

A woman with long dark hair, wearing a white shirt and a brown striped apron, is cleaning a white table. She is holding a black spray bottle labeled 'doTERRA abode SURFACE SPRAY' and spraying it onto the table. Her left hand is holding a white cloth. The background is a bright, out-of-focus indoor space.

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Cleaning with Essential Oils

Introduction

Simple, Nontoxic, Natural Cleaning

Cleaning is cathartic for some, while for others it's a chore. But no matter how you feel about cleaning, it's an unavoidable part of life. Having a sanitary space is necessary for a healthy lifestyle and can even prevent certain health issues.

Regardless of whether you like to clean, you should think about what products you bring into your home. Having cleaning agents that are effective and useful is a must, but safety is also a significant facet to consider. If cleaning with natural, nontoxic ingredients is important to you, then dōTERRA essential oils can provide a simple yet powerful way of keeping things clean naturally!

Having a sanitary space is necessary for a healthy lifestyle.

Chapter one

Five Reasons to Clean with Essential Oils

1 Essential oils are natural and safe to use around the family.

One of the most appealing aspects of cleaning with essential oils is they come from natural sources and can be safely used around the entire family when applied properly. Essential oils occur naturally and are extracted by cold pressing or steam distilling certain parts of plants. All dōTERRA essential oils go through rigorous testing protocols to ensure they're pure and natural, with no contamination or adulteration. Because of this, when you clean with dōTERRA products, you can be confident you're employing the power of nature in your home and not synthetic substitutes.



2 Essential oils can serve as effective cleaning agents because they're potent and powerful.

Many essential oils contain cleansing properties because of their chemical makeup. Every essential oil has a unique molecular composition that creates its benefits. When you use essential oils for cleaning, you're relying on their natural chemical components to provide cleansing and purifying power.

Because of the way essential oils are extracted from plants, they're extremely potent. This potency is part of what makes them so excellent for household cleaning, as it only requires a small amount to see big results.



3 Essential oils provide a natural alternative to cleaning products with dangerous chemicals.

Some cleaning products on the market are full of powerful yet potentially dangerous chemicals that may put your family at risk when used in the house. The beauty of using pure essential oils for cleaning is they only contain the natural chemical components found within the plant, so when used in proper quantities, they're safe for your home and family.

If you have small children or just want to ensure your family isn't being exposed to unnecessary toxins and chemicals every day, essential oils provide a safe, natural solution for keeping your space clean.



4 Essential oils are versatile and affordable.

One major benefit of cleaning with essential oils is they're so versatile. A single product can help clean sections of the home or be used for several difficult cleaning tasks. Typically, it requires an entire cupboard of different cleaning products to keep the entire house clean. But often, one essential oil can be used for a variety of jobs, from cleaning the kitchen to the bathroom, refreshing the air, getting rid of sticky messes, helping with laundry, and more.

Essential oils can also be used to make your own cleaning agents, tailoring each to your personal cleaning preferences or needs. Remember, the potent nature of essential oils makes it so you won't need a lot of it to complete a cleaning task. When it comes to cleaning with essential oils, a little goes a long way, which is why many people find them to be a cost-effective solution as well!



5 Essential oils provide lovely aromas while you clean.

Perhaps one of the greatest appeals of cleaning with essential oils is you have the added benefit of enjoying beautiful aromas while you clean. Many cleaning products have strong, artificial, or unpleasant smells because they're full of synthetic chemicals and other unnatural ingredients. But when you use essential oils to clean, you can smell their lovely natural aromas, which can last up to a few hours! Using essential oils with uplifting, refreshing, and invigorating scents will make your home feel extra clean.



Five Reasons to Clean with Essential Oils

1. Natural and safe to use in the home
2. Potent, powerful, and effective
3. Alternative to cleaning products with dangerous toxins and chemicals
4. Versatile and affordable options for cleaning
5. Clean and lovely aromas

Chapter two

The Science behind Using Essential Oils for Cleaning

Now that you know a few of the many benefits of cleaning with essential oils, it's time to dive into the science behind what makes them such amazing cleaning agents.

As briefly mentioned before, every essential oil has its own natural set of chemical components or constituents that create its specific benefits. For example, some essential oils contain constituents that make them effective for improving the appearance of the skin, while others have properties that make them useful for repelling insects or supporting a restful environment.

Typically, an essential oil combines several chemical components, giving it a diverse set of potential benefits. For example, look at the chemical profile of Lemon, which determines the benefits this essential oil has to offer.



Lemon Essential Oil

Plant Part: Lemon peel

Main Chemical Constituents: Limonene, beta-pinene, gamma-terpinene

Possible Benefits:

Limonene (55–75% composition)

- Offers an uplifting and energizing aroma.
- Has surface-, teeth-, and skin-cleansing properties.
- May help reduce the appearance of skin blemishes.
- Supports immune, gastrointestinal, and nervous system function when ingested.*

Beta-pinene or β -pinene (6–18% composition)

- Supports immune function and response.*
- May help maintain healthy blood glucose levels that are already in the normal range when used internally*.

Gamma-terpinene or -terpinene (3–16% composition)

- Has surface-cleansing properties.

