



YOUNG LIVING<sup>®</sup>  
ESSENTIAL OILS

# HOME CLEANING GUIDE: How to detox your home, *naturally*

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# A sparkly, clean home is a *happy* home

Your home environment should be a safe and healthy haven where you and your family can thrive. However, when your living spaces are filled with pollutants and harmful toxins, you can find threats in every nook and cranny. Whether you're worried about little ones, pets, or yourself, with Young Living, you never have to compromise on pure ingredients for a deep clean. Thanks to natural, plant-derived products, you can keep your home fresh and clean without the harsh chemicals.

In this guide, you'll learn why natural cleaning is important, how to identify icky ingredients in common household products, and what to use instead for a clean you can be confident in.



# The *dirty* truth behind household cleaning products

Did you know that cleaning products aren't regulated by the Food and Drug Administration (FDA)? It's true! The companies that manufacture cleaning products are held to **no safety standard** and **no requirement for listing ingredients**.

When the Toxic Substance Control Act was passed in 1976, it grandfathered in thousands of unevaluated chemicals already in use. Because of this, there are still thousands of chemicals in cleaning products that have never been tested for safety. All kinds of nasty ingredients could be lurking in your cleaning solutions and you'd never know it!

Many commercial cleaners contain allergy-inducing substances, endocrine-disrupting chemicals, and neurotoxins. Endocrine-disrupting chemicals can wreak havoc on your cellular health, thyroid, reproductive system, and even mental clarity. Children, babies, and pets are even more vulnerable to chemical exposure because they can't eliminate toxins as easily as adults.

Most of these products can cause injury if handled improperly and also pose a threat to the environment. Yikes.

## Why should you care about the chemicals in your cleaning products?

Regular use of cleaning sprays can have as much of an impact on health as smoking a pack of cigarettes a day.<sup>2</sup>



Infants exposed in the womb to cleaning products used by their mothers may suffer lower birth weight, lower IQ, and wheezing and respiratory symptoms that may persist throughout childhood.<sup>10</sup>

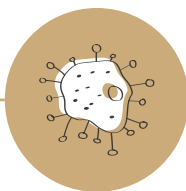


Many toxicants invade our bodies. They have been found in blood, urine, and breast milk, as well as in the umbilical cord blood of newborns.<sup>4, 14</sup>



Household cleaning supplies are one of the top five substance classes accounting for calls to the National Poison Control Center.

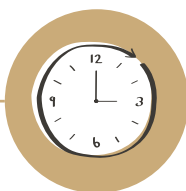
Some ingredients found in cleaners may be linked to cancer, reproductive and developmental toxicity, allergies and irritation, and burns and poisonings.<sup>8</sup>



Some conventional cleaning products contain ingredients that are toxic, non-biodegradable, and from non-renewable resources like petroleum, so they harm the earth's ecosystems.



Some chemicals accumulate in our bodies over time, and the impact may show up long after exposure. The impact may be greater during specific periods of development (womb, infancy, and puberty). Even tiny doses can be very potent!



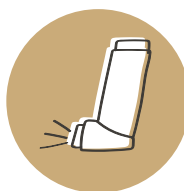
Cleaning products contribute to concentrations of many common pollutants that are 2–5 times higher inside homes than outside.<sup>18</sup>



Nurses who used disinfectants to clean surfaces at least once a week had a 24–32 percent increased risk of developing lung disease.<sup>19</sup>



Many cleaning products, including spray cleaners and disinfecting wipes, contain asthmagens—chemicals that can either worsen asthma or cause asthma in someone who never previously had it. Studies show that using traditional cleaning sprays as rarely as once a week can increase your risk of developing adult-onset asthma.<sup>10</sup>



Did you know that indoor air is 5–7 times more polluted than outdoor air? Most cleaning products contain volatile organic compounds (VOCs), which have been associated with many health problems, including damage to the liver, kidneys, and central nervous system. They have also been shown to harm our lungs and cause throat irritations and headaches.<sup>18</sup>





# How do you know if a cleaning product is harmful?

One of the best ways to make your home a natural haven is to be aware of what ingredients to avoid in your personal care and cleaning products. We're exposed to toxic chemicals every day, but you can reduce your exposure if you know what they are.

Unfortunately, it's not enough to simply look for a "non-toxic" or "natural" claim on the label. These claims aren't regulated by the FDA, so you'll have to be a label sleuth and learn how to identify iffy ingredients yourself.

