



Green Cleaning with dōTERRA Essential Oils

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DIY Foaming Hand Soap

2 tablespoons liquid castile soap (unscented)
10 drops Essential Oils of choice
Water

Directions: Pour castile soap into bottle. Add Essential Oils. Slowly add water into bottle making sure to leave room for the foaming pump. Add lid, shake, and you are good to go!

DIY Soft Scrub

½ cup baking soda
2 tablespoons liquid castile soap
1 tablespoon vinegar
5 drops Lemon Essential Oil

Directions: In a bowl, combine the baking soda and castile soap. Add the vinegar and essential oil. The consistency should be a soft paste. Make in small batches and store in an airtight container. This is enough for two to four applications. This soft scrub is excellent for getting rid of soap scum, removing stains, and brightening your tile and toilet. To use, just apply and then scrub. Once done scrubbing, take a wet cloth and wipe clean.

DIY Disinfectant Spray

¼ cup white vinegar
1 ¾ cups water
20 drops dōTERRA Essential Oils

Directions:

Add all ingredients to spray bottle. Shake thoroughly.

DIY Poo-Pourri Spray

10 drops Lemongrass Essential Oil
10 drops Grapefruit Essential Oil
10 drops Bergamot Essential Oil
8 ounces of water

Directions:

Add all ingredients to spray bottle. Shake thoroughly.

To use, spray toilet bowl 3-5 times before you go to eliminate odors from the air.

DIY Streak-Free Mirror/Glass Cleaner

2 tablespoons white vinegar
2 tablespoons rubbing alcohol
1 ½ teaspoon cornstarch (this is what makes it streak-free!)
8 drops of citrus Essential Oil
Water

Directions:

Mix all ingredients together, except water, in an 8 oz. spray bottle. Screw on the spray top and shake to combine. Unscrew the spray top, and fill the rest of the bottle with water. Screw the top back on and shake to combine.



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DIY Laundry Soap

- 1 bar of grated bar soap (Fels-Naptha)
- 1 cup of washing soda
- 1 cup of Borax
- 10-20 drops of Purify Essential Oil

Directions: Grate the soap using a hand grater or food processor. Grate into fine particles so it dissolves easily. Carefully mix with the washing soda and Borax (use gloves or a spoon as these can cause drying if used directly on skin). Add essential oils and stir well. Store in an air-tight glass jar. Use 1-2 tablespoons per load. Add 1 tablespoon of Oxygen booster if needed.

DIY Carpet Deodorizer

- 1 cup baking soda
- 20 drops Purify Essential Oil

Directions: Place baking soda into a glass jar. Add drops of essential oil & shake until oils are mixed in well. Allow to sit for several hours or overnight for oils to penetrate the baking soda. Sprinkle on carpet, leave on for an hour or so, and then sweep up baking soda. Can also be used to freshen up mattresses and furniture.

DIY Dryer Balls

- 100% Wool Yarn or Other 100% Animal Yarn
- Pantyhose (Upcycling Idea: Reuse pantyhose with runs in them)

Directions:

1. Take the end of the yarn and wrap it around your middle and index finger 10 times. Remove it from the fingers and then wrap 2-3 times around the middle (it should look like a bow). This will be the start of your ball.
2. Keep tightly wrapping the yarn around the start, working toward making a round shape. Once your ball is roughly the size of a tennis ball, cut the yarn and tuck the ends into the sides of the ball. Repeat this process until you have created four or more balls of yarn.
3. Cut one leg off of the pantyhose. Place one ball into the bottom of the leg and tie a knot right above the ball with the pantyhose to secure it in place. Repeat until all the balls have been added and secured.
4. Once the balls are tightly secured in the pantyhose, put them in the washer (can be with a load of your dirty laundry) and wash on the hottest setting. This will allow the yarn to felt. Felting will make the yarn fuse together, resulting in a solid ball. Once it has been washed, dry it thoroughly in the dryer at the highest heat setting.
5. After the balls are completely dry, remove them from the pantyhose and they're ready for use! Before drying your next load of laundry, add your favorite dōTERRA essential oil to 4-6 dryer balls, toss them in the dryer, and enjoy the soft, fluffy, wonderful-smelling fruits of your labor. Editor's tip: 2-3 drops of essential oil per ball should last a few loads. Add more drops if you would like a stronger scent.