While these are just three of the main chemical constituents in Lemon, it's easy to see how the unique chemical makeup of the essential oil determines the possible benefits it can offer. Because Lemon essential oil has a high percentage of chemical constituents with surface-cleansing benefits, it's useful for household cleaning (among other things).

Other essential oils may have a smaller percentage of cleansing chemical properties, but they might have a higher percentage of chemical constituents that make them useful for other tasks, like soothing the skin or calming stomach upset when ingested.* The beauty is each essential oil has a unique chemical profile, with different percentages and combinations of all kinds of chemical components. This is why essential oils are so versatile and have so many potential uses!



Chemical Constituents That Provide Cleansing Benefits

Many essential oils contain cleansing chemical components, but the most beneficial ones for cleaning are those with the highest concentration of those cleansing constituents. The unique combination of chemical constituents in any essential oil depends on what kind of plant it comes from. Each plant produces a different essential oil, with its own set of chemical components, and thus its own set of benefits. Because some essential oils have a higher percentage of chemical components with cleansing benefits than others, they're more effective for household cleaning.

Let's look at some of the chemical compounds with cleansing properties—like phenols, aldehydes, and monoterpenes—and which essential oils contain high concentrations of these chemical compounds.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

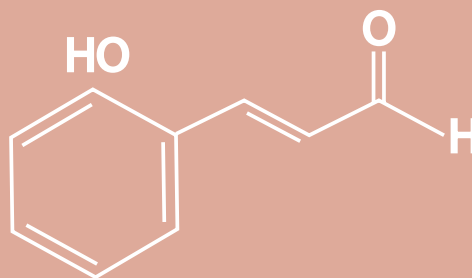
Phenols

The chemical structure of phenols makes them extremely potent and rich in antioxidants when found in essential oils. Phenols commonly found in essential oils include thymol, carvacrol, eugenol, and anethole. Phenol-rich essential oils that can be useful for cleansing include:



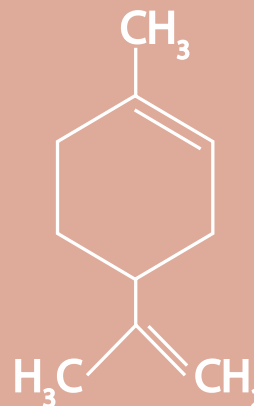
Aldehydes

Though aldehydes are typically only found in small quantities in plants, they're known for providing essential oils with powerful scents. Aldehydes like cinnamaldehyde and geranial are frequently found in essential oils. Essential oils rich in aldehydes that are also useful for cleansing purposes include:



Monoterpenes

Monoterpenes are hydrocarbons that are frequently found in essential oils and provide them with numerous benefits. Common monoterpenes found in cleansing essential oils are limonene and terpinene. Essential oils that contain monoterpenes, making them useful for cleansing, include:



Essential Oils Have Different Types of Cleansing Properties

Keep in mind that while many essential oils are known to contain cleansing properties, the word cleansing has more than one meaning. Some essential oils have chemical components that provide cleansing benefits for the skin, while others may have chemical profiles that make them useful for internal cleansing.* When it comes to household cleaning, the best essential oils are those with surface-cleansing properties.

Remember, each essential oil has a unique combination of chemical constituents. Certain ones may have chemical components that are generally cleansing, but they may not be particularly useful for cleansing surfaces. Other essential oils may contain cleansing properties that are effective for surfaces; however, if these chemical components only appear in small amounts, it's better to use essential oils with higher percentages of surface-cleansing chemicals specifically.



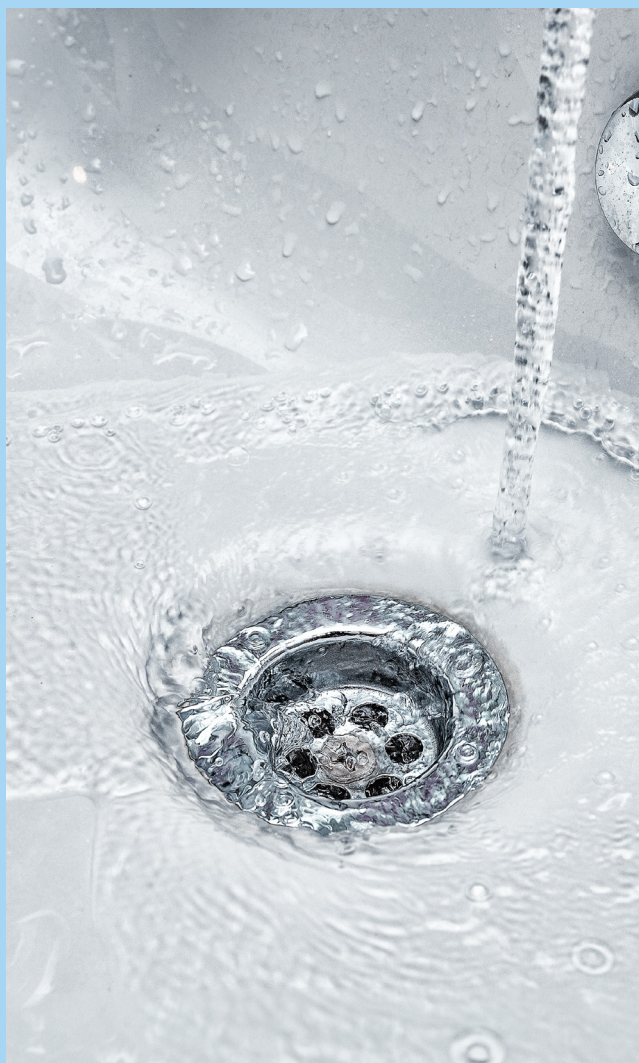
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Chapter three

Safety Tips and Guidelines for Cleaning with Essential Oils

Before you incorporate essential oils into your cleaning routine, you should understand a few safety guidelines.