In addition to these chemicals, you should look out for warnings and claims that might indicate a product is harmful to your health.

## BE WARY OF PRODUCTS WITH THESE ON THE LABEL:

- Directions that require a mask or ventilation while using the product
- Instructions for hazardous waste disposal
  - If you can't throw them in your garbage, do you want them all over your house? The fact that the EPA classifies oven cleaners, drain cleaners, wood and metal cleaners, polishes, toilet cleaners, tub and shower cleaners, and laundry bleach as hazardous waste is one reason you should eliminate them from your home.
- A combustible warning
- An "unscented" or "free and clear" claim on the label
  - Unscented products can contain masking agents that are added to simply cover up fragrance with another toxic chemical. Always look for an ingredient list and not just the unscented claim.

## YOU'LL WANT TO AVOID THESE QUESTIONABLE CHEMICALS:

CHEMICAL NAME	WHAT IS IT?	WHAT'S IT FOUND IN?
TRICLOSAN	An endocrine disruptor that can cause antibiotic resistance and is linked to increased allergen sensitivity and disruption of thyroid function even at low levels.	Liquid soap, bar soap, toothpaste, and antiperspirants
DEA-RELATED INGREDIENTS	Emulsifiers or foaming agents that may be carcinogens.	Creamy or foaming products like moisturizers and shampoos
PHthalates (DBP, DEHP, DEP, and others)	A class of plasticizing chemicals used to make products more pliable or to make fragrances linger longer. Phthalates disrupt the endocrine system and may cause birth defects.	Synthetic fragrance and fragranced household products
PARABENS (methyl-, isobutyl-, propyl-, and others)	Preservatives commonly used to prevent the growth of bacteria and mold. They're endocrine disruptors and may alter hormone mechanisms and interfere with male reproduction.	Shampoo, face cleanser, body wash, body lotion, and foundation
SODIUM LAURYL SULFATE and SODIUM LAURETH SULFATE (SLS and SLES)	Surfactants that create bubbles and foam in soaps, shampoos, and toothpastes. They can cause skin irritation, trigger allergies, and disrupt hormones and are linked to neurotoxicity. SLES is often contaminated with 1,4-dioxane.	Soap, shampoo, and body wash
MIT (methylisothiazolinone) and BIT (benzisothiazolinone)	Known skin irritants that are considered neurotoxic. They're antibacterial ingredients that are EPA-registered pesticides and used as preservatives.	Personal care products
PHENOXYETHANOL	A common preservative considered to be an endocrine disruptor, neurotoxin, and skin and eye irritant.	Many "non-toxic" cleaning products
QUATERNARY AMMONIUM COMPOUNDS, or "quats"	Chemicals associated with asthma and reduced fertility, as well as birth defects in animals.	Antibacterial cleaning supplies, disinfecting air fresheners, and fabric softeners
POLYETHYLENE GLYCOL (PEG compounds)	Can be contaminated with 1,4-dioxane, which may be a carcinogen.	Soaps, creams, sunscreen, and shampoos
PARFUM/FRAGRANCE	Synthetic fragrances that have been linked to asthma, allergies, skin irritation, metabolic syndrome, diabetes, obesity, cancer, and nervous system, respiratory, and endocrine disruption. Fragrances may contain any combination of more than 3,000 chemical ingredients. Companies don't have to disclose the fragrance formula because it is protected under federal law's classification of trade secrets.	

# The *best* clean, naturally: Thieves®

Feeling overwhelmed or like every product is harmful to your body? We've been there too. At first it may seem impossible to rid your home of harsh chemicals; but remember, you don't have to do everything at once. A few simple, practical changes can make a huge impact on your home.

So what are safe and effective alternatives to commercial household products filled with harsh chemicals? Which products can you trust? When you're looking for effective, naturally derived, plant-based products for the entire home, Young Living has you covered.



Our Thieves product line offers healthy alternatives for all your home and cleaning needs! We have everything from hand soap to laundry detergent. You can feel confident knowing that Thieves products are free from harsh chemicals and infused with the powerful Thieves essential oil blend.

The Thieves product line is formulated without:

SLS	synthetic ingredients
parabens	fluoride
phthalates	preservatives
triclosan	perfumes
dyes	formaldehyde
phosphates	

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Pure enough for your family,  
strong enough for your everyday life!

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## What is Thieves essential oil blend?

