

# 5 SIMPLE SWAPS FOR CLEANER LIVING

# DITCH



## SWITCH

#### X PLUG-INS & CANDLES



- CAN EMIT VOCS
- MAY CONTAIN ENDOCRINE DISRUPTORS
- OFTEN CONTAIN SYNTHETIC FRAGRANCE

## X CONVENTIONAL SKIN CARE PRODUCTS



- MAY CONTAIN SOME SORT OF SYNTHETIC CHEMICAL.
   FRAGRANCE. OR PRESERVATIVE
- MAY CAUSE SKIN IRRITATION AND DISRUPT THE RESPIRATORY AND ENDOCRINE SYSTEM

### X CONVENTIONAL HOUSEHOLD CLEANERS



- CAN IRRITATE THE SKIN. EYES. NOSE, & THROAT
- OFTEN CONTAIN SYNTHETIC FRAGRANCE
- CAN BE HIGHLY POISONOUS TO BOTH HUMANS & ANIMALS IF SWALLOWED

# X CONVENTIONAL LAUNDRY SOAPS



- MAY CONTAIN 1.4-DIOXANE
- MAY CONTAIN SODIUM LAURYL/LAURETH SULFATE (SLS)
- TYPICALLY CONTAIN OPTICAL BRIGHTENERS & SYNTHETIC FRAGRANCES

# X CONVENTIONAL SUPPLEMENTS



- VITAMINS CAN BE SYNTHETICALLY PRODUCED IN A LAB
- OFTEN CONTAIN INACTIVE OR POORLY BIOAVAILABLE NUTRIENTS
- OFTEN CONTAIN ARTIFICIAL SWEETENERS AND DYES

## ✓ YOUNG LIVING ESSENTIAL OILS & DIFFUSERS



- BACKED BY SEED TO SEAL
- CAN PURIFY THE AIR WITH PREMIUM EOS
- CREATES A RELAXING FNVIRONMENT

#### √ YOUNG LIVING SKIN CARE PRODUCTS



- FORMULATED WITH NATURALLY DERIVED INGREDIENTS FREE OF PARABENS. PHTHALATES. SYNTHETIC FRAGRANCES. SULFATES. PETROLEUM. AND MINERAL OIL
- EFFECTIVELY REMOVES MAKEUP AND IMPURITIES

#### √ THIEVES HOUSEHOLD CLEANER



- CONTAINS NATURALLY DERIVED.
  PLANT-BASED INGREDIENTS
- SAFE TO USE AROUND CHILDREN & PETS AS DIRECTED
- INFUSED WITH YOUNG LIVING ESSENTIAL OILS

#### / THIEVES LAUNDRY SOAP



- FREE FROM SLS. DYES.
   PETROCHEMICALS. FORMALDEHYDE.
   PHOSPHATES. SYNTHETIC PERFUMES.
   CHLORINE. AND OPTICAL
   BRIGHTENERS
- FORMULATED WITH GENTLE. PLANT-BASED CLEANSERS & YL ESSENTIAL OILS

#### ✓ YOUNG LIVING ESSENTIAL OIL-INFUSED SUPPLEMENTS



- MADE WITH NATURALLY DERIVED. PLANT-BASED INGREDIENTS
- INFUSED WITH YOUNG LIVING ESSENTIAL OILS
- CONTAIN NO ARTIFICIAL DYES. FLAVORINGS, OR SWEETENERS