Pure essential oils are safe for the home and your family, but they should always be used in proper amounts and with appropriate application methods. By following these safety guidelines and usage tips, you can ensure you help your family, while naturally and successfully cleaning your home.



Use Pure Essential Oils for the Best Results

Not all essential oils are equal when it comes to quality and efficacy. When choosing essential oils to bring into your home, make sure they're pure and of the highest quality, come from natural sources, and don't contain synthetic fillers or contaminants, as these will be much safer products and yield the best results. Low-quality oils or ones with synthetic fillers won't be as effective for cleansing purposes, and because they aren't pure, more will be required to accomplish certain cleaning tasks. When using pure, potent essential oils, little of the product is required to provide powerful cleansing benefits.

Along with providing the most benefits, high-quality essential oils are also safer to use around the family. Such essential oils typically go through rigorous testing protocols to ensure they're safe for consumer use. To save time and money during production, some companies forego testing, but doing so doesn't allow them to guarantee the safety, purity, and quality of their products. When used in proper amounts and situations, pure essential oils are safe and can be useful in the home, and you'll have peace of mind, knowing the products you're using offer true cleansing benefits.

What to look for when choosing an essential oil:



Natural source
Thorough testing
High level of purity



Impure source
Untested or limited testing
Synthetic fillers

Only a Small Amount Is Needed

If you're using pure essential oils that are high quality, only a small amount of it will be needed when cleaning around your home. And if you plan on combining several essential oils together, you'll only need a tiny amount to reap the desired cleansing benefits. You can always apply more essential oil, if necessary, but you can't put back what you've already used. This is particularly important to remember when making your own cleaning agents. You can always add more drops to the solution, so start small. Also, keep in mind when cleaning with essential oils that a little goes a long way.



How Many Drops Do I Need?

Essential oils can be used for cleaning in quite a few ways, but when it comes to making your own cleaning solutions, you might be wondering how much of an essential oil to include. The amount you add to your cleaning solution will depend on the job at hand, what surface you plan on applying the mixture to, and how severe the mess is. For example, if you're simply cleaning the surfaces around the home, you'll need less of essential oil compared to if you're trying to remove a greasy mess or stubborn buildup.

Here's a guide to help you determine how much of an essential oil to add to your cleaning solution.



1 to 5
Strong
For simple jobs like cleansing surfaces or wiping up messes, use five (or fewer) drops of essential oil in two to three cups of cleaning solution.

10 to 15
Stronger
For tougher tasks like stains, grease messes, or sticky residue, use 10–15 drops of essential oil in three to five cups of cleaning solution.

20+
Strongest
For particularly pesky or persistent cleaning jobs, use 20 or more drops. (Keep in mind that this amount of essential oil will allow the scent to come through strongly and will be extremely potent.)

doTERRA
Lemon
Citrus limon
15 mL

Test before Cleaning

When cleaning with essential oils, you should consider testing the essential oil or your homemade cleaning solution on a small area before applying a large amount. Testing the cleansing solution on a small, inconspicuous area will let you see how the essential oil solution reacts with certain types of wood, fabric, granite, and so on. This is an especially smart practice if you have unique kinds of furniture, carpet, or other aspects of your home you're worried about harming with cleaning agents.

Storage

Part of safe essential oil use (in any capacity) is ensuring they're stored safely and responsibly. As we've mentioned, essential oils are incredibly potent, and young children don't understand how best to use them, so they can pose a threat when applied around unsupervised children. Many parents store commercial cleaning products in hard-to-reach places where children can't get to in order to keep the little ones safe from improper exposure or ingestion. Do the same with essential oils and any homemade cleaning solutions. Ensure your children can't access essential oils or cleaning solutions without your knowledge to keep them safe from improper exposure.

Along with keeping essential oils in a safe space, you should store them in a cool, dry place to preserve their natural chemical properties. Essential oil properties are best retained when stored in dark bottles, keeping UV rays and other types of light from altering their chemical compositions. When storing your own essential oil cleaning agents, their chemistries will be best preserved in a glass or stainless steel container.

Solutions shouldn't be stored in plastic long-term. If you choose to make your own cleaning solutions and store them, keep in mind that (essential) oil and water don't mix. When an essential oil cleansing solution sits in a cupboard, it's possible for the essential oil to separate from the other cleaning agents, so shake well before each use to ensure effective cleaning.

Best Practices for Cleaning with Essential Oils

- Use only high-quality essential oils.
- Remember that a little goes a long way, and the amount of essential oil you need depends on the cleaning job.
- Test on a small area before cleaning regularly with essential oils.
- Practice responsible storage.
- For homemade essential oil cleaning agents, shake well before each use.