Young Living's one-of-a-kind Thieves® essential oil blend joined the Young Living family in 1994 and has been stealing hearts ever since! Pop open a bottle and you'll immediately fall in love with the powerful combination of Cinnamon Bark, Lemon, Rosemary, Eucalyptus, and Clove essential oils. A key ingredient in our cleaning products and personal care items, Thieves fills your home with the scent of fresh citrus and freshly baked goods.

## Using the power of Thieves essential oil in your home

Thieves essential oil blend has a warm, spicy scent. Diffuse it for a fresh, clean aroma around the house or apply it topically for its cleansing properties.



Refresh musty carpets by adding 5 drops of Thieves to a cup of baking soda; combine well and let sit overnight until the oil is absorbed. Sprinkle over carpets and vacuum thoroughly.



Apply Thieves to your children's feet after school.



Apply Thieves along your spine after going out.



Diffuse it around the classroom or in your home to neutralize strong smells in the air.



Add a few drops to your dishwasher or laundry detergent to eliminate odors and enhance cleaning.

Thieves Vitality™ is specially formulated so you and your family can enjoy the benefits of Thieves essential oil blend internally. Support overall wellness with just a few drops!



Add 1–2 drops of Thieves Vitality to your favorite drink and take daily.



Take Thieves Vitality in a vegetarian gel capsule to support your immune system and for antioxidant properties.\*

\*These statements have not been evaluated by the Food and Drug Administration. Young Living products are not intended to diagnose, treat, cure, or prevent any disease.

# Thieves Household Cleaner

ALL THE CLEANING POWER YOU NEED IN ONE BOTTLE

If you want to make the switch to plant-based products, start with Thieves® Household Cleaner! This all-purpose, plant- and mineral-based cleaner is designed to replace virtually every cleaner in your home. A multitasking powerhouse, it can tackle dirt, dust, grease, grime, and even the toxic residues left behind by other cleaners. Wherever you use it, you'll feel good knowing it's safe to use around everyone in your family, including pets! Best of all, it's formulated without the harsh or dangerous chemicals found in many traditional cleaning products.

## 20 uses for Thieves Household Cleaner

- Floors
- Windows
- Countertops
- Ovens
- Sinks
- Toilets
- Cabinets
- Bathtubs
- Showers
- Tile
- Appliances
- Walls
- Mirrors
- Stovetops
- Stained clothes
- Cupboards
- Pots and pans
- Exercise equipment
- Toys
- Jewelry



# How to dilute Thieves Household Cleaner

Simply dilute Thieves® Household Cleaner concentrate with water and you'll be ready to tackle any cleaning job around the house!

## HEAVY degreasing ratio:

1 CAPFUL Thieves Household Cleaner to 1 CUP of water in a glass or stainless steel spray bottle

*Use the heavy degreasing ratio on carpet stains, NingXia Red® stains, or any hard-to-clean surface.*

## MEDIUM degreasing ratio:

1 CAPFUL Thieves Household Cleaner to 2 CUPS of water in a glass or stainless steel spray bottle

*Use the medium degreasing ratio for everyday cleaning such as countertops, floors, and sinks.*

## LIGHT degreasing ratio:

1 CAPFUL Thieves Household Cleaner to 3 CUPS of water in a glass or stainless steel spray bottle

*Use the light degreasing ratio for mirrors, windows, or other delicate surfaces.*



