

# Cleaning with Essential Oils

Pi in the Sky  
with Elizabeth Matthews

## Health Starts In The Home

As we become more aware of the impact toxins have on our health over the course of a lifetime, we can be empowered to make safer decisions about the products we introduce into our homes. It's almost impossible to remove them completely in this modern world, so why not do it where you can? *We can make conscientious decisions about what we decide to bring into our homes and what we expose our families too.*

It's much easier than you think and a whole lot cheaper but the main reason is to lessen the toxic load on your home, massively impacting your health and the health of your loved ones. The ingredients are simple and can be found at your local store (you might even have most of them already!) Add in your essential oils and away you go!!

We aren't reinventing the wheel here folks. These are recipes that my Grandmother would have used. We've just gotten off track as a society of consumers, and bombarded by large companies whose primary concern is the dollar they make.

### PURER ENVIRONMENT

Not only are you helping your indoor environment (where you spend most of your time) but you are helping the planet by reducing pollution to our waterways, the air and minimizing your impact on ozone depletion and global climate change with fewer smog-producing chemicals. Less chemicals in our homes means less toxic impact, less air pollution. Better air quality can help reduce illness such as asthma and allergies

### FEWER ANTIBACTERIALS

Triclosan is a well used antibacterial agent found in many cleaning products. It is known to mess with your hormonal system and thyroid. The FDA has already admitted there is not much difference between regular soap and antibacterial soaps and in fact using too many of these can cause bacterial resistance to antibiotics.



### MORE KNOWLEDGE OF INGREDIENTS

I love to know what's in the products I am using. Not just read a bunch of numbers and words I can't even pronounce but actually know that if my baby were to swallow it, we wouldn't necessarily have to rush to emergency!

So let's get started!

# Cleaning with Essential Oils

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Essential oils are one of the healthiest, gorgeous smelling, naturally antibacterial and anti fungal options for homemade cleaning recipes. Add oils to green your laundry routine, sanitize the kitchen and combat mold in the bathroom. All while making your house smell DIVINE! No scary fumes, no airborne nasties, no toxins needed!

I love to add lemon, tea tree and lavender to just about every cleaning recipe. There are a lot of others that do the job just as well that you might want to have on hand. Ready to go GREEN!

## HERE ARE MY 10 ESSENTIAL OILS FOR CLEANING...

### 1. LEMON

Loved for its light, clean scent, this essential oil is also a powerhouse in homemade cleaning recipes. Naturally antibacterial and antiviral, lemon is commonly used to degrease stubborn stains as well as freshen the air. Use it to deodorize your fridge, clean the floor or combine 10 drops with 1/2 cup olive oil for a natural wood or leather polish.



### 2. Tea Tree (Melaleuca)

Is there anything tea tree oil can't do? It fights germs, bacteria and viruses in everything from homemade wipes to hand soap to daily shower spray. Tea tree oil is a handy weapon against bugs, too. Add tea tree to a spray bottle with water, shake well, and spray outside and inside the home to deter lice and other pests.



### 3. Rosemary

Rosemary's natural antibacterial and antiseptic properties make it a great addition to homemade dish soap and laundry detergent. Essential oils are perfect for homemade air freshener sprays, and the combination of peppermint and rosemary is perfect for when you need to stay focused and on task.



### 4. Wild Orange

Not only does orange oil have a happy scent, but, like lemon, it's great against grease. Use 1-2 drops to lift grease or glue from surfaces or combine 12 drops with 1/4 cup Castile soap and water to wipe down stove tops and counters. There are tons of ways to use orange oil, including homemade fabric softener, natural floor cleaner, and an energizing kitchen spray.



### 5. Lavender

One of the best-smelling naturally antibacterial essential oils is lavender. Lavender pairs well with another common natural cleaner, vinegar. Just add 4-5 drops of lavender to your vinegar cleaning mixture for its natural antibacterial properties – and for a pleasant scent. Lavender's soothing properties are great in homemade dish soap and linen spray to elevate washing dishes and laundry day.



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## 6. Eucalyptus

This natural germicide is a powerful dust mite buster. Use it with baking soda to deep clean your mattress and in a dry wash for stuffed animals or just put a few drop in your next wash cycle.

And with its clean smell, eucalyptus is great for stinky jobs in the kitchen and bathroom. Eucalyptus leaves and essential oil are great in cupboards to deter pests.



## 7. Peppermint

There are countless uses for peppermint oil around the home. Its cool, invigorating scent and antibacterial properties make it a great addition to spray cleaners and natural deodorant spray.

For an air freshener that also deters ants and spiders mix 10-15 drops of peppermint essential oil with 1 cup of water in a spray bottle. Shake well and spray along cracks and crevices or wherever ants are seen.



