensil handles.

11 SOCIAL EVENTS

Apply after meeting with individuals and shaking hands, whether it's in business meetings, interviews, or religious events.

12 GYM

Apply to hands after a gym workout where you are touching weights, locker doors, and handles while adjusting equipment.

13 SPORTS

Whether you are on a sports team or play sports for recreation, you're guaranteed to end up touching a variety of surfaces. Apply dōTERRA On Guard Sanitizing Mist after handling equipment, shaking teammates hands, using the locker room, etc.

14 PORTABLE TOILETS

If you happen to find yourself in a situation without running water, dōTERRA On Guard Sanitizing Mist will come to your rescue. Apply 1-2 mists to hands to eliminate any potential germs or bacteria.

15 PLAYGROUNDS

You never know who or what has touched public playgrounds. Apply 1-2 mists to your children's hands after they play on monkey bars, ladders, climbing walls, etc.

16 TISSUES

When you're feeling under the weather, sanitize your hands after blowing your nose or tossing used tissues in the trash.

17 SCHOOL

Children can bring home things worse than bad grades. After a day of sharing a desk with another student, borrowing pencils, or using public books, encourage them to get in the habit of applying dōTERRA On Guard Sanitizing Mist to their hands as soon as they get in the car after school or arrive home.

General Clean

DOTERRA ON GUARD CLEANER CONCENTRATE

RECIPE CARD

All Purpose Spray

- 1-2 Tbsp concentrate
- Distilled or filtered water

Mix in a 16 oz spray bottle

Dish Soap

- 1 tsp of concentrate
- 16 oz water

Mix in a glass pump bottle.

Dishwasher Detergent

- 2 tbsp of concentrate in lieu of detergent

Degreaser

- 1 capful concentrate
- 1 cup water.

Laundry Detergent

- 2 capfuls concentrate

Use half for HE washers and adjust based on need.

Washing Machine Cleaner

- 1 tbsp concentrate
- 1 cup white vinegar

Run washer with warm water.

Makeup Brush Cleaner

- 1 tbsp concentrate
- 8 oz water

Soak brushes, rinse, flatten bristles and let dry.

Natural Soft Scrub

- 1-2 tbsp concentrate
- 1/2 cup baking soda
- 3 drops Lemon

Floor Cleaner

- 3 tbsp concentrate
- 1 gallon water

Multiply or half as needed.

Produce Wash

- 3 drops in a bowl or sink full of water

Bathroom Cleaner

- Use 'All Purpose' recipe
- Use for all bathroom cleaning uses.

Toilet Cleaner

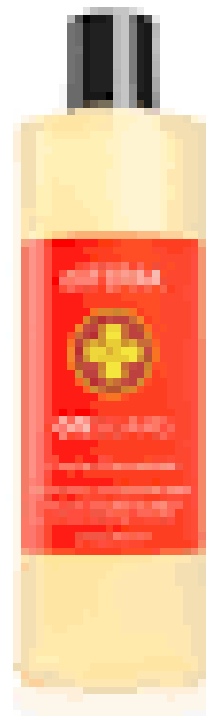
- 2 tbsp concentrate

Add to toilet, let sit, then scrub.



General Clean

ON GUARD™ Cleaning concentrate



2 Tbsp per
24 oz. bottle



Makes 12 bottles



Seasonal Threats Kit

Personal • Home • Kids



Home Kit



o
PROMO

**Limited
time only**

SKU 60217531 | 125 PV

BUY: \$192.00 AUD • \$210.00 NZD

SAVE: \$28.75 AUD • \$33.75 NZD

Wooden pegs, jar and brush not included in this promotion. Terms & conditions apply

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Top Picks



- Deep cleans built up residue
- Natural deterrent for pests



- Contains lemon and lime essential oils, known for their cleansing properties.



- Powerful cleansing agent
- Great on mirrors & glass



- Versatile cleaning options
- Great on sinks & stainless steel
- Eliminates kitchen odours



- Powerful cleansing agent
- Purifies both the air & surfaces
- Natural deodoriser



- Natural cleaning properties
- Effective on dish grime
- Powerful citrus aroma



- Natural cleansing properties
- Great for use in the washing machine
- Helps remove scum
- Leaves a fresh clean scent



- Renown for cleansing properties
- Ideal for cleaning surfaces
- Creates clean fresh aroma

Need More?

We hope you gained some insights from this book and feel inspired to go low tox. Pick one blend and start there. We picked the one thing we were nearly out of in terms of commercial cleaning products and made that instead of purchasing again - it worked for us!

Don't forget to check out our website Low Tox page to get more recipes and loads of information on reducing toxicity within your home. Remember, you have a 10% off coupon code available to you on this website!

www.oilology.com.au/low-tox-cleaning

All of our customers gain access to our private online community on Facebook which is full of all of all natural resources and free oil trainings



<https://www.facebook.com/groups/oilologygroupsupport>

For those that are not yet our customers we have these social pages for you! Come find us here @oilologygroup



Let's Catch Up

Have you checked out the website yet? Now's a good time!

www.oilology.com.au/low-tox-cleaning

Use these next few pages to record your own notes and favourite blends.



Notes



Notes