*Pro tip:*

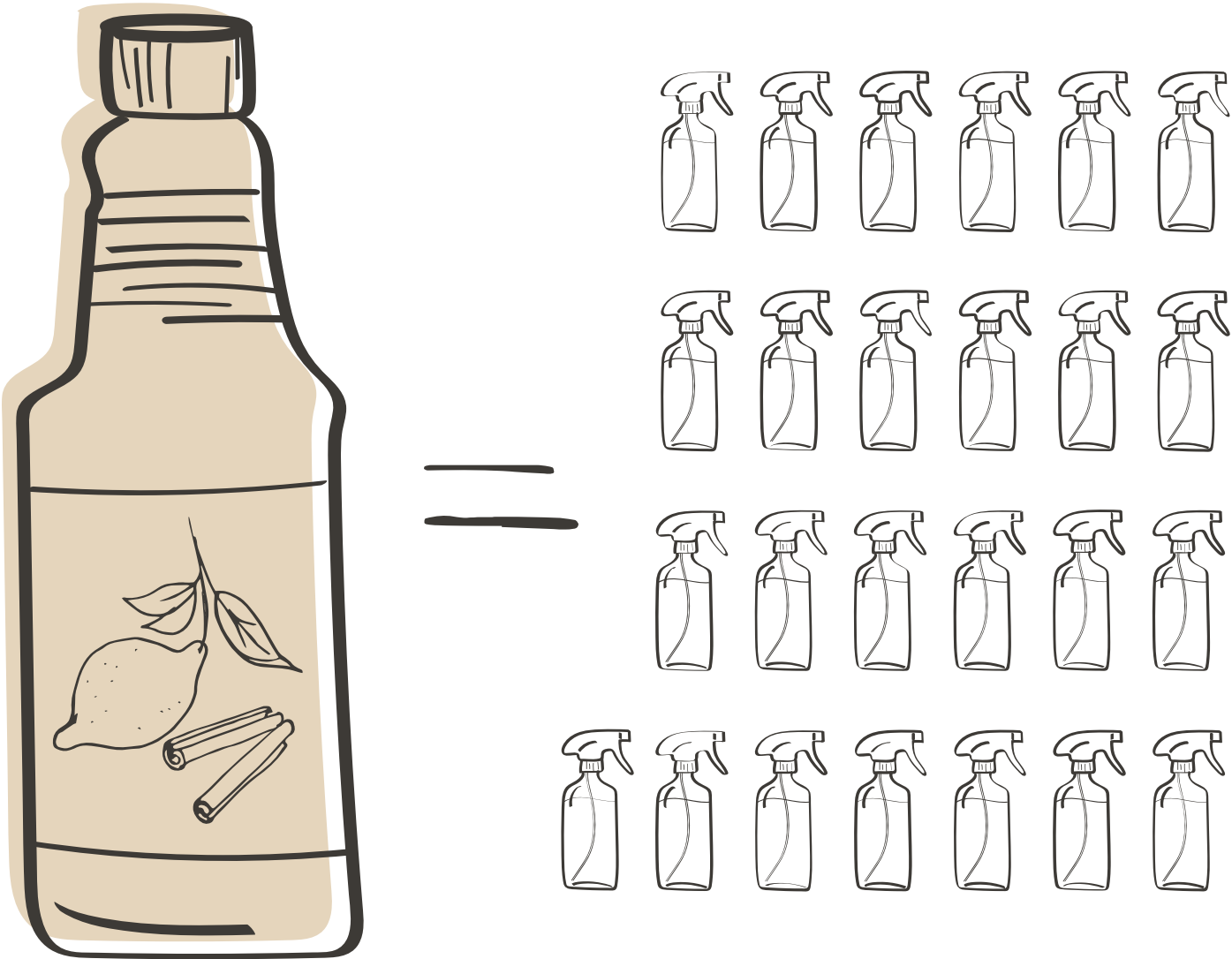
Did you know that you can reuse your empty Thieves Household Cleaner bottle? Simply add a spray top and fill it with diluted Thieves cleaner!

Though we recommend using a glass or stainless steel spray bottle because essential oils can eat away plastic when stored, the Thieves cleaner plastic bottle is chemical resistant and works well for storing your premade Thieves cleaner.



# Simplify and *save*

Thieves® Household Cleaner comes in a multipurpose concentrate and makes cleaning simple, affordable, and sustainable. With one bottle, you can make about 29 16-ounce spray bottles using the medium degreasing ratio. There are approximately 60 capfuls of the cleaner in each bottle.







# Kick the ick, *naturally* cleaning room by room



## DIY wood floor polish

### INGREDIENTS

- 1 capful Thieves Household Cleaner
- 5 drops Pine essential oil
- 4 cups water
- 2 tablespoons white vinegar
- 2 tablespoons olive oil

### DIRECTIONS

1. Combine all ingredients in a bucket.
2. Mop the mixture onto your floors and let it work its magic!



# Kitchen

## Thieves Fruit & Veggie Soak

THIEVES® FRUIT & VEGGIE SOAK is the best way to safely clean your produce without having to worry about lingering additives, synthetics, wax, or dirt! Who knows who or what has touched your fruits and veggies during the growing, harvesting, and shipping process? Enjoy clean produce with the power of three exclusive essential oil blends—DiGize™, Thieves, and Purification®—and other naturally derived ingredients.

## Thieves Automatic Dishwasher Powder

THIEVES® AUTOMATIC DISHWASHER POWDER combines natural enzymes, biodegradable cleansing agents, Thieves, Orange, and Lemongrass essential oils, and saponins derived from soapberries to remove the toughest grease and baked-on food. Leave the dishes in tip top shape while neutralizing odors!

