



Goodbye Toxins, Hello Nature!

dōTERRA® provides all-natural options
for us to keep our homes free
of chemicals and toxins.

What's lurking in your home?

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.

Many “natural” products
are **LOADED** with chemicals,
phthalates, and hormone disruptors
that are bombarding your body.

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.

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.

Most popular oils for cleaning

TIP!

Substitute air fresheners with essential oil diffusers. Add 4-6 drops essential oil for a clean aroma and to purify the air.

Cleanses and purifies the air and surfaces.

Citrus Oils

Grapefruit can be used for cleansing and purifying.



Use 2 tablespoons of doTERRA® On Guard® Cleaner Concentrate to a 24 oz. spray bottle filled with water for an all-purpose cleaner.

Use Purify® to help remove unpleasant odors, while leaving a clean and refreshing aroma behind.



A powerful surface cleaner. Diffuse to purify the air.



Tea Tree oil is best known for its purifying qualities, which make it useful for clean home surfaces, and purifying the air.



Peppermint and Lemongrass are perfect for cleaning hard surfaces in the home and deterring pests!



Kitchen

Dishwasher Tablets

COMMERCIAL DISH DETERGENT IS LOADED WITH CHEMICALS

Ingredients

1 cup
baking soda

¼ cup
citric acid

1 tbsp On Guard®
Cleaner Concentrate

5 drops
Grapefruit
(or any citrus)

Have comfort knowing you aren't washing your dishes in harmful chemicals!

Directions

Put all ingredients into a bowl and mix together until the mixture is an even consistency.

Place in silicone molds and let sit for 4 hours.

Remove tabs and store them in an airtight container. Use in place of store-bought tablets!

TOXINS COME FROM COUNTLESS SOURCES, MANY OF WHICH WE ARE NOT EVEN AWARE OF.

Microwave Cleaner

MICROWAVES ARE A HOT SPOT FOR CAKED-ON FOOD.

Ingredients

1 cup
white vinegar

2 cups
hot water

15 drops
Lemon oil
(or any citrus)

Try other oils such as Lime Wild Orange or OnGuard®.

Combine the ingredients in a glass spray bottle

Spray mixture inside the microwave, let sit and wipe clean using a damp cloth!



Stove & Oven Cleaner

NO SCRUBBING OR CHEMICALS NECESSARY!

Ingredients

½ cup
baking soda

1 tbsp
coarse salt

¼ cup
liquid dish soap

5 drops
Lemon essential oil
(or any citrus)

Green cleaning with ingredients you already have in your home!

Directions

Combine ingredients to make a thick paste

Apply a generous layer to the inside of the oven and let it sit for a few hours

Clean out with a damp sponge

Garbage Disposal Refreshers

FRESHEN, CLEAN AND DEODORIZE!

Ingredients

2 cups
baking soda

1 cup salt

½ cup water

½ cup unscented
castile soap

30 drops Lemon oil

Make once every few months

Combine baking soda and salt in a bowl
Add castile soap and essential oil into the mixture

Add water, 1 tbsp at a time, while stirring until it becomes the consistency of "damp sand."
(It should stay together when pressed - if you add too much water just add more baking soda)

Scoop a tbsp of mixture onto parchment paper and let dry for 24 hours or until hardened.

Store in a glass jar. Place 1-3 refreshers into the garbage disposal and turn on as needed for freshness!

DOES YOUR GARBAGE DISPOSAL NEED A LITTLE ATTENTION?

Kitchen

All-Purpose Wipes

DO THIS ONCE AND SEE JUST HOW SIMPLE IT IS TO MAKE!

Ingredients

- 1 roll premium paper towels
- 2 cups warm water
- 2 tbsp Fractionated Coconut Oil (FCO)
- 5 drops On Guard®
- 1-2 tbsp OnGuard® Foaming Hand Wash

OnGuard® is powerful surface cleaner

Directions

- Cut the paper towel roll in half widthwise with a serrated knife. Use one half now and save the other for later!
- Combine all ingredients in a small bowl.
- Pour mixture over paper towels and cover with an airtight lid.
- Let absorb for 10 minutes.
- Flip the container over and let it sit another 10 minutes.
- Remove and discard the cardboard tube. Pull the wipes from the center when you are ready to use them!

