



‘Clean’ Cleaning With Essential Oils

Harnessing the Natural Power of Essential Oils for
a Safer, Fresher Home

by Courtney Holt

Embracing Nature's Solutions for a Healthier Home

As more of us aim to live greener, the shift towards natural and eco-friendly cleaning solutions has really taken off. If you're keen to cut down on chemicals around your home, essential oils are a fantastic choice. Not only do they offer a variety of benefits, but they also bring a touch of nature right into your cleaning routine. In this guide, we'll delve into how essential oils can help purify your living spaces and share some easy DIY cleaning recipes that you can start using today.

Understanding Essential Oils:

Essential oils are potent extracts derived from plants, treasured not only in aromatherapy but also for their therapeutic benefits that date back thousands of years. Each oil contains a complex mixture of chemical compounds, which are what give the oils their unique and powerful properties. From supporting your bodily systems, to soothing your senses, essential oils bring a multitude of benefits that can enhance your lifestyle and wellbeing.



Oil Quality Matters - Not All Essential Oils Are Created Equal

While we're reducing unnatural fragrances, we also want to keep in mind the quality of the oils we're using. Many bottles of essential oils found on store shelves today are no different than those ingredients we're trying to avoid!

So it's important to use high-quality, pure essential oils for the best results. This is crucial because many products marketed as "aromatherapy" are actually just fancy-smelling fragrances filled with artificial ingredients. They don't truly help your body or emotions the way genuine oils can. Real essential oils have the power to help your mind and body escape stress and positively influence our body and health.

Lower-quality oils can be mixed with harmful substances that reduce their effectiveness and can be bad for your health. Young Living essential oils are different. We go the extra mile to ensure our oils are the best. Our farming methods are exceptionally clean and sustainable, often exceeding organic standards, to guarantee you're using the best oils available.

You can also read more here: <http://seedtoseal.com/en>





How Can Essential Oils Help *Detoxify Your Home?*

Many traditional cleaning products contain harsh chemicals that can be harmful to both our health and the environment. Essential oils provide a wonderful, natural alternative. Not only do they help eliminate toxins and pollutants, but they also leave your home smelling beautifully fresh and clean. This makes essential oils a safe and effective choice for a healthier living space.

Did you know? Young Living incorporates their renowned Thieves Blend into the entire home product line. This blend is not only known for its potent cleansing properties but also for infusing your home with a comforting, spicy aroma. This makes Young Living products a staple in creating a safer, more inviting home environment.

Where to start?

Embarking on a natural cleaning journey can feel overwhelming, but it doesn't have to be. Start simple with these essential elements to transform your home cleaning routine into a safer, more enjoyable experience.

Essential Oils of Your Choice:

There are many types of essential oils to choose from, each with their own unique properties and benefits. Some of the most popular essential oils for cleaning include Lemon, Lavender, Tea Tree, Eucalyptus, Peppermint, Pine and Thieves.

The Thieves Line

Harness the combined power of several essential oils with Young Living's Thieves line, renowned for its cleaning power and spicy, refreshing aroma. Thieves blend is a robust mix of Lemon, Clove, Cinnamon Bark, Eucalyptus Radiata, and Rosemary essential oils. This line includes a range of products designed to offer natural, effective cleaning solutions for your entire home.

Spray Bottles:

Use glass spray bottle for your DIY cleaning solutions. I recommend using a glass or stainless-steel spray bottle because essential oils can eat away plastic when stored.

DIY Recipes

Embrace the power of nature with easy-to-make DIY cleaning recipes using essential oils. Ideal if your looking to reduce toxins in your home, these recipes offer a safe and effective way to clean your spaces while infusing them with the natural, refreshing scents of essential oils. Whether you're wiping down countertops or freshening up your living room, these homemade solutions ensure your cleaning process is both health-conscious and environmentally friendly. Get ready to mix simple ingredients with powerful essential oils to create cleaners that are tough on dirt but gentle on your home.

All-Purpose Cleaner



Ingredients

- 1 cup water
- 1 cup white vinegar
- 20 drops of essential oil (lemon, thieves, orange or pine)

Directions

- In a spray bottle, mix water and white vinegar.
- Add your chosen essential oil.
- Shake well before each use.
- Ideal for countertops, floors, and other surfaces.

Pro-Tip: Alternatively, if DIY isn't your style, consider using Young Living's Thieves Cleaner. This concentrated formula is potent enough that just one bottle makes up to 29 bottles of ready-to-use cleaner. It's a straightforward, powerful option that leaves your home smelling fresh and clean.

Glass Cleaner



Ingredients

- 1 cup water
- 1/4 cup white vinegar
- 1/4 cup rubbing alcohol
- 10 drops of essential oil (lemon or grapefruit)

Directions

- In a spray bottle, mix together water, white vinegar, and rubbing alcohol.
- Add 10 drops of your preferred essential oil.
- Shake well before use.
- Use to clean windows and mirrors.

