

Wise Heart Wellness

CLEANING NATURALLY
with dōTERRA Essential Oils



Introduction

Keeping the house clean is a daily task. Whether you have children, little furry friends, or just you, reducing toxic overload in your living space is a must!

Although it may be easy to run to the store and buy a "household" commercial cleaning product, in the long run, those chemical toxins build up and make for an unhealthy and contaminated environment.

Instead of using harmful chemicals in your personal haven, why not use the best quality non-toxic solutions available?
dōTERRA offers the perfect ingredients for a natural and uplifting cleaning regiment.

In this book you will find a few recipes for you to create your very own household cleaning supplies to keep yourself, friends, and family safe.

What You'll Need

Spray Bottles
Storage Jar
Soap Dispensers
Baking Soda
Citric Acid
Unscented Castile Soap
White Vinegar
Olive Oil
Sweet Almond or Jojoba Oil
Witch Hazel
Distilled Water
dōTERRA Essential Oils

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Cleaning Recipes



Potty Bombs

Ingredients:

1 cup baking soda

¼ cup citric acid

1½ tablespoon unscented Castile soap

15 drops Purify Cleansing Blend

Instructions:

- Stir baking soda and citric acid together until combined.
- Slowly stir in the Castile soap and Purify. Stir until the mixture resembles wet sand.
- Pack the pod mixture into a mold and let dry at least four hours. If the mixture expands above the mold, firmly press back down.
- Once dry, remove the pods from the mold and store in an airtight container.
- To use, simply drop one into the toilet, wait until the pod stops bubbling, and scrub away!



Furniture Polish

Ingredients:

¼ cup olive oil

¼ cup vinegar

10 drops Lavender

Instructions:

- Add olive oil and vinegar to glass spray bottle.
- Add 10 drops of essential oil.
- Shake well before each use.
- Apply to microfiber cloth and wipe wood surfaces clean. Repeat every two to three months or as often as needed.



Windows

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:

- Add vinegar, water, essential oils in spray bottle, shake well.



Floors

Ingredients:

¼ cup Castile soap

¼ cup baking soda

10 drops melaleuca or wild orange

Instructions:

- Combine ingredients and add to a bucket of water.
- Mix well and mop!



Counters

Ingredients:

¼ cup white vinegar

1 ¾ cups water

10 drops each of eucalyptus, peppermint, wild orange

Instructions:

- Mix ingredients in bottle and stir/shake until blended



Tub & Tile

Ingredients:

- ¾ cup baking soda
- ¼ cup Castile soap
- 1 tbs water
- 1 tbs vinegar
- 10 drops lemon essential oil

Instructions:

- Mix ingredients in spray bottle and shake until blended



Shower Cleaner

Ingredients:

- 2 tbs Castile soap
- 10 drops lemon essential oil
- 15 drops melaleuca essential oil

Instructions:

- Mix ingredients in a spray bottle and spray on shower head and shower doors/curtains



Hand Soap

Ingredients:

- 1/2 cup Castile soap liquid.
- 1/2 cup distilled water.
- 1 Tbs sweet almond oil, olive oil or jojoba oil (optional)
- 15 drops eucalyptus
- 5-10 drops lavender

Instructions:

- Mix ingredients in dispensing bottle until thoroughly blended



Dish Soap

Ingredients:

2 cups unscented Castile soap

1-2 Tbs water

20 drops Lime oil

8 drops Lemon oil

6 drops Citrus Bliss

Instructions:

- Mix ingredients in large bottle
- Shake well



Refreshing Air Mist

Ingredients:

1 cup Water

1 cup Witch hazel

15-20 drops Grapefruit

15-20 drops purify or peppermint

Instructions:

- Mix ingredients in spray bottle
- Shake well



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¼ cup citric acid

1½ tablespoon unscented Castile soap

15 drops Purify Cleansing Blend

Furniture Polish

¼ cup olive oil

¼ cup vinegar

10 drops Lavender

Windows

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

Floors

¼ cup Castile soap

¼ cup baking soda

10 drops melaleuca or wild orange

Counters

¼ cup white vinegar

1 ¾ cups water

10 drops each of eucalyptus, peppermint, wild orange

Tub & Tile

¾ cup baking soda

¼ cup Castile soap

1 tbs water

1 tbs vinegar

10 drops lemon essential oil

Shower Cleaner

2 tbs Castile soap

10 drops lemon essential oil

15 drops melaleuca essential oil

Hand Soap

½ cup Castile soap liquid.

½ cup distilled water.

1 Tbs sweet almond oil, olive oil or jojoba oil (optional)

15 drops eucalyptus

5-10 drops lavender

Dish Soap

2 cups unscented Castile soap

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