All-Purpose Spray

THIS SIMPLE RECIPE HAS ONLY 3 INGREDIENTS!

Ingredients

- 1 cup white vinegar
 - 1 cup water
 - 30 drops Essential Oil
- Oil Options Ideas:**
- 15 Lavender & 15 Lemon
 - 10 Eucalyptus, 10 Peppermint & 10 Wild Orange

Perfect for use all throughout the house!

Directions

- Add all ingredients to a 16 oz spray bottle.
- Shake thoroughly and spritz on surfaces and wipe clean!
- This will literally cost you less than \$2.00 for a full bottle!

Dish Soap

A SIMPLE WAY TO REDUCE YOUR TOXIC LOAD.

Ingredients

- 2 cups unscented castile soap
- 20 drops Lime oil
- 8 drops Lemon oil
- 6 drops Citrus Bliss®

Mix and match your citrus oils!

Directions

- Fill a large, clean bottle with castile soap and essential oils
- To use, shake and add 1-2 tbsp to dishwasher or a small amount to a sponge

THE THREE MOST COMMON PATHWAYS OF TOXIC EXPOSURE ARE THE LUNGS, THE DIGESTIVE TRACT, AND THE SKIN.

Fruit & Veggie Wash

MOST PRODUCE HAS BEEN SPRAYED WITH PESTICIDES!

Spray Option

- ¼ cup White or Apple Cider Vinegar
- 10 drops Lemon essential oil
- Fill the rest of your 8 oz spray bottle with distilled water
- Shake, spray your fruit and veggies, and rinse clean!

Sink Option

- Fill your sink or a bowl with water
- Add 3-5 drops of Lemon essential oil
- Add 3-4 pumps of OnGuard® foaming hand wash
- Swish, and let the produce soak for 5-10 minutes and rinse clean!



Lemon can be used as a non-toxic cleaner throughout the home

Washroom

Clear the Drain

A NATURAL OPTION TO CHEMICAL ALTERNATIVES!

Ingredients

- ¼ cup baking soda
- ¼ cup white vinegar
- 3 drops Wild Orange (or any citrus)



Wild orange essential oil is a powerful cleanser and purifying agent

Directions

- Drip 3 drops of essential oil down the drain followed by the baking soda and then the vinegar
- Let it sit for 15 minutes
- Pour hot water down the drain, following with cold water

Toilet Bowl Pods

GIVE NATURAL CLEANING A WHIRL!

Ingredients

- 1 cup baking soda
- ¼ cup citric acid
- 1 ½ tbsp unscented castile soap
- 15 drops Purify® Cleansing Blend



Purify® can replace foul odors quickly and be an effective cleaner throughout the home.

Directions

- Stir the baking soda and citric acid
- Slowly stir in castile soap and Purify® until the mixture resembles wet sand
- Pack the mixture into a mold and let dry for at least 4 hours.
- Store in an airtight container
- To use, drop one in the toilet, wait until the pod starts bubbling and scrub!

Glass Cleaner

AN AFFORDABLE, EASY, ECO-FRIENDLY OPTION.

Ingredients

- 1 ½ cup white vinegar
- ½ cup distilled water
- 8 drops of a citrus oil of your choice



Citrus oils are cleansing, purifying, and invigorating.

Directions

- Grab a 16 oz spray bottle and mix all together.
- Spray and wipe clean.

Soft Scrub Cleanser

BATHROOMS NEED SOME SPECIAL CLEANING ATTENTION!

Ingredients

- ¾ rounded cup of baking soda
- ¼ cup unscented castile soap
- 1 tbsp water
- 1 tbsp vinegar
- 5-10 drops Lemon oil

Remove soap scum and stains as well as to brighten your tub, tile, and toilet

Directions

- Combine baking soda and castile soap in a bowl
- Add water and stir
- Add vinegar and essential oil. The consistency should be a soft paste.
- Store in an airtight container (this is enough for 2-4 applications)

Personal Care

Nail Polish Remover

SKIP THE ACETONE AND HARMFUL CHEMICALS AND GIVE THIS A TRY!