Carpet Freshener



Ingredients

- 1 cup baking soda
- 10-15 drops of essential oil (geranium, lemongrass, lavender, purification blend)

Directions

- In a bowl, mix together baking soda and essential oil.
- Sprinkle the mixture over your carpet.
- Let it sit for 10-15 minutes.
- Vacuum the carpet.

Air Freshener



Ingredients

- 1 cup water
- 20-30 drops of essential oil (lemon, lavender, or purification)

Directions

- In a spray bottle, mix together water and essential oil.
- Shake well before use.
- Spray in the air to freshen up any room.

Furniture Polish



Ingredients

- 1/4 cup olive oil
- 1/4 cup white vinegar
- 10-15 drops of essential oil (pine, orange or lemon)

Directions

- In a spray bottle, mix together olive oil and white vinegar.
- Add 10-15 drops of your preferred essential oil.
- Shake well before use.
- Use to clean and polish furniture.

Bathroom Cleaner



Ingredients

- 1 cup baking soda
- 1/4 cup hydrogen peroxide
- 1/4 cup liquid castile soap
- 10 drops of essential oil (tea tree, lemon or eucalyptus)

Directions

- In a bowl, mix together baking soda, hydrogen peroxide, and liquid castile soap.
- Add 10 drops of your preferred essential oil.
- Mix well.
- Use to clean bathroom sinks, showers, and toilets.



The Thieves Household Cleaner - one capful of concentrate makes an all-purpose cleaner for your home

Thieves Household Cleaner by Young Living is the perfect, versatile go-to for all your cleaning needs for a happy, healthy home. This Young Living exclusive includes only plant-based and naturally derived ingredients to effectively clean your home without taking synthetic shortcuts or using potentially harsh ingredients. Plus, the concentrated formula means that one 14.4oz bottle makes 20 spray bottles of standard cleaner! I love this household staple for everything from general cleaning to tough messes to DIYs.

Safe to use around children and pets as directed. Provides an effective, deep clean with the power of naturally derived, plant-based ingredients and smells like Christmas.

Enhancing Your Home *Naturally*

In addition to the cleaning recipes provided, there are many other ways to use essential oils in your home to promote a healthy and clean living environment. Here are a few more ideas:



Diffuse essential oils in your home to purify the air and create a fresh, clean scent. Lemon, Peppermint, Eucalyptus, Thieves and Purification are great choices for this purpose.



Add a few drops of essential oil to your laundry detergent to give your clothes a natural, fresh scent. Lavender and Purification oils are great choices for this purpose.



Use essential oils to create natural insect repellents. Citronella, Peppermint, and Eucalyptus are effective at keeping bugs at bay.



Make your own natural hand sanitizer by mixing rubbing alcohol, aloe vera gel, and a few drops of essential oil such as Tea Tree oil or Thieves oil - or just snag Young Living's Thieves Hand Sanitizer!



Create a natural room spray by mixing water, witch hazel, and a few drops of essential oil such as Lemon or Peppermint.

By using essential oils in these ways, you can detoxify your home and reduce your exposure to harmful chemicals.

Safety Tips for Using Essential Oils in Cleaning



While essential oils are generally safe to use, there are some safety tips to keep in mind when using them for cleaning:



Always dilute essential oils before use. Using them in their undiluted form can cause skin irritation or other adverse reactions.



Keep essential oils out of reach of children and pets.



Avoid using essential oils on or near surfaces that are sensitive to oils, such as leather or suede.



Store essential oils in a cool, dry place away from direct sunlight.



Always test a small area before using essential oils on a larger surface.

Essential oils offer a safe, natural alternative to conventional cleaners, helping detoxify your space and promote a healthier environment for you and your family. Along with being cost-effective and eco-friendly, essential oils reduce your exposure to harmful chemicals found in commercial products, supporting your overall well-being. With these DIY cleaning recipes, you can create natural and eco-friendly cleaning solutions that are safe for you, your family, and the environment. Always remember to use caution when using essential oils and follow proper dilution and safety guidelines. Happy cleaning!



Naturally Clean: *Transform* Your Home with Essential Oils

As you embark on creating a healthier, cleaner home with the help of essential oils, remember the power is truly in your hands. These natural solutions not only cleanse your space but also infuse it with vitality and wellness.

Explore My Top Picks: Ready to dive deeper? Visit my shop to discover my favorite essential oils and accessories tailored for effective and enjoyable clean cleaning. These hand-selected products are perfect for enhancing your DIY efforts and bringing the best of nature into your home.

shop

Thank You.

Thank you for downloading the 'Clean' Cleaning eBook! Your interest in the natural benefits of essential oils is truly appreciated. I hope this guide serves as a valuable resource, inspiring you to weave these powerful oils into your everyday life.

I cannot wait to support you and have you on this oily journey. If you have any questions or need more tips on your essential oil journey, don't hesitate to reach out. Wishing you health, happiness, and a naturally enriched lifestyle. Enjoy exploring the wonders of essential oils and here's to embracing a cleaner, greener way of living!

Use code SHAREYL (if you are a USA customer) at checkout to receive 10% off your order.

My referral number is 20229254 which you apply at checkout.
All countries can shop with me and Young Living.

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