## 8. Cinnamon Bark

Cinnamon is naturally antibacterial and antiseptic. Powerful against mold, it's a great addition to homemade mold and mildew spray. Ground cinnamon and its essential oil are both effective against pests.

Sprinkle the ground cinnamon anywhere that pests are seen or apply pure undiluted cinnamon essential oil to the areas with a cotton swab.



## 9. Pine

Already a common ingredient in cleaners (Pine-Sol anyone?) pine oil is effective at killing yeast spores, E.coli and other household germs.

Pine is perfect for ridding the bathroom of mold and mildew and cleaning hard floors while leaving a natural fresh scent.



## 10. Thyme

Thyme is one of the most powerful essential oil weapons against germs. Thyme is effective against salmonella so you can add it to homemade dish soap and use it to clean cutting boards that have come in contact with raw meat.



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## All Purpose Cleaning Spray w/ Essential Oils

1/2 Cup Water  
1/2 Cup White Vinegar  
15 drops (total) doTERRA Essential Oil  
Suggestions: OnGuard, Lavender, Melaleuca or any Citrus Oils

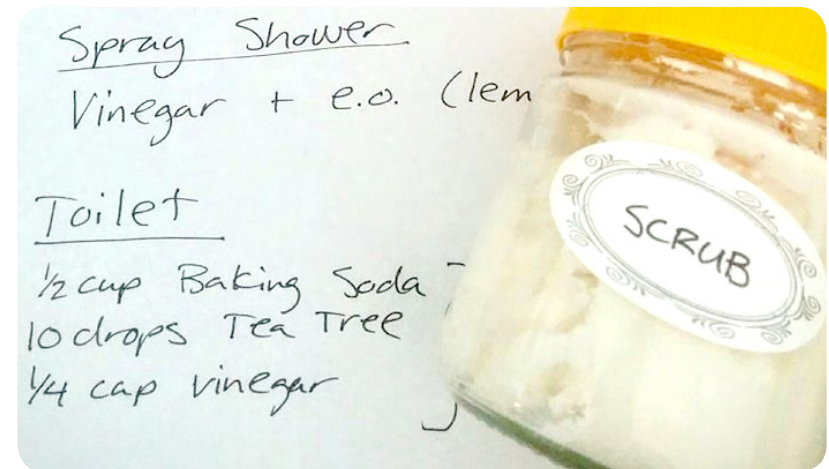
Combine all ingredients in a (glass preferred) spray bottle.  
Shake Well!  
Spray and wipe clean on any surface.

## Simple, Soft & Safe ~ All Purpose Cleaning Paste

3/4 cup baking soda  
1/4 cup liquid Castile soap  
1 Tbsp Water  
15 drops (total) doTERRA Essential Oil.  
Suggestions: OnGuard, Lavender, Melaleuca or any Citrus Oils

Combine ingredients to form a paste (add more Castile Soap if needed).  
Apply with rag / sponge / brush, then rinse with clean water.

Good for cleaning anything (kitchen & bathroom) that needs more grunt than the All Purpose Cleaning Spray.



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## Fresh Smelling Window & Glass Cleaner

- 1/2 Cup White Vinegar
- 1/2 Cup Rubbing Alcohol
- 2 Tbsp Cornstarch
- 4 Cups Filtered Water
- Essential oils (6 drops Peppermint and 10 drops Tea Tree).
- 1 bottle with spray top

First, add all liquids to the spray bottle and shake to combine.  
Add cornstarch to the bottle and shake again.  
Add the essential oils of your choice. For something different, try lemon or wild orange.  
Be sure to shake the bottle each time before you use your homemade window cleaner.  
I recommend using microfiber cloths to wipe down your windows.

## Daily Shower Freshening Spray

- 1.5 cups water
- 1 cup white vinegar
- 1/2 cup rubbing alcohol
- 15 drops lime essential oil
- 15 drops melaleuca (tea tree) essential oil

Combine in SAFE (perhaps plastic in this case) spray bottle and keep in the shower. Spray shower down daily after use (this is a preventative spray, that helps prevent scum build up).



## Veggie / Fruit Produce Wash

- 1 Cup Water
- 1 Cup White Vinegar
- 1 tbsp Baking Soda (add slowly)
- 20 drops doTERRA Citrus Essential Oils (Lemon, Lime or Grapefruit)

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## Natural Bleach for Cleaning

(MAKES 1 LITRE)

- 2 Cup Hydrogen Peroxide (3% solution)
- 2 tbsp lemon juice
- 2 Cup water
- 10 drops Lemon Essential Oil

Store in a dark or covered bottles, as exposure to light will weaken the solution. Lasts up to 1 month in a clear bottle, 2-3 months in a dark bottle.

