

Remove the Harmful Chemicals from Your Home

Ditch and Switch Checklist

Household Cleaners

- Thieves Household Cleaner _____
- Lemon & Purification Essential Oil _____

Bathroom

- Hand Soap (Thieves or Lemon) _____
- Thieves Mouthwash _____
- Thieves Dental Floss _____
- Shampoo/Conditioner _____
- Bar Soap/Shower Gel _____
- Skin Care _____
- Savvy Minerals Makeup _____
- Lavender Lotion _____

Kitchen

- Thieves Dish Soap _____
- Fruit & Veggie Soak / Spray _____
- Thieves Dishwasher Powder _____
- YL Food (Einkorn pasta, cereal, etc.) _____
- Vitality Essential Oils _____

Laundry Room

- Thieves Laundry Detergent _____
- Wool Dryer Balls (not a YL Product) _____
- Lavender, Thieves, and Tea Tree Oil
to apply to wool dryer balls _____

Living Room

- Diffuser _____
- Refreshing Essential Oils (Lavender,
Lemon, Stress Away) _____

Bedroom

- Diffuser _____
- Oils for Sleep: Lavender, Cedarwood
Peace & Calming, Valerian _____
- Tranquil Roll-on _____

Wellness Cabinet

- Daily Supplements (Life 9 probiotic,
OmegaGize, NingXia Red) _____
- Thieves, Lemon, Lavender _____

Your Gym Bag

- Deep Relief Roll-On _____
- Cool Azul Pain Cream _____
- Spray Bottle with diluted Purification _____
- R.C. Essential Oil _____

Office

- USB Diffuser _____
- Essential Oils for Success:
Transformation, Highest Potential,
Motivation, Abundance, Clarity _____

The Car

- Car Vent Diffuser _____
- Stress Away _____
- Peace & Calming _____

On - The - Go

- Thieves Hand Sanitizer _____
- Thieves Wipes _____
- Thieves Spray _____

