



Household Cleaning

Safe and natural ... The way cleaning your house should be.



BEST ESSENTIAL OILS FOR CLEANING

- Lemon
- Lime
- Wild Orange
- Douglas Fir
- Eucalyptus
- Melaleuca (Tea Tree)
- Purify Cleansing Blend
- Thyme
- Peppermint
- doTERRA On Guard® Protective Blend
- doTERRA On Guard Cleaner Concentrate

Must-Have Basics

BAKING SODA

Absorbs and eliminates odor. Use to clean countertops, sinks, and tubs. Sprinkle some baking soda on your carpet and vacuum after 15 minutes for a fresher look and feel.

WHITE VINEGAR

Contains natural antifungal and antibacterial properties. Cuts grease and dissolves mineral deposits.

CASTILE SOAP

Lifts dirt, cuts grease, and eliminates tough stains. Pour a small amount over baking sheets and pans then scrub for a few minutes, and you'll have clean, shiny results.

SALT

Salt is an effective scouring agent. Pour salt mixed with hot water down the kitchen sink regularly to deodorize and keep grease from building up. Mix salt with Lemon essential oil and use to remove stubborn coffee and tea cup stains.

FRACTIONATED COCONUT OIL or OLIVE OIL

Great natural cleaner and polisher. Rub it into leather or polish wood surfaces

Pine Floor Cleaner

Ingredients

- 1 gallon warm water
- 2 tablespoon liquid castile
- 5 drops Douglas Fir essential oil
- 5 drops White Fir essential oil
- 5 drops Cypress essential oil
- 10 drops Lemon essential oil

Instructions

1. Add soap and essential oils to bucket of warm water.
2. Use mop or rag to clean floors.
3. Pour into a spray bottle for cleaning countertops.

* Note: This solution does not need to be rinsed off.

All-Purpose Cleaning Spray

Ingredients

- 1 cup warm water
- 1 cup white vinegar
- 25 drops Wild Orange essential oil or other essential oil of choice

Instructions

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

"Lime" Scale Remover

Ingredients

- ½ cup Baking Soda
- 3 tablespoons water
- 10 drops Lemon essential oil
- 10 drops Lime essential oil

Instructions

1. Add water and essential oils to baking soda.
2. Mix into paste.
3. Rub a small amount onto surface.
4. Let sit for 20 minutes.
5. Wipe off with wet cloth.

For more great tips visit www.thesoulfuljourney.ca/resources.html

the SOULFUL JOURNEY

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