Think *Thieves Automatic Dishwasher Powder* is only for dishes? Think again! This versatile cleaning powder uses enzymes like amylase and protease to break down food particles into small pieces that can then be easily cleaned or washed away. You can use it in toilets, bathtubs, sinks, ovens, and the laundry.

## Thieves Dish Soap

THIEVES® DISH SOAP will effectively clean your dishes without harsh chemicals, dyes, or synthetics. Enhanced with Jade Lemon™, Bergamot, and Thieves essential oil blend, it has a fresh citrus scent that makes chores a little brighter.

## Thieves® Kitchen and Bath Scrub

THIEVES® KITCHEN AND BATH SCRUB is a natural, mineral-based formula that tackles tough messes of built-up grease, dirt, and residue without the synthetic shortcut of chlorine or other harsh chemicals, keeping it gentle for surfaces used by the whole family.



## Garbage disposal refresher

### INGREDIENTS

- 1 capful Thieves Household Cleaner
- ½ cup baking soda
- ½ cup white vinegar
- 4 cups water
- 3 drops Purification essential oil blend

### DIRECTIONS

1. Pour 1 capful of Thieves Household Cleaner down the disposal and let sit for 5 minutes.
2. Add ½ cup baking soda and ½ cup white vinegar and let sit until fizzing stops.
3. Bring 4 cups of water to a boil, then pour down the drain.
4. Turn on disposal and run cold water for 30 seconds.
5. Add 3 drops of Purification essential oil blend to the disposal for an extra-fresh scent.

# Bathroom

## Thieves and Lushious Lemon Foaming Hand Soap

Your hands deserve the best cleansing ingredients nature has to offer! Pump, rinse, and get on your way without harsh, drying detergents.

LUSHIOUS LEMON FOAMING HAND SOAP combines Lemon, Lemon Myrtle, Spearmint, and Ylang Ylang essential oils with other naturally derived ingredients such as aloe, ginkgo biloba, and decyl glucoside to keep hands clean without over-drying.

THIEVES® FOAMING HAND SOAP features a plant-based formula, Thieves essential oil blend, and skin-moisturizing ingredients such as aloe vera.

## Thieves Cleansing Soap

THIEVES® CLEANSING SOAP is enriched with moisturizing plant oils such as coconut, jojoba, and olive oil. Aloe vera and wolfberry seed oil are also added to help cleanse and purify your skin. The result? A beautifully scented bar soap that leaves skin soft, smooth, and refreshed.

## DIY before-you-go spray

### INGREDIENTS

- 15 drops Lemon essential oil
- ½ cup rubbing alcohol
- ½ cup distilled water

### DIRECTIONS

1. Combine ingredients in a glass spritzer bottle.
2. Keep it handy so when nature calls, you can use a spritz to block those bowl-bouncing odors.

## Oral care line

Start your morning on the bright side with the natural power of Thieves oral care products. Healthy teeth start with products that clean without harsh chemicals.

THIEVES® WHITENING TOOTHPASTE: Pure and safe ingredients combine to whiten teeth, fight plaque, support healthy gums, and remove stains without damaging enamel. The powerful whitening and cleaning properties come from Young Living's blend of silica, hydroxyapatite, calcium carbonate, and perlite, which leaves you with long-lasting freshness and a sparkling smile!

### DID YOU KNOW?

SLS is a common foaming agent used in commercial toothpaste. It's known to cause irritation and dry out mucous membranes. SLS has also been shown to increase the likelihood of developing canker sores.<sup>3</sup>

THIEVES® FRESH ESSENCE PLUS™ MOUTHWASH is made with 100 percent plant-based, naturally derived ingredients that help reduce buildup, strengthen teeth, and brighten your smile. The spicy-sweet flavor of Thieves, combined with Spearmint and Peppermint, will leave you with fresh breath and a pleasant taste to give you the confidence you need to face the day.

### DID YOU KNOW?

The gums are some of the most absorptive tissues in the body and readily absorb most irritants they meet.

