



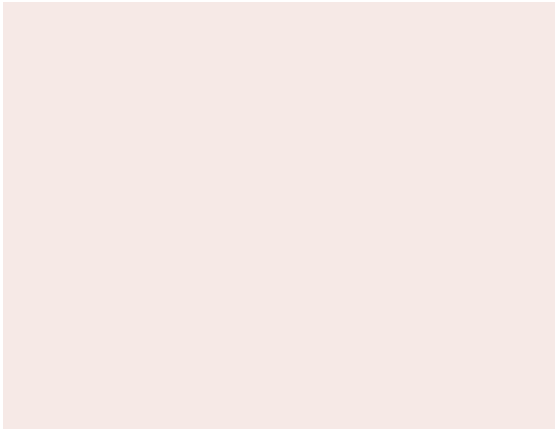
C L E A N
C L E A N I N G
NO MORE YUCKY CHEMICALS



Wendy Patrucco

As I prepared this e-booklet for you, on August 11 a man was awarded \$289 million dollars from Monsanto. He will live the rest of his short days in comfort as he will most likely die from non-hodgkins lymphoma. Exposure to glyphosate found in Roundup is to blame. Exposure to toxic chemicals is not isolated to this noxious weedkiller but in fact dangerous chemicals are found in many of our most common household cleaners. Let's clean up our act and become vigilant. Your health and your family's health for generations to come is at stake.

Clean cleaner with these simple recipes!



EXERCISE MAT

1/2 c. distilled water

2-6 drops OnGuard

Add to a 4 oz. spray bottle. Shake and spray. Wipe off.

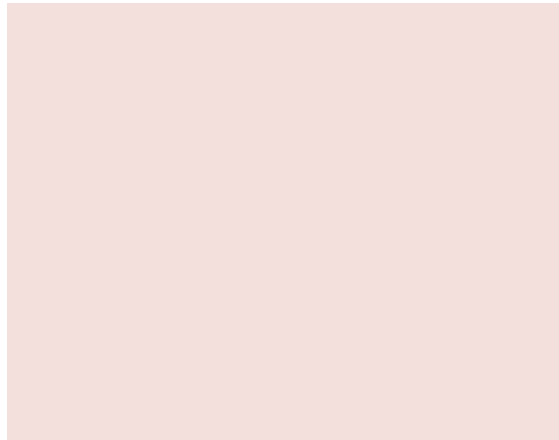
LEATHER

3/4 c. olive oil

1 1/2 c. white vinegar

9 drops Eucalyptus

Add to 16 oz spray bottle. Shake. Spray. Wipe off.





Cleaning with Nature

WOOD POLISH

1 1/4 c. olive oil
3/4 c. distilled water
35 drops Lemon
15 drops Wild Orange

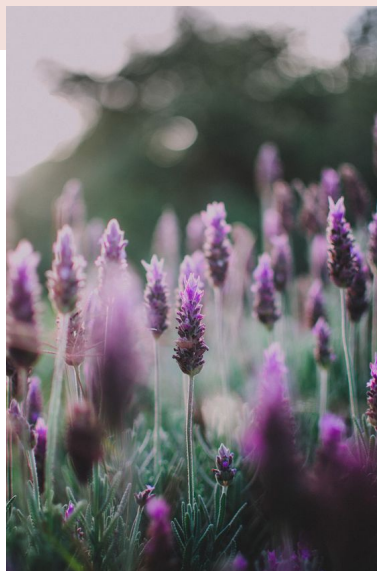
Add ingredients to a 16 oz.
spray bottle.



FRESH ROOM SPRAY

**60 drops of your choice; Lime,
Eucalyptus, Grapefruit, Purify,
Lemon, Peppermint, or Wild Orange
Distilled water to fill**

**Add ingredients to 12 oz. ultra-
fine continuous mist spray bottle found
in your back office under DIY Accessories.
Shake and spray.**





MOLD & MILDEW

2 c. distilled water
30 drops Melaleuca
10 drops Peppermint

Add to 16 oz. spray bottle. Spray directly on mold or mildew. Do not rinse. Repeat daily or as needed.

OVEN CLEANER

2 c. warm water
3 tbsp. baking soda
1 tbsp. Castile Soap
5 drops Lemon
5 drops Clove

Add to 16 oz. spray bottle. Spray liberally. Sit for 15 min. Wipe clean with sponge.









WINDOW & GLASS

2 c. distilled water
2 tbsp. white vinegar
2 tbsp. rubbing alcohol
5 drops Peppermint

Add to 16 oz. spray bottle.
Shake. Spray. Wipe off.



ALL-PURPOSE CLEANER

1 cap OnGuard Cleaner
Concentrate
5 drops Lemon
5 drops Melaleuca
Distilled water to fill

Add to 16 oz. spray bottle.
Shake. Spray. Wipe Clean.



These recipes are designed to be simple & effective. Oil substitutions can be made. Take notes so you can recreate the recipe if you find a new favorite. Add more essential oils if needed to obtain the desired result.

CLEAN SHOPPING LIST

doTERRA Essential Oils;

Eucalyptus
Lemon
Wild Orange
OnGuard/Protective Blend
OnGuard Cleaner Concentrate
Melaleuca
Peppermint
Clove

Other Cleaning Items;

1 gallon distilled water
White Vinegar
Rubbing Alcohol

Spray Bottles;

1-4 oz. spray bottle

4-16 oz. spray bottles

1-12 oz. spray mister Go to
your doterra.com/DIY Accessories tab

Labels;

Would you like to purchase labels for all 8 cleaning products? A sheet of labels will be \$3.49. Let me know and I'll send them to you!