Chapter four

How to Use Essential Oils for Cleaning

Now that you're equipped with basic guidelines, it's time to clean!

In this chapter, you'll learn about how to make some of your own cleaning solutions with essential oils and other natural ingredients, but if DIYs aren't your thing, you can still clean your home naturally! dōTERRA abōde™ is a line of natural, simple, and effective home care and cleaning products. It includes a multipurpose cleaner, dish soap, dishwasher pods, laundry pods, and a gorgeous duet of hand soap and lotion.

Not only is the abōde line nontoxic, but it's also a modern signature style for your home.

From the clean, green ingredients to sustainable packaging—every aspect of abōde was created with meticulous intentionality. It's premium in both quality and design.

And perhaps best of all, abōde products are just as effective as the products you'd find on supermarket shelves.



Making Your Own Cleaning Solutions at Home

Essential oils can combine with a number of household ingredients to make your own cleaning agents. Consider using the following ingredients when making your own natural home cleaning products.



White Vinegar

- Purifying properties are useful for cleaning grease and mineral deposits.



Baking Soda

- Useful for absorbing and eliminating odors and cleansing surfaces in the home.



Salt

- An effective scrubbing agent that's useful for cleaning stains and greasy messes.



Castile Soap

- Helpful for lifting dirt, stains, and grease.

Any of these cleaning agents can be combined with essential oils for home cleaning tasks.

Best Essential Oils for Household Cleaning

As mentioned earlier, many essential oils possess chemical constituents with cleansing properties, but some are more useful for household cleaning than others. Here's a list of some of the most effective oils for cleaning around the house:

- Arbovitae
- Basil
- Bergamot
- Cassia
- Cedarwood
- Cilantro
- Cinnamon Bark
- Clove
- Coriander
- Cypress
- Eucalyptus
- Lemon
- Lime
- Melissa
- Oregano
- Siberian Fir
- Tea Tree
- Thyme
- Wild Orange



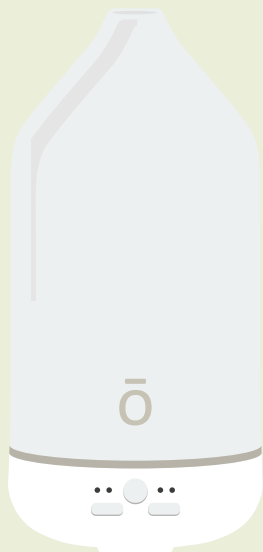
After setting aside a few essential oils that are most useful for cleaning, you're ready to tackle just about any pesky household cleaning job.

Refreshing the Air

One of the best ways to use essential oils around the house is to freshen the air by creating a lovely, inviting smell. Not only can you employ essential oils with cleansing properties to refresh the air in the home, but you can also dispel unpleasant odors, replacing them with the potent aromas of essential oils. Eucalyptus, Lavender, Lemon, Lime, Tea Tree, Thyme, and Wild Orange are some of the most effective essential oils for clearing the air.

Effective Essential Oils for Freshening the Air

-  Eucalyptus
-  Lavender
-  Lemon
-  Lime
-  Tea Tree
-  Thyme
-  Wild Orange



Add these essential oils to a diffuser in any area of the house to help dispel unwanted odors or to freshen the air. You can also combine several essential oils in a single diffuser to create a custom blend. Try Bergamot, Lemon, and Spearmint for a refreshing, citrusy, and minty aroma. Basil, Lemon, and Lime serve as another refreshing combination, but with an herbal twist to the citrus scent. For a minty, bright aroma that's a little earthy, try Eucalyptus, Peppermint, and Tea Tree. Cinnamon Bark, Clove, and Wild Orange make the perfect combination for cooler weather when you want a warm and spicy aroma. One more diffuser blend to try is Lavender, Rosemary, and Eucalyptus!

Try any of the following essential oil combinations for a unique and refreshing scent:

 Bergamot

 Lemon

 Spearmint

 Basil

 Lemon

 Lime

 Eucalyptus

 Peppermint

 Tea Tree

 Cinnamon Bark

 Clove

 Wild Orange

 Lavender

 Rosemary

 Eucalyptus

Along with diffusing essential oils throughout the home, you can also make your own room spray to promote an inviting, pleasant scent in any room. For your room spray, you can try one of the diffuser combos suggested before or check out this citrusy suggestion. Put 10 drops each of Lemon, Lime, and Grapefruit in a glass spray bottle, and then fill the remaining space with distilled or filtered water. Depending on the size of your bottle, you may want to use more essential oil or less. When a room needs refreshing, just shake the bottle well and spray thoroughly.

Essential Oil Room Spray

Ingredients:

10 drops Lemon essential oil
10 drops Grapefruit essential oil
10 drops Lime essential oil
Distilled water

Instructions:

1. In a glass spray bottle, add the essential oils and top off with water. (Depending on the size of the spray bottle, you may wish to add more essential oils or less.)
2. To refresh a room, shake the bottle well, and spray thoroughly.



Installing a New Air Filter

If it's been a while since you last changed the air filter in your home, consider changing it out for a new one. The age and condition of your filter has a huge impact on the air quality of your home. The next time you replace your filter, add a few drops of essential oil to it to refresh the air throughout your space.