Check out our other oral care products:

- Thieves® AromaBright™ Toothpaste
- Thieves® Dental Floss



## DIY toilet bombs

(Makes approximately 20 tablets)

### INGREDIENTS

- 1 cup baking soda
- ½ cup citric acid
- ½ cup cornstarch
- 4 teaspoons water
- 2 teaspoons Thieves, Lemon, Citrus Fresh™, or Tea Tree essential oil
- 3 teaspoons V-6™ Vegetable Oil Complex
- Ice cube tray or candy mold

### DIRECTIONS

1. Combine all dry ingredients in a large bowl and mix evenly.
2. Combine water, essential oils, and V-6 in a separate small bowl.
3. Pour liquids into the large bowl and whisk together until combined.
4. Use mixture to fill ice cube tray or candy mold about  $\frac{3}{4}$  full. If mixture expands, gently repack it into the mold.
5. Let sit overnight to dry. When dry, pop tablets out and store in a glass jar.
6. Put a tablet in the toilet bowl as needed to help clean and deodorize. Let tablet sit in bowl for 20–30 minutes to fizz and dissolve. Once dissolved, flush.

Note: This recipe is not recommended for toilet tanks.



# Laundry Room

## DIY spot remover

### INGREDIENTS

- 1 teaspoon Thieves Household Cleaner
- ½ teaspoon Thieves Dish Soap
- 2–3 drops Lemon essential oil
- 1 teaspoon hydrogen peroxide

### DIRECTIONS

1. Combine ingredients in a 10 ml roller bottle.
2. Shake well and apply to stains.  
Make sure to patch test on delicate or colored clothes.

## Dryer balls

Ditch toxic dryer sheets and freshen your laundry with essential oils instead! Add a few drops of oil to wool dryer balls or a damp washcloth. Let the oil dry fully on the balls and then pop them in the dryer with your clothes.

*Dryer ball scents*

💧 Purification + 💧 Lime

💧 Bergamot + 💧 Tea Tree

💧 Northern Lights Black Spruce + 💧 Lavender

💧 Stress Away + 💧 Lemon

## Laundry soap

With a plant-based formula, THIEVES® LAUNDRY SOAP gently and naturally washes your clothes, leaving them truly clean without any chemical or synthetic residue. Natural enzymes and powerful essential oils like Thieves, Jade Lemon™, and Bergamot add to the formula's strength, leaving your clothes fresh and clean with a light citrus scent.

HE safe  
and Highly  
concentrated

**1 bottle**

=

**64 loads**





# Bedroom and Living Area

## Thieves Waterless Hand Sanitizer and Spray

Germes are everywhere and sinks are not. Thieves Waterless Hand Sanitizer and Thieves Spray are on-the-go cleaners perfect for when you're running errands, traveling, or away from home!

**Kill 99.9 percent of germs** anytime, anywhere with THIEVES® WATERLESS HAND SANITIZER. Infused with soothing aloe vera gel and the cleansing properties of our pure Thieves blend and Peppermint essential oil, Thieves Waterless Hand Sanitizer effectively eliminates common harmful germs and bacteria.

THIEVES® SPRAY doesn't require rinsing after use and has no harsh fumes. Use it on counters, sinks, door handles, bathroom surfaces—even yoga mats. Its portable size makes it easy to throw in a backpack, purse, or overnight bag. Plus, it's safe to use around the whole family!

## Diffusers

Diffusers freshen any space and eliminate unwanted odors without toxic fragrances. Musty smells are no match for the bright, crisp scents of Tea Tree, Kunzea, Thieves, and Lemon.





# Home Air Quality

Often the dirtiest place in a home is the air you're breathing, especially after cleaning with harsh chemicals. You can immediately—and dramatically—improve the air quality of your home by removing toxic cleaning products and air fresheners.

Think of the last time you walked down the grocery store aisle with the air fresheners and cleaning products. The packages are sealed and the entire aisle still smells of chemicals and artificial fragrances. What you smell are volatile organic compounds (VOCs) escaping from their containers. VOCs are common in many household products, which means they may be polluting your indoor air too. They can create a low-level chemical soup that spreads throughout every space.

## HOW DO YOU IMPROVE YOUR AIR QUALITY?

- Open the windows and turn on a fan! Circulating fresh air can get rid of leftover VOCs from the products you removed.
- Use a HEPA vacuum to help remove semi-volatile organic compounds from pesticides and cleaning products that linger after removal.
- Sprinkle carpets or upholstery with baking soda to neutralize and absorb VOCs. Let the baking soda sit for a few hours before vacuuming.

### DIY carpet refresher

#### INGREDIENTS

- 25 drops Lemon essential oil
- 1 cup baking soda

#### DIRECTIONS

1. Combine ingredients and transfer to a jar with a mesh lid; let sit for 8 hours.
2. Shake on stale carpet and let set overnight. Vacuum in the morning.

- Stop using candles and air fresