

Wellness *elevated*

dōTERRA[®]
AUSTRALIA & NEW ZEALAND

A GUIDE TO
Purity elevated

7 Day Spring Cleaning Guide

BY CHAYMA JEBARA

Is there any better feeling than a **clean, fresh and tidy** home?
Actually, there is!

Knowing you have cleaned your home *safely, consciously* and without the use of harsh or potentially hazardous chemicals, can take this sense of pride and satisfaction to a whole new level.

With Spring finally upon us, the season synonymous with warmth, flowers and in 2021 – the dreaded lockdown, the time has come to deep clean and declutter our homes. The very nature of lockdowns means we are spending more, if not all of our time inside our homes. This makes the quality of our indoor air and consideration for our surroundings more important than ever.

Unfortunately, most conventional household cleaning products and personal care items are key indoor air pollutants that could potentially pose health risks. But don't let the idea of sweeping change overwhelm you, especially in these already uncertain times.

The purpose of this e-book is to take you on a simplistic journey of purity. I'll take you step-by-step through every room in your house, highlighting some simple tips and tricks that can help keep these spaces clean and safe in easy and convenient ways. Perhaps consider tackling one room a day, for an entire week so you can see and feel the difference in just a short space of time.

I hope these ideas help showcase the simplicity of low-tox living and offer reassurance and calm at a time when these things may otherwise seem out of reach.

To make sure you have everything you need to embark on your purity journey, here is a list of products that you will need to make the DIY home cleaners.

SHOPPING LIST

- Citric Acid
- Bicarbonate Soda
- Percarbonate Soda
- Salt
- 500ml Glass Spray Bottle
- 50ml Glass spray bottle
- 30ml glass spray bottle
- 250ml glass jar
- Fractionated coconut oil
- Dried lavender petals (optional)
- Rose Water
- Witch Hazel
- Salt shaker
- Vinegar

DŌTERRA CPTG OILS AND PRODUCTS USED

- On Guard® Cleaner Concentrate
- On Guard® Hand Wash
- Lemon essential oil
- Lemongrass essential oil
- Wild Orange essential oil
- Lemon Eucalyptus essential oil
- Balance essential oil
- Tea Tree essential oil
- Lavender essential oil
- Lavender Peace essential oil
- Adaptiv™ Tranquil Blend
- Purify® Refreshing Blend
- Clove essential oil
- TerraArmour® Spray
- On Guard® Protective Blend



MONDAY — Living room

I remember the first lockdown. Nothing would make me more anxious than a living room full of toys and an overflowing sink of never-ending dishes. Clutter, mess and lack of air flow can have a huge impact on our mental health. But taking simple steps to improve our surroundings can have a big impact. So, bring some much-needed Zen to your home with these easy DIY tips.

Open your windows

We all know how fresh air and sunshine can transform our home. It's amazing how such a simple thing can lift our mood and make us feel more energised. Opening your windows can also help remove dust, clear your space of stale and stagnant air and minimise mould growth.

Uplift your space with essential oils

Experience the purity of nature by surrounding yourself with the aromatic sensory benefits of essential oils. Essential oils can not only help purify and freshen your space, but their natural aromas can also help shift your mindset and balance your emotions.

Use essential oils in place of candles as these may contain paraffins which can be harmful to your health. Instead, fill your space with the pure and natural aromas of nature with aromatherapy. Here are a couple of my favourite go-to diffuser blends:

DIFFUSER BLEND DIYS

Combine two drops of dōTERRA Balance essential oil with two drops of dōTERRA Wild Orange essential oil for a balancing and uplifting combination that can help ground and centre your emotions after a long day.

Combine two drops of dōTERRA Vetiver, two drops of dōTERRA Eucalyptus and two drops of dōTERRA Peppermint essential oils while busy at work to help calm and soothe body and mind and improve focus.

Bring the outdoors in with plants

Plants not only add beauty and colour to your home they are actively good for our health, bringing the soothing, restorative benefits of nature indoors. Plants can also help purify your space and clean the air by acting like natural air fresheners, drawing in gases like carbon dioxide, benzene, toluene and formaldehyde.

Snake plants and aloe vera plants are popular and practical choices. Both of these species are perfect for new plant parents, as they can tolerate neglect and still offer purifying benefits. Just wait until you experience the joy of watching a new leaf emerge!

Deep clean your carpets

A deep clean of your carpets can work wonders to remove unwanted odours and refresh your space, especially if your floors take a regular beating from young children or pets. I love this DIY recipe to freshen and purify your carpets. Use it on your rugs, carpets, mattresses or any area that needs a refresh.



CARPET CLEANSE DIY

You'll need:

- 1 cup bicarb soda
- 10 drops dōTERRA Tea tree essential oil
- 10 drops dōTERRA Purify® Refreshing Blend

METHOD

- Vacuum your carpets.
- Add all ingredients to a salt shaker (or similar) and shake evenly onto carpet. Use your hand or a clean brush to distribute the powder deeper into the carpet fibres.
- Let sit for one hour.
- Vacuum remaining residue thoroughly.

A good night's sleep is vital to our overall health and wellbeing, giving our mind and body the chance to recharge. Help promote a more restful sleep with this calming and relaxing linen spray, the perfect way to lull yourself into a deep and restorative slumber.

LINEN SPRAY DIY

You'll need:

- 40mL spray bottle
- 10mL witch hazel (to help disperse the essential oils as water and oil don't mix)
- 30mL distilled water
- 15 drops of dōTERRA Lavender Peace essential oil or dōTERRA Adaptiv™ Tranquil Blend.
- 1 tsp fractionated coconut oil

METHOD

Combine all ingredients and lightly spray onto your linen as part of your evening bedtime ritual.



