

SPRING CLEANING SIMPLE SWAPS

Making simple cleaning swaps can make a huge difference in our overall health by drastically and quickly reducing our toxic burden.

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what is a toxic load?

Toxins are substances that come from countless sources every single day and cause harmful stress in our bodies. They are generally classified as solvents, chemicals, heavy metals, and neurotoxins. Our toxic load, or body burden, is the total amount of toxins that have accumulated in our bodies and refers to the overall burden it places on our body systems and vital organs.

So, where are all of these toxins coming from? They're coming from environmental exposures (avoidable and not), things we're bringing into our homes, fragrances, conventional products and cleaners, and so much more.

And what's the big deal? Well, after a while, these heavy toxic loads are putting our bodies in a constant state of stress. They cause chronic fatigue, inflammation, pain, mood changes, and put stress on every single one of our body systems (endocrine, reproductive, etc).

The good news is - there are so many ways you can start lowering your toxic load! A huge one is choosing safer products, and cleaning up your cleaning products is a great place to start!



so, what's the problem with conventional cleaning products?

Conventional cleaning products contain chemicals that can be dangerous for us to use, touch, smell, inhale, etc., even though they are marketed as being safe. Many cleaning products release chemicals into the air that negatively impact our health, commonly causing skin and respiratory irritations. You shouldn't have to ventilate your house while you clean to avoid getting dizzy from the fumes, and shouldn't have to worry about your kiddos crawling on the floor after you mop.

The problem is that it's getting increasingly hard to find 'clean' cleaning products that actually work, and that don't cost a small fortune! It's even harder to find companies that are a one-stop-shop for truly clean cleaning products that actually work.

This guide will highlight some of doTERRA's cleaning products + best essential oils for cleaning!

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what to avoid in cleaning products?

In general, avoid these red flags:

- Directions that advise you to wear gloves, masks, or having to be in a well-ventilated area when using
- Ingredients like: fragrance, parabens, phthalates, ammonia, triclosan, phosphates, bleach, chlorine, dyes, SLS + SLES
- If a product is using essential oils, RESEARCH THEIR SOURCING! While essential oils are great additions to cleaning products, they are not all created equally (why I personally only use doTERRA)

*These are just a few things to look out for when you're in the beginning stages of switching out your cleaning products!



kitchen swaps



*plant-based formulas
free from: SLS, SLES,
phosphates, phthalates,
dyes & chlorine*



laundry swaps



free of phosphates, phthalates, dyes, synthetic fragrance + chlorine



full of endocrine disruptors, carcinogens + harmful toxins



adding essential oils to dryer balls is the best way to swap out your toxic dryer sheets! the oils also leave a subtle scent, which eliminates the need for a scent booster!

why use essential oils for cleaning?

EO's are powerful plant products that support our bodies and homes in endless ways - especially with cleaning!

1

EFFECTIVE + SAFE

Many essential oils have antimicrobial, antifungal, + antibacterial properties that serve as powerful alternatives to harmful chemicals found in conventional cleaning products. And the best part? They are safe for everyone in your home, including littles + pets.

2

BUDGET FRIENDLY

Making your own cleaners using essential oils + a few other simple ingredients saves a ton of money you'd otherwise be spending on an array of expensive store-bought cleaners. You only need a few drops for most recipes - which means one small bottle will go a long way! DoTERRA also has multiple options for cleaner concentrates, soaps, detergents, etc., making it so easy to swap out your old products in a one stop shop.

So whether you're interested in a more natural, or simply less expensive, way to clean your home, DoTERRA can help!

3

REDUCE TOXIC LOAD

Once you take the plunge into ditching your old, toxic products, you'll instantly reduce the toxic load in your home, and your overall toxic body burden. Your air quality will improve + lots of surface contaminants will be eliminated!

4

REDUCE WASTE

Think about how many times in the last year you've run out of a cleaning product - disinfectant, toilet cleaner, soap, glass cleaner - and tossed all of those (probably plastic) bottles in the trash. When you start making your own cleaners, using reusable glass bottles, you'll create so much less waste!

5

ECO-FRIENDLY

Since essential oils are made from Mother Earth herself, they are much gentler on the planet when they are used, unlike chemical-filled products. Imagine the difference between cleaning a sink (and washing it down!) with bleach versus baking soda and a few drops of Lemon essential oil, or a squirt of toxin free cleaner concentrate mixed with vinegar or even water. Using essential oils to clean is gentler on our eco system, water supply, soil, + air!

what are the best essential oils for cleaning?



BERGAMOT, LEMON, LIME, + WILD ORANGE

These, and many other citrus oils, are powerful cleansing agents that purify the air and surfaces.



DOUGLAS FIR + SIBERIAN FIR

Fir oils have cleansing and purifying properties, but are also powerful deodorizers, leaving behind a fresh, piney scent.



EUCALYPTUS + PEPPERMINT

These two minty oils are refreshing deodorizers and are great for all-purpose cleaning



what are the best essential oils for cleaning?

TEA TREE

Well known for its antibacterial properties, Tea Tree is a great one to add to surface disinfectants, toilets, trash cans, etc.