Instead of spraying commercial air fresheners and filling your home with questionable ingredients, you can make your own natural air freshener with just baking soda and essential oils. Put $\frac{1}{4}$ cup of baking soda in a small mason jar and add five to six drops of your favorite dōTERRA essential oil. Then place a breathable piece of fabric over the jar's opening and seal it with the jar band. To keep an area smelling fresh, place the jar on a solid surface within the space and shake to activate the scent. If the aroma starts to fade, simply add a couple more drops of essential oil to the jar and shake!

Natural Air Freshener

Ingredients:

$\frac{1}{4}$ cup baking soda
5–6 drops dōTERRA essential oil

Instructions:

1. Put $\frac{1}{4}$ cup baking soda in a small mason jar, and then add five to six drops of essential oil.
2. Put a piece of fabric over the jar's opening and seal with a jar band.
3. To keep an area smelling fresh, place the jar on a solid surface and shake to activate the scent.
4. If the scent starts to fade, simply add two to three drops of essential oil to the jar.

If you enjoy having potpourri around the house, you can easily incorporate essential oils into your recipe to give any room an inviting aroma.

For a classic autumn potpourri, combine your preferred assortment of the following ingredients in a container or bowl: orange peels, bay leaves, cinnamon sticks, dried apple slices, star anise, vanilla beans, cardamom seeds, candied ginger, whole cloves, allspice, and whole nutmeg. Then, to give the potpourri aroma some extra punch, add three to five drops of essential oil to the top. Cardamom, Cassia, Cinnamon Bark, Clove, Ginger, Vetiver, and Wild Orange essential oils are all excellent options. After a few weeks, the aroma will likely start to fade, but you can add a couple more drops of essential oil to revive the lovely scent.



Essential Oil Potpourri

Recommended Ingredients:

Orange peels
Star anise
Bay leaves
Cinnamon sticks
Vanilla beans, cut into small pieces
Cardamom seeds
Dried apple slices
Candied ginger
Whole cloves
Allspice
Whole nutmeg

Recommended Essential Oils:

Cardamom
Cassia
Cinnamon Bark
Clove
Ginger
Vetiver
Wild Orange

Instructions:

1. Place the desired herbs and spices in a container or bowl. Mix and assemble as desired.
2. Add three to five drops of essential oil on top of the potpourri.
3. After a couple weeks, add a few more essential oil drops to revive the aroma, if fading.

Surfaces

As discussed in the second chapter, many of the cleansing properties in essential oils make them effective for cleansing surfaces throughout the home. When you're in a hurry, you can add a small dab of an essential oil like Lemon or Bergamot to a wet cloth or rag and wipe down surfaces in the kitchen or bathroom. For routine cleaning, consider creating your own essential oil cleanser to make it easy to clean the most popular surfaces in your home.

For a simple all-purpose cleaning spray, combine one cup of warm water and one cup of white vinegar in a spray bottle, along with 15 to 20 drops of essential oil. You can use more or fewer drops, depending on how strong you want the cleaner to be.



Wood

Many market wood-polishing products include some type of oil, as they can be a gentle way to clean and rejuvenate wood furniture. The next time you want to polish a table, chairs, or other wood furniture, try this essential oil wood polish. In a glass spray bottle, combine ¼ cup of olive oil and ¼ cup of vinegar. Then add 10 drops of Wild Orange, Lemon, or Arborvitae essential oil—or a combination of the three. Shake well before each use, and then apply to a microfiber cloth to wipe wood surfaces clean. Repeat every few months or as often as needed.



All-Purpose Cleansing Spray

Ingredients:

- 1 cup warm water
- 1 cup white vinegar
- 15–20 drops dōTERRA essential oil

Tip: Use an oil dropper if you want an exact number of drops.

Instructions:

1. In a spray bottle, combine the water and vinegar.
2. Add the essential oil(s) of your choice, shaking well.
3. Use on countertops, wood, glass, stainless steel, and porcelain.
4. Wipe down with a microfiber cloth or paper towel.

Essential Oil Wood Polish

Ingredients:

- ¼ cup olive oil
- ¼ cup vinegar
- 10 drops dōTERRA essential oils (Wild Orange, Arborvitae, or Lemon)

Instructions:

1. Add the olive oil and vinegar to a glass spray bottle.
2. Combine with 10 drops of essential oil of your choice.
3. Shake well before each use.
4. Apply to microfiber cloth and wipe wood surfaces clean, repeating every two to three months or as often as needed.

Glass

Whether you have a house full of children, guests, or roommates, it can be difficult to keep windows and mirrors free of smudges and handprints. Thankfully, the cleansing power of citrus oils like Lemon and Lime can be extremely useful for giving the glass in your home an extra sparkle. Put 1½ cups of white vinegar and ½ cup of distilled water in a spray bottle, with eight or so drops of the citrus oil of your choice. Grapefruit, Green Mandarin, Lemon, Lime, and Wild Orange are all excellent options. Shake well before spraying onto glass, and then wipe clean.

