

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 Lavender)
- Thieves Mouthwash
- Thieves Toothpaste
- Thieves Dental Floss
- Shampoo/Conditioner
- Bath Soap
- Skin Care
- Lavender Lotion

KITCHEN

- Thieves Dish Soap
- Fruit & Veggie Soak / Spray
- NingXia Red
- 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 (Thieves, Lemon, Lavender)

BEDROOM

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

WELLNESS CABINET

- Daily Supplements (Life 9 probiotic, Green Omega 3™, NingXia Red)
- All of Your Essential Oils

YOUR GYM BAG

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

OFFICE

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

THE CAR

- Stress Away
- Peace & Calming

ON - THE - GO

- Thieves Waterless Hand Sanatizer
- Thieves Wipes
- Thieves Cleansing Spray