The kitchen is by far my favourite place in the home. It is where the family gathers and where beautiful home cooked meals are made. Knowing that I am preparing food for my family on areas free from harsh chemicals and artificial fragrances brings me comfort.

My go-to low-tox DIY cleaning product for the kitchen is this multi-purpose spray. It requires so few ingredients and knowing I can make a batch in less than two minutes is both more convenient and more cost effective than heading to the supermarket.

MULTI-PURPOSE SPRAY DIY

You'll need:

- 2 tbsp of dōTERRA On Guard® Cleaner Concentrate
- 15 drops of dōTERRA Wild Orange or dōTERRA Lemon essential oil.
- Approximately 400 mL of distilled water (cooled down boiled water works well too).

METHOD

Add all ingredients to a 500mL glass or stainless steel bottle with a spray nozzle.

KETTLE CLEANER DIY

If you're using tap water in your electric kettle, no doubt you have limescale build up. Try this two-ingredient descaler, to keep your overworked kettle sparkling new.

You'll need:

- 2 tsp citric acid
- 5-10 drops of lemon essential oil

METHOD

- Place 2 tsp of citric acid in your kettle.
- Add 5-10 drops of dōTERRA Lemon essential oil.
- Fill the rest of your kettle with water.
- Boil and rinse.

That never-ending pile of laundry can be overwhelming. Bring renewed enthusiasm and a touch of joy to an otherwise mundane task with this non-toxic laundry detergent that allows you to enjoy fresh, clean linen without the risk of any skin or respiratory irritants.

LAUNDRY DETERGENT DIY

You'll need:

- 1 part washing soda
- 1 part bicarbonate soda
- 1 part sodium percarbonate (this natural oxygen booster will provide the extra stain removal)
- 1/2 part of salt
- 5 drops of dōTERRA Lavender essential oil
- 5 drops of dōTERRA Eucalyptus essential oil

METHOD

- Combine the first four ingredients and you've got yourself an amazing low-tox laundry detergent.
- The dōTERRA Lavender and dōTERRA Eucalyptus essential oils can be added to each load, for added scent and brightening properties.

TIP

Your Multi-Purpose Spray DIY recipe can be used to wipe down the glass of the washing machine and rubber rim – this can be a breeding ground for mould so it's an important step.

To clean the washing machine drum, add one cup of bicarbonate soda and 1/2 cup of vinegar (or dōTERRA OnGuard® Hand Wash) and 10 drops of dōTERRA OnGuard® Protective Blend. Run a hot cycle.

Want to know how to keep your sink and bathtub sparkling? This soft scrub recipe is my go-to and works great for the stove and oven too.

BATHTUB SCRUB DIY

You'll need:

- 1 cup bicarbonate soda
- 2 tbsp dōTERRA On Guard® Cleaner Concentrate
- 1 tbsp of distilled water

METHOD

Add all ingredients together until you reach a paste consistency.

TIP

Need some odour eliminating hacks? Consider keeping dōTERRA Lemon Eucalyptus close at hand in the bathroom so you can add a couple of drops to the toilet to refresh between uses.

A cotton ball with a drop or two of dōTERRA Lemon essential oil placed at the bottom of the bin can also help keep unpleasant odours at bay.



SATURDAY

Outdoor

The weekend has finally arrived, and you may be yearning to get outside. Spending time immersed in nature can be beneficial to your mental health, but with the warmer months approaching, mosquitos and other insects can be a bother. Keep them at bay with this simple DIY Insect Spray.

INSECT SPRAY DIY

You'll need:

- 50 mL glass spray bottle
- 1 tsp fractionated coconut oil
- distilled water
- 20 drops dōTERRA TerraArmour® Spray Outdoor Blend

METHOD

Combine all the ingredients and you've got yourself a highly effective, low-tox insect repellent that also works well on those itchy spots.



SUNDAY

Study/Office

When your space is cluttered your senses work overtime, making it difficult to relax and be calm. A messy office space is not only overwhelming, but it can lead to procrastination and decreased productivity.

With many of our children now engaged in remote learning, it's a great time to try some of these tips to help improve focus, clarity and concentration.

MY TOP 3 TIPS FOR YOUR OFFICE OR WORK SPACE

1. Do a regular ten-minute reset. Get into the habit of doing a quick declutter of your day's work. This should only take ten minutes a day, but should be done daily so the chaos doesn't pile up.
2. Sort through your paper files and scan what is needed, recycling or disposing of anything unnecessary. Digital files are so much easier to search through and don't take up any space.
3. Turn off notifications to keep distractions at bay and unsubscribe from emails you don't need in your inbox.

Working from home also means an inevitable increase in online meetings. Freshen up between your zoom calls with this 'at your desk' rose water facial spray:

FACIAL SPRITZ DIY

You'll need:

- 30mL spray bottle
- 10mL rose water (this helps disperse the essential oils as water and oil don't mix)
- 10mL distilled water
- 15 drops of dōTERRA Lavender essential oil
- 1 tsp dried lavender petals (optional)

You've done it! You've reached the end of your home purifying journey.

Now that your space is *fresh*, we hope you feel more ready for the week ahead.

Don't forget to take a moment to admire the results of your hard work and enjoy the calm that surrounds you.

Why not add a drop of *dōTERRA CPTG Lemongrass* essential oil to a warm tea, just because **you deserve it.**

Hi there, my name is Chayma Jebara and I am a dōTERRA platinum leader from Sydney. I love all things low-tox living and am a gentle parenting enthusiast. I wasn't always a lover of all things health and wellness, but when essential oils entered my home almost two years ago I became fascinated by their efficacy especially when cleaning my home. I now love sharing this passion daily with other mamas looking to lower their toxic burden.

Feel free to reach out to me on instagram [@everyday_with_chay](https://www.instagram.com/everyday_with_chay)



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