Essential Oil Glass Cleaner

Ingredients:

- 16-ounce spray bottle
- 1½ cups white vinegar
- ½ cup distilled water
- 8 drops dōTERRA citrus oil (Grapefruit, Green Mandarin, Lemon, Lime, or Wild Orange)

Instructions:

1. Add the vinegar, water, and essential oil(s) to a spray bottle and shake.
2. Spray the mixture on glass surfaces and wipe clean.



Sticky Messes

Instead of using chemical-ridden cleansers to take care of sticky or greasy messes, simply employ Lemon essential oil. Because Lemon is so powerful and potent, you'll only need a little to get rid of even the most stubborn messes. Place a few drops of Lemon on a rag to help remove sticky residues from surfaces. A drop of Lemon on a cotton pad can get rid of grease spots from surfaces too. When you can't get tree sap or other sticky residues off your hands, add a drop of Lemon to the palm and wash your hands using warm water. You can also wash your hands with Lemon to remove grease after changing the oil in the car or another mess!

Cleaning Sticky Messes with Lemon Essential Oil

- Place a few drops of Lemon on a rag to help remove sticky residues from surfaces.
- Wash the hands with Lemon to remove grease after changing the oil in the car.
- When you can't get tree sap or other sticky residues off your hands, add a drop of Lemon to the palm and wash your hands using warm water.
- Place a drop of Lemon on a cotton pad when you need to remove grease spots from surfaces.

We've all tried peeling a sticker off and been stuck with sticky residue. Lemon essential oil can help get rid of any traces left behind.

The next time you want to get rid of a stubborn sticker, try this trick. First, peel off the parts of the sticker that come off easily. If paper remnants are left behind, this solution should still soak through. Combine two tablespoons of baking soda with five drops of Lemon essential oil in a cup of water. Apply this mixture to the sticky surface and let it soak for two to five minutes. Then use a damp towel or cleansing wipe to remove the adhesive.



Sticker Remover

Ingredients:

- 2 tablespoons baking soda
- 5 drops Lemon essential oil
- 1 cup water
- Cleansing wipe or towel

Instructions:

1. For sticker removal, peel off the parts of the sticker that come off easily. (If paper remnants are left behind, the solution should still soak through.)
2. Combine the baking soda, Lemon essential oil, and water in a small bowl or dish.
3. Apply the mixture to the sticky surface and let it soak for two to five minutes.
4. Use a damp towel or cleansing wipe to remove any adhesive.

Kitchen

Because so many surfaces in the kitchen are used every day, essential oils can be extremely helpful for keeping the space clean. As a bonus, every time you clean the kitchen with essential oils, they leave behind lovely smells, making it feel twice as clean! For a great kitchen cleaner, combine one cup of white vinegar with two cups of hot water and 15 drops of Lemon essential oil in a spray bottle. Then just spray and scrub away!

When it comes to the stove, you'll eventually need to get rid of caked-on food, or maybe you're just wanting it to sparkle like it once did. Either way, this stovetop cleaner can help you get the job done. You'll need ¼ cup of baking soda, ¼ cup of salt, one tablespoon of apple cider vinegar, two tablespoons of water, and four to five drops of essential oil. Try using Lemon, Lime, or Tea Tree—or a combination of the three. Stir all the ingredients together until they form a paste and spread it over the stovetop and burners. Leave it on for 15 minutes (or longer for hard-to-remove stains). Then, using a sponge, scrub the mixture into the grime. After, you can just remove the excess cleaner and wipe the surface clean!

Stainless Steel

While stainless steel is wonderful to have in the kitchen, it can easily get smeared with food and handprints, making it look dirty. To keep the stainless steel in your kitchen sparkling clean, simply fill a spray bottle with undiluted white vinegar and add six drops of Lemon essential oil. Spray your stainless steel appliances and wipe them down for a clean, refreshed look.



Refrigerator and Microwave Cleanser

Ingredients:

- 1 cup white vinegar
- 2 cups hot water
- 15 drops Lemon essential oil

Instructions:

1. Combine the ingredients in a glass spray bottle.
2. Spray inside the refrigerator or microwave, and then scrub and wipe using a damp cloth.

Stovetop Cleaner

Ingredients:

- ¼ cup baking soda
- ¼ cup table salt
- 1 tablespoon apple cider vinegar
- 2 tablespoons water
- 4–5 drops dōTERRA essential oil (Lemon, Lime, or Tea Tree)

Instructions:

1. Stir all the ingredients until they form a paste and spread it over the stovetop and burners.
2. Leave it on for 15 minutes (or longer for hard-to-remove stains).
3. Using a sponge, scrub the mixture into the grime.
4. Remove any excess cleaner and wipe the surface clean.

Bathroom

If cleaning the bathroom is your least-favorite chore (like many people), you can make it a pleasanter task with essential oils. By letting the power of essential oils do most of the work for you, cleaning the bathroom will quickly become one of the easiest jobs in the house.

Toilet Bowl Cleaner

Do you dread cleaning the toilet? With a little help from Tea Tree essential oil, you can easily give your toilets a sparkling makeover. Combine $\frac{1}{2}$ cup of baking soda, 10 drops of Tea Tree, and $\frac{1}{4}$ cup of white vinegar directly in the toilet bowl. Scrub the bowl clean as the vinegar and baking soda react.