## Deep Clean Toilet Scrub

- 1/2 cup baking soda
- 1/3 cup vinegar
- 1/4 cup hydrogen peroxide
- 3/4 cup water
- 30 drops Eucalyptus Essential Oil

Using a Squeeze Bottle, combine everything EXCEPT the vinegar and shake well. Squirt into toilet, ADD your vinegar into the toilet bowl.

This will create a fizzing reaction. Give a quick scrub then let sit for 20mins. Use a 2nd light scrub if needed.

## Dish Washer Detergent

- 2 Cups Borax
- 1 Cup Baking Soda
- 1/2 Cup Citric Acid
- 1/2 Cup Kosher Salt
- 5 drops Lemon Essential Oils

Combine all ingredients and mix well. Store in a sealed container. To use, add about 2 tablespoons per load.

**This costs approx \$3 for 32 loads!**  
Put a 1/2 cup of vinegar in a glass on the top rack as a rinse aid.

HAVE A FAVOURITE CLEANER YOU DON'T WANT TO PART WAYS WITH ?  
LOOK UP IT'S TOXICITY RATING BY CLICKING HERE!

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## Natural Liquid Laundry Detergent

- 1 Cup Castile Soap
- 1 Cup Baking Soda
- 1/3 Cup Coarse Salt
- 7 Litres Hot Water
- 20 drops doTERRA Lemon Essential Oil

Depending upon the strength of the oil you are using, you may want to add more/less drops.

Whisk together in a large bucket and portion out. Shake before each usage.

1/4 - 1/2 cup per load depending on size of wash.

## Cure for Laundry Neglect

Lemon Essential Oil takes out all the odour when you forget and leave your load of laundry in the washer for way too long! Just add a few drops to a rinse cycle to freshen up your load.

## Fresh Linen Spray

- 1/4 cup distilled water
- 3 Tbsp Witch Hazel or Vodka
- 20 drops lavender essential oil
- 15 drops frankincense essential oil

Combine and shake well in a spray bottle. Lightly spray on sheets, pillowcases, and linens.



## Laundry Spot Remover

- 1.5 cups water
- 1/4 cup liquid Castile soap
- 1/4 cup liquid vegetable glycerin
- 5 - 10 drops of lemon essential oil
- Glass spray bottle OR plastic squeeze - type bottle

Mix all ingredients together.

Store the mixture in a glass container if using the essential oil.

To use, shake well and apply liberally to spots and stains.

Lightly rub mixture into fabric with fingertips.

### NOTES

Works best if you treat the spot immediately and allow to soak before washing. Sometimes, I'll soak garment overnight before washing it.

## Fabric Softener

- 2kg (approx) bag of Epsom Salts
- 40 drops Lavender
- 30 drops Melaleuca
- 20 drops Lemon

Pour Epsom salts into a large glass or stainless steel bowl.

Add Essential Oils and stir well to combine.

Store in a glass jar.

Use 1/2 cup for Medium to Large loads in the wash cycle at any temperature and 1/4 cup for small loads.

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## Fabric Freshener / Cleaner

While off the shelf Fabric Freshener is an easy solution to eliminating odours, it's one of the most toxic things you can introduce into your home. You may want to consider making your own green solution. To freshen your upholstery the natural way you will need.

1/4 cup of baking soda  
5 - 10 drops of essential oil of your liking (lavender oil has soft and calming aroma)  
Water  
Spray bottle

Pour the soda into the spray bottle and add few drops of essential oil. Top off the bottle with water and shake it well until all the ingredients are mixed together and baking soda is dissolved. Spray the natural solution on your upholstery to eliminate the odours and freshen up your fabrics with nontoxic scent!



### ADDITIONAL UPHOLSTERY CLEANING TIPS

To avoid costly mistakes, always pretest your upholstery cleaner in an inconspicuous area.

Don't use too much water or cleaner. Moisture on upholstery is not your friend.

Use your vacuum cleaner to remove any loose dirt, soil and dust before using any kind of cleaner on your furniture.

### INGREDIENTS & SUPPLIES

Rubbing alcohol & White Vinegar (1:1)  
Essential Oils 4 - 8 drops  
Spray bottle  
Sponge/towel

Smells strong when cleaning but only leaves the oils smell once dried.

## Every Space Spritzer



1 Cup Water  
1 tsp Salt (to emulsify oils)  
10 drops Eucalyptus oils  
10 drops Tea Tree oils  
10 drops Oil of your choice, I recommend any of the Citrus Oils.

Use in a spray bottle and keep handy all over the house.