Ingredients

10 drops Lemongrass Oil
2 ounces white vinegar or rubbing alcohol



Lemongrass is known to soothe anxious feelings, heighten awareness, and promote a positive outlook.

Directions

1. Add essential oils to a 2 oz glass bottle and fill the remainder of the bottle with white vinegar or rubbing alcohol.
2. Shake to combine.
3. Add the solution to a cotton ball and rub onto nails to remove polish.
4. Once the polish is removed, wash hands before applying new polish.

DIY Body Wash

A NATURAL OPTION TO CHEMICAL ALTERNATIVES!

Ingredients

8 oz glass pump bottle
½ cup unscented castile soap
4 tbsp vegetable glycerin
3 tbsp fractionated coconut oil (FCO)
10 drops of essential oil



Directions

Combine ingredients into glass pump
Add essential oils
Shake before each use to combine

Consider Citrus Bliss®, Peppermint, Grapefruit, or Lime

Makeup Remover Wipes

CLEANSE AND NOURISH THE SKIN ALL WHILE REMOVING YOUR MAKEUP

Ingredients

2 tablespoons witch hazel
2 tablespoons Fractionated Coconut Oil
2 tablespoons distilled water
1-2 drops Tea Tree or Lavender
Roll of paper towels

Try reusable cloths for a more eco-friendly option.

Directions

1. Combine witch hazel, Coconut Oil, and water in a small bowl and stir. Add Tea Tree or Lavender essential oil.
2. Use a serrated knife to cut the roll of paper towels in half widthwise and remove the tube from one half.
3. Put in an airtight container, then pour the solution over the roll.
4. Replace lid and shake.
5. To use, pull wipes from the center and wipe off makeup.

Foaming Hand Soap

SURPRISINGLY EASY TO INEXPENSIVE TO MAKE!

Ingredients

2 tbsp unscented castile soap
1 tbsp fractionated coconut oil (FCO)
10 drops of your favorite essential oil
Water

Oil Suggestions:
Balance®
Cheer®
Citrus Bloom®
Green Mandarin



Directions

Pour castile soap and FCO into the bottle and add essential oils
Slowly add water, making sure to leave room for the pump
Add lid, shake and you are all set!

Laundry

Laundry Softener

MAKING YOUR OWN IS EASY AND AFFORDABLE!

Ingredients

10 oz
white vinegar

3 drops each
of Lemon, Lime,
and Grapefruit oils

Citrus peels
(optional)



This does not
make your
clothes smell
like vinegar at
all.

Directions

Add citrus peels
to a 16 oz glass bottle

Fill the bottle
halfway with vinegar

Add essential oils then
top with the rest of the
vinegar and shake

Let sit a week before
use

Depending on the size
of the load, you can
use anywhere from
2 tbsp up to
¼ cup at a time.

Washing Machine Cleaner

WASHING MACHINES ARE BREEDING GROUNDS FOR MOLD AND MILDEW

Ingredients

¾ cup
white vinegar

10 drops
Tea Tree oil

5 drops
Grapefruit oil

Grapefruit
and Tea Tree
are cleansing
and purifying

For best
results,
perform this
maintenance
weekly!



Directions

Combine all
ingredients in an
8 oz spray bottle

Shake well and spray
the solution around
the seal

Using a soft cloth,
wipe down

Remove the soap
dispenser tray and
spray and wipe down.

Let air dry before
doing the next load of
laundry

Shoe Spray

SMELLY SHOES? STINKY GYM BAG?

Ingredients

½ cup
rubbing alcohol

20 drops each of
Tea Tree,
Cypress & Lemon oil



Tea Tree oil is best
known for its purifying
qualities, which make
it useful for clean
home surfaces, and
purifying the air.

Directions

Add rubbing alcohol
and essential oils to a
spray bottle.

Close the bottle and
shake to combine.
Spray desired target.

If applying to shoes,
remove soles and
spray. Let dry before
replacing soles.

Linen Spray

FRESHEN YOUR LINENS WITH LAVENDER!

Ingredients

1 tsp
Witch Hazel
or Vodka

Water

30 drops
Lavender

Freshen your
linen closet,
mattress, car,
or the air with
Lavender.