For an even easier way to clean the toilet, consider making your own toilet cleaning pods that you can simply drop in the toilet when you're ready for a clean, refreshed toilet and bathroom.

Stir one cup of baking soda with $\frac{1}{4}$ cup of citric acid in a bowl. Then slowly add in $1\frac{1}{2}$ tablespoons of unscented Castile soap and 15 drops of essential oil. Try Tea Tree, Lime, or Siberian Fir—or a combination of the three! When the mixture resembles wet sand, it's ready for packing into pods. You can adjust the mixture by adding more baking soda and citric acid or a little more Castile soap, depending on what you need to get a wet sand consistency. When the consistency is right, pack the mixture into silicone molds and let it dry for at least four hours. If the mixture starts to expand above the mold, firmly press it back down. Once dry, remove the pods from the mold and store them in an airtight container. To use, simply drop one into the toilet, wait until the pod stops bubbling, and then scrub.

Toilet Cleaning Pods

Ingredients:

- 1 cup baking soda
- $\frac{1}{4}$ cup citric acid
- $1\frac{1}{2}$ tablespoons unscented Castile soap
- 15 drops dōTERRA essential oil (Lime, Tea Tree, Siberian Fir, or Lemon)
- Silicone mold

Instructions:

1. Stir the baking soda and citric acid together until combined.
2. Slowly add the Castile soap and essential oils, stirring until the mixture resembles wet sand.
3. Pack the pod mixture into a mold and let dry at least four hours. (If the mixture expands above the mold, firmly press it back down.)
4. Once dry, remove the pods from the mold and store them in an airtight container.
5. To use, simply drop one in the toilet, wait until the pod stops bubbling, and start scrubbing.



Pesky soap scum or tile stains can make cleaning the bathroom a major chore.

But with the cleansing power of Lemon essential oil, you can create an all-purpose bathroom scrub that brings new life into a grimy restroom. Combine $\frac{3}{4}$ cup of baking soda with $\frac{1}{4}$ cup of unscented liquid Castile soap in a bowl. Next, add a tablespoon of water and stir. Then add one tablespoon of vinegar and five or so drops of Lemon essential oil. The consistency should be a soft paste. Apply this paste to the area you'd like to clean and let it sit for up to 10 minutes. After the solution has had a chance to sit, begin scrubbing! When you're finished, wipe the surface clean with a wet cloth.

Soft Scrub Bathroom Cleanser: Tub, Tile, and Toilet

Tip: This scrub can also be used to clean your kitchen sink, refrigerator, or tile floors.

Ingredients:

- $\frac{3}{4}$ cup baking soda
- $\frac{1}{4}$ cup unscented liquid Castile soap
- 1 tablespoon water
- 1 tablespoon vinegar
- 5–10 drops Lemon essential oil

Instructions:

1. In a bowl, combine the baking soda and Castile soap.
2. Add the water and stir.
3. Add the vinegar and Lemon essential oil. (The consistency should be a soft paste.)
4. Apply and let it sit for up to 10 minutes.
5. After the solution has had a chance to sit, scrub. Once done, use a wet cloth to wipe clean.

Note: Make in small batches and store in an airtight container. This recipe is enough for two to four applications.



Laundry

Let the refreshing, uplifting scents of essential oils breathe new life into your clean clothes by using them on your next batch of laundry. Here are a few ways to incorporate essential oils into your laundry routine to help your clean clothes smell even better:

- Place two to three drops of Wild Orange on dryer balls for a refreshing laundry aroma.
- Add a few drops of Siberian Fir to the rinse cycle to help get rid of unpleasant odors.
- Add a drop of your favorite essential oil to a damp cloth and place it on top of clothing while ironing.
- Place a few drops of Lavender on dryer balls and throw in the dryer with some towels for a luxurious, relaxing aroma the next time you get out of the shower.
- Add ½ cup of white vinegar, along with four to six drops of Tea Tree essential oil, to the wash cycle for a fresh, clean scent as you naturally brighten your white clothes.

If you want to avoid the chemicals and synthetic fragrances in store-bought laundry detergent, consider making your own essential oil laundry detergent for a natural alternative. You need two cups of washing soda, two cups of borax, one bar of grated Castile soap, and 25 drops of your favorite essential oil. Mix the ingredients together and store in an airtight container. Then when it's time to do laundry, just add ¾ cup of the mixture per load!

Powder Laundry Detergent

Ingredients:

- 2 cups washing soda
- 2 cups borax
- 1 bar Castile soap, grated
- 25 drops dōTERRA essential oil

Instructions:

1. Mix the washing soda, borax, and Castile soap together.
2. Add the essential oil, mixing to combine.
3. Use ¾ cup of the mixture per load of laundry. Store in an airtight container.

Your clothes will smell extra fresh when you apply the renewing, uplifting scents of essential oils before the drying process. For extra fresh clothes, consider creating your own fabric softening spray by combining 16 ounces of white vinegar with 10–15 drops of an essential oil like Lavender, Grapefruit, Peppermint, or Geranium. Simply add the essential oils and vinegar to a glass spray bottle, shake well, and spray over wet clothing before drying.