PURIFY

This is a blend of Lemon, Siberian Fir, Citronella, Lime, Tea Tree + Cilantro. So you can imagine the many benefits packed into a little bottle! Forgot to take the trash out? Have a stinky litter box? Diffuse this one nearby to eliminate those odors instead of Febreze!



ONGUARD

A blend of Wild Orange, Clove, Cinnamon, Eucalyptus, + Rosemary - providing natural protection against environmental factors + overall cleaning capability. Diffuse it to clear the air, or spray it on surfaces to quickly disinfect!



all-purpose cleaner swaps + diy supplies

Using a cleaner concentrate is the best way to overhaul your entire cleaning product supply- on a budget!



other DIY supplies:

- castile soap
- baking soda
- white vinegar
- alcohol
- distilled water
- funnel
- measuring spoons
- glass containers/spray bottles
- microfiber cloths

With the Abode or OnGuard concentrates, essential oils + the other DIY supplies, you can make virtually any cleaning solution you need. From your carpets, to your counters, to your toilets, fruit and veggie wash, all-purpose cleaner, window/glass cleaner, room deodorizers and everything in between, you can DIY your entire cleaning cabinet.

OnGuard cleaner concentrate recipes

ALL PURPOSE CLEANER

- 2 tbsp OnGuard cleaner concentrate
- 10 drops Lemon EO
- 4 tbsp white vinegar

Fill the rest with filtered water.

WASHING MACHINE CLEANER

- 1 tbsp cleaner concentrate
- 1 cup white vinegar

Use in a warm cycle or clean cycle.

STAIN REMOVER SPRAY

- 50:50 cleaner and filtered water

Spritz onto fabric and wash normally.

SOFT SCRUB

- 2 tbsp cleaner concentrate
- 1/2 cup baking soda
- 5-10 drops Lemon EO

Lather on area, let soak, then scrub clean.



abode multi-purpose cleaner concentrate recipes

ALL PURPOSE CLEANER

- 2 tbsp Abode cleaner concentrate

Fill the rest of a 10oz glass spray bottle with water.



TOUGH SPOT CLEANER

- 2 tbsp Abode cleaner concentrate
- 1 cup white vinegar
- 5 drops Oregano EO
- 5 drops Tea Tree EO

Scrub into area and wipe clean.

Essential Oil Blend in Abode:

Lime, Litsea, Cassia, Lemon Eucalyptus, Tea Tree, Arborvitae, Kochii Eucalyptus, Cilantro, Lavandin & Lemon Myrtle - making it naturally great for grease & grime, countertops, fixtures, walls, finished wood, tile floors, and other surfaces!

DIY CLEANING RECIPES



Microwave Cleaner

- 1/4 cup white vinegar
- 1 cup hot water
- 5-10 drops Lemon EO

Spray and wipe!

Stovetop Cleaner

- 1/4 cup baking soda
- 1/4 cup table salt
- 1 tbsp Apple Cider Vinegar
- 2 tbsp Water
- 4-5 drops Purify EO

Spread paste on stove, let set for 15+ minutes, then wipe clean.

Kitchen Spray

- 10 drops Lemon EO
- 15 drops OnGuard EO
- 1 cup Vinegar
- 1 cup Water

Add to 16oz bottle.

Dishwasher Tabs

- 1 cup baking soda
- 1/4 cup citric acid
- 1 tbsp OnGuard cleaner concentrate
- 5 drops Grapefruit EO


Mix & put in silicone mold, let sit for a few hours, then remove and store in jar.

toilet cleaning pods

- 1 cup baking soda
- 1/4 cup citric acid
- 1 1/2 tbsp castile soap
- 15 drops EO (Lime, Tea Tree, Siberian Fir, Lemon, Cilantro, etc)

Stir baking soda + citric acid, slowly add castile soap and EO, until sandy. Pack in silicone molds & let dry for 4+ hours. Remove from molds, store in airtight glass container. Use 1 in toilet before cleaning or as daily refresh.





mold & mildew spray

- 10 drops Tea Tree EO
- 10 drops OnGuard EO
- 1/4 cup Vinegar
- 1/2 cup Water

Add to 8oz bottle, spray generously over the area and wipe clean.

diy carpet refresh powder

- 1/2 cup baking soda
- 10 drops EO (Lemon, Lavender, Purify, etc)

Sprinkle over carpet, let sit, then vacuum up.



laundry soap

- 1 cup baking soda
- 1 cup washing soda
- 1 cup castile soap
- 1/2 cup citric acid
- 20 drops Lemon EO
- 20 drops Lavender EO

Mix baking soda + washing soda + citric acid. Then add castile soap, then EO. Use 1-2 tbsp per load.

cleaning wipes

- 1 roll of paper towels or reusable cloths
- 2 cups warm water
- 5 drops OnGuard EO
- 2 tbsp fractionated coconut oil
- 1-2 tbsp OnGuard Foaming Hand Soap

Combine ingredients and soak in paper towels/cloths. Remove and store in airtight glass container.