Directions

Add witch hazel,
water, and oil
into a 2 oz
spray bottle.

Shake and spray
your linens!

Outdoor

Lemon Oil Degreaser

LEMON OIL IS ONE OF THE MOST USED OILS IN OUR HOME.

It works amazing as a substitute for Goo Gone.

We use it from everything to helping remove stickers to tough grease stains.

Use on hands that are covered in sap



What do you use lemon for?

Car Freshener

KEEP YOUR CAR SMELLING FRESH AND CLEAN!

Items

7-8 wool felt balls

Thread

Ribbon or twine

Essential oils of choice



Peppermint is a great 'pick-me-up'!

Directions

1. Thread a large sewing needle with enough thread for 7-8 felt balls.

2. Knot the thread between the connecting wool felt balls to form a circle.

3. Cut a length of ribbon or twine long enough to fit over your rearview mirror.

4. Add 4-5 drops of oil. Hang your new DIY car oil diffuser in your car.

Grill Cleaner

GET READY FOR GRILLING SEASON!

Ingredients

¼ cup baking soda

2 tbsp castile soap

5 drops Lemon essential oil

Distilled white vinegar



Lemon is a powerful cleansing agent

Directions

Combine baking soda, castile soap, and Lemon oil

Add vinegar until it has an olive oil consistency

Brush mixture on the metal grill and let sit for 15-20 minutes

Use a grill brush to scrub the surface clean

Rinse with water

Car Cleaner

ONGUARD® CLEANER CONCENTRATE IS NON-TOXIC AND BIODEGRADABLE

Directions

Add 1 tbsp OnGuard® Cleaner concentrate to a bucket.

Fill with hot water and clean your car. Wipe surfaces inside first, then clean the outside with a soft rag.

Bing bang boom!



Clean car for literal pennies.

abode™



REFRESHING BLEND

The signature aromatic blend of the dōTERRA® abode™ home product line contains powerful essential oils with a pleasant aroma that leaves your home smelling clean and refreshed naturally.

- Add 10-15 drops to water to create a powerful, non-toxic surface cleaner.
- Include in DIY room, fabric, and upholstery sprays.
- Use 5-8 drops in the diffuser of choice to elevate and refresh any space.
- Put a few drops onto wool dryer balls.



REUSABLE AMBER BOTTLES

Created expressly for dōTERRA® abode™ products, these durable, reusable bottles are convenient and easy to fill.

SURFACE SPRAY & DISPENSER

- Pour 1 oz abode™ Multi-Purpose Surface Cleaner Concentrate into glass bottle.
- Add purified water until mixture reaches water fill line.
- Attach sprayer securely to bottle and shake gently.
- Spray mixture onto non-porous household surfaces and wipe away.



Pour into glass container and fill with water.

HAND WASH & DISPENSER

- Pour abode™ Hand Wash Concentrate into glass bottle until it reaches concentrate fill line.
- Add purified water until mixture reaches fill line.
- Attach pump securely to bottle and shake gently.
- Use as needed to wash hands.

DISH SOAP & DISPENSER

- Pour abode™ Liquid Dish Soap into glass bottle. Do not dilute.
- Attach spout or pump securely to bottle.
- Use as needed to wash dishes.



HAND LOTION & DISPENSER

- Pour abode™ Hand Lotion into glass bottle. Do not dilute.
- Attach pump securely to bottle.
- Use as needed to moisturize hands.

LAUNDRY PODS

- Tough on stains, leaving every load fresh, clean and bright
- Formulated to provide a naturally fresh, citrus aroma using dōTERRA abode™ Refreshing Blend
- Packaged in a pouch made with PCR (Post-Consumer Recycled) materials
- Formulated using simple, pure, natural ingredients



DISHWASHER PODS

- Tough on grease, leaving every load sparkling clean
- Naturally powerful with a plant-based formula, free from SLS, SLES, phosphates, phthalates, dyes, and chlorine
- Formulated to provide a naturally fresh, citrus aroma using abode Refreshing Blend
- Packaged in a pouch made with PCR (Post Consumer Recycled) materials

For more DIY ideas and Essential Oils Information check out my website: www.blissedmama.com