## doTERRA has an OnGuard Solution

1 bottle of OnGuard concentrate  
makes 12 all purpose cleaners.





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## Wood Furniture Polish

1/2 Cup olive oil  
1.5 tablespoons beeswax pellets  
5 drops lemon essential oil  
5 drops lavender essential oil  
Short mason jars



### DIRECTIONS

I like to mix my ingredients right in the jar I am going to store them in. (It saves me a step in cleaning an extra pot).

Place olive oil and beeswax pellets right into your short mason jar.

Set jar in a small pan and carefully add water to the pan until jar is half submerged.

Heat over medium, stirring frequently, until beeswax pellets are completely melted.

Remove from heat and allow to cool for 5 minutes.

Then stir in essential oils.

Replace lid and store in a cool dark place.

### HOW TO USE YOUR HOMEMADE FURNITURE POLISH

Scoop out polish with a soft rag and rub into wood as needed. Buff the majority of your polish into the wood.



## Simple Air Fresheners ~ Baking Soda Jars or Cotton Balls

### COTTON BALLS + ESSENTIAL OILS

Perfect for bathroom trash cans, linen closets, inside cabinets and other small spaces.

or...

### MASON JARS + ESSENTIAL OILS

Baking Soda - Fill Mason Jar 1/4 full  
8 drops of an Essential Oil of choice

Use a hammer and nail to poke holes in the lid of a small canning jar.

Add baking soda to jar and add oil.

Put lid on and place in any spot that could use some freshening.

This powder is also useful for removing odours from carpets and upholstery.

Recommended - Purify or Lavender.

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## Mattress Freshener 01

1/2 Cup Witch Hazel  
1/2 Cup Water  
20 drops Essential Oils (Lavender & Melaleuca)

Spray on pillows & mattresses when changing the bedding.



## Homemade Carpet Deodorizer

2 cups baking soda  
15 drops Lavender Essential Oil  
15 drops Rosemary Essential Oil

Combine baking soda and essential oil in a mason jar. Cap and shake well to combine. Remove cap and replace inner lid with construction paper. Secure rim and cut off excess construction paper.

Poke holes in the construction paper. \*

Apply liberally to carpets.

Wait at least 1-2 hours. (I like to do this at night before I go to bed, then vacuum up in the morning when I wake up.)

Vacuum thoroughly. You may have to do 1-2 passes to get everything.

\* You could also use a cheese shaker or salt shaker with large holes for this.

That's it! You now have a fresh smelling carpet that will leave you feeling good for a long time.



## Mattress Freshener 02

• DEODORIZE • ELIMINATE MOISTURE • KILL DUST MITES

1/2 Cup Baking Soda  
1/2 Cup Rubbing Alcohol  
Essential Oils (any combination)

Eucalyptus	(Anti-inflammatory / parasitic)
Clove	(Anti-microbial)
Peppermint	(Antibacterial / pest deterrent)
Lavender	(Antibacterial)
Wintergreen	(Respiratory function)

### DIRECTIONS

Combine in a old Herb Shaker or similar.

Sprinkle onto mattress and leave for 30+ mins.

Vacuum up and replace clean bedding.

## Sticky Goo & Toddler Grub Remover

Lemon essential oil  
1-2 tablespoons fractionated coconut oil.

Combine and shake well then apply directly to sticker residue, random goo, gum, crayon marks, etc.

Rub in with your fingers (or toothbrush) and wipe away with sponge/rag etc. Repeat as needed (Test in an inconspicuous place first).

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## THANK YOU.

It brings me so much happiness spreading these helpful ideas, knowing that you will be starting on this path to a healthier you and a healthier planet.

My advice? Start with one change in your cleaning cupboard and go from there. Baby steps to beginning a new habit and routine to last a lifetime.

If you would like to begin your oil journey with me, get in touch and I can guide you. Otherwise, you can do it yourself by going to the following link.

<http://bit.ly/2ehyfb>

Follow the prompts and make sure you see my My doTerra **id# 2076336** when asked about your enroller + sponsor :)

### WHEN YOU ENROLL WITH ME + MY TRIBE YOU WILL RECEIVE...

- A Welcome call with me to help you get started and to guide you personally.
- Free community ebooks + resources.
- How to use your oils guides + ongoing support.
- Education Toolkits: Information on using the oils with all types of people - mamas, babies, athletes, pets, etc as well as info on safety, emotions and more!
- Facebook Group: I'd love to add you to our private Oil Community Facebook Group. Add me as a friend & I'll add you!

THANK YOU FOR JOINING MY BEAUTIFUL COMMUNITY AND PLEASE FEEL FREE TO CONTACT ME WITH ANY QUESTIONS.

*Ellie xo*