Essential Oil Fabric Softening Spray

Ingredients:

- 16 ounces white vinegar
- 10–15 drops dōTERRA essential oil (Lavender, Grapefruit, Peppermint, or Geranium)

Instructions:

1. Add the essential oils to a glass spray bottle.
2. Fill the remaining space with warm white vinegar.
3. Shake well before each use to ensure the essential oils and vinegar are well combined.
4. To use, spray over wet clothing before drying.





Living Spaces

Carpet

While you shouldn't apply essential oils directly to your carpet, as they may not react well with fabric and could be potentially damaging, you can combine the powerful aromas of essential oils with baking soda to help refresh your flooring with this essential oil carpet refresher. Add 10 drops of essential oil—Lavender, Lemon, Cypress, or Eucalyptus are good options—to about two cups of baking soda. Stir the baking soda until the essential oil is well combined. Sprinkle the mixture over carpet. Let it rest for one to two hours, and then vacuum it up. You can store the leftovers in an airtight container.

Essential Oil Carpet Refresher

Ingredients:

- 2 cups baking soda
- 10 drops dōTERRA essential oils (Cypress, Eucalyptus, Lavender, or Lemon)

Instructions:

1. Add the essential oil to the baking soda and stir until well combined.
2. Sprinkle the mixture over your carpet.
3. Let it rest for one to two hours, and then vacuum.
4. Store the remaining baking soda in an airtight container for future use.

Furniture, Bedding, Linens

When your living spaces could use a little refresh, consider using essential oils to add a lovely, inviting aroma to any room. Simply combine two cups of distilled water, two tablespoons of rubbing alcohol, and 15 drops of Lavender essential oil in a spray bottle. Shake the bottle to make sure the solution is mixed well, and then mist over furniture or bedding or in the linen closet. You can also use this spray in the car or in your children's bedrooms when you want to dispel unpleasant or stale smells.

Soap

While a lot of dish and hand soaps we get from the store contain potentially harmful chemicals, you have endless natural solutions when it comes to soap. Whether you're concerned about protecting your family or simply enjoy making your own soap, try one of these easy essential oil soap recipes.

For a Rosemary Spearmint soap, you'll need an olive oil melt-and-pour soap base and silicone soap molds. Start by cutting off the amount of soap base you want to use and place it in a microwave-safe bowl. Melt the soap into liquid form in increments of 30 seconds. (If desired, add a handful of dried herbs to the soap mold.) Back to the liquid soap mixture, add 15 drops each of Spearmint and Rosemary essential oils and mix together. Then pour the mixture into molds and let it sit for an hour. Remove the soap from the molds, and they're ready to use!

For an essential oil dish soap, you'll need two cups of unscented liquid Castile soap to start. If you're using a concentrate, follow the instructions for dilution ratios. Then add 20 drops of Lime, eight drops of Lemon, and six drops of Grapefruit or Wild Orange essential oils. To use, shake and add one to two tablespoons to dish water.

For a foaming hand soap, you'll also start with unscented liquid Castile soap. Combine two tablespoons with one tablespoon of Fractionated Coconut Oil in a foaming hand soap dispenser. Then add 10 drops of your favorite essential oil and make sure they're mixed. Then slowly add water into the bottle until it's almost full. (You'll need a little room for the foaming pump.) Place the lid on the bottle, shake well, and it's ready to use!

Rosemary Spearmint Soap

Ingredients:

Olive oil melt-and-pour soap base
Silicone mold
15 drops Spearmint essential oil
15 drops Rosemary essential oil
Optional: dried herbs

Instructions:

1. Cut off the amount of soap base you want to use and place it in a microwave-safe bowl.
2. Melt the soap into liquid form in increments of 30 seconds.
3. Add a handful of dried herbs to the soap mold, if desired.
4. Add the Spearmint and Rosemary essential oils, mixing together and pouring into the molds.
5. Let it sit for an hour.
6. Remove the soap from the mold.

Note: The soap should be good for a few months.

Essential Oil Dish Soap

Ingredients:

2 cups unscented Castile soap
20 drops Lime essential oil
8 drops Lemon essential oil
6 drops Grapefruit or Wild Orange essential oil

Instructions:

1. Fill a large clean bottle with Castile soap.
Note: Dilute according to instructions if using a concentrate.
2. Add the essential oils.
3. To use, shake and add one to two tablespoons to dish water.

Essential Oil Foaming Hand Soap

Ingredients:

2 tablespoons unscented liquid Castile soap
1 tablespoon Fractionated Coconut Oil
10 drops dōTERRA essential oil (Eucalyptus or Tea Tree)
Water

Instructions:

1. Pour the Castile soap and Fractionated Coconut Oil into a soap bottle.
2. Add the essential oils.
3. Slowly add water to the bottle, making sure to leave room for the foaming pump.
4. Place a lid on the bottle and shake well.
5. When ready to use, just pump one to two times into the hands and wash with warm water.

Conclusion

Ready, Set, Clean!

When you understand how effective essential oils can be for cleaning, you can harness their pure, potent power to safely and naturally clean your home.

Not only will you enjoy how easy it is to make your own cleaning solutions and keep your house clean, but you'll also experience the lovely aromas of your favorite essential oils every time you clean.

*Are you ready to continue your essential oil journey?
Visit [doterra.com](https://www.doterra.com) to learn more.*