



NATURAL HOME CLEANING SOLUTIONS

Using natural essential oils in place of traditional air fresheners and surface cleaners can keep you and your family out of harms way. All essential oils have antiseptic and medicinal value, but the oils below are best suited for cleaning and disinfecting because of their anti fungal, antiviral, and antibacterial properties.

Oregano, Thyme, Clove, Cinnamon, Tea Tree, Peppermint, Eucalyptus, Lemon. Orange, & Lavender

Traditional cleaning solutions are responsible for 11.1% of poison exposure, according to the poison control center. Ingredients in common household products are not federally regulated and have been linked to asthma, cancer, reproductive disorders, hormone disruption and neurotoxicity. With only a few simple ingredients your home can contribute to the wellness of your entire family and your community.

Vinegar - Apple cider vinegar can be used in place of white for a more pleasant smell, but be careful of it's darker color on clothes and lighter surfaces.

Water - Distilled water is preferred as it has a more natural ph and doesn't contain minerals to interfere with the cleansing properties of the essential oils and vinegar mixture.

Spray Bottle - Using a dark colored glass bottles is best, but high grade plastic is ok when oils are diluted. Smaller bottles such as 4 to 8 ounces will ensure your cleaning solutions stay fresh.

Extras - Carrier oils such as olive oil, coconut oil, and jojoba oil are best carrier oils for blending essential oils for personal care use. Castile soap can be added for additional cleaning power for dishes, body, and even laundry. Witch Hazel can be used for disinfecting sprays, and baking soda for scrubs.

All Purpose Cleaning Base

- 1/4 Cup White Vinegar
- 1 Cup Distilled Water
- 15 Drops of Lemon Essential Oil*
- 15 Drops of Tea Tree Essential Oil*

Yoga Mat Spray - Use 1/4 cup witch hazel in place of the water and lavender oil instead of lemon.

Bathroom Scrub - Use the base solution with no water, spray on to surface, sprinkle over a 1 part salt:3 part baking soda mix and scrub.

Fruit & Veggie Wash - use only 2/3 cup water and 5 drops of each orange and lemon oils.

Dusting Spray - Add 2 tbs olive oil in place of the tea tree oil.

**The oils you choose (and the amount of each) can depend on the scent you want and the room you are cleaning. Try swapping the tea tree oil with Eucalyptus for the bathroom, or with Thyme for the kitchen.*

**Looking for more help optimizing your in-home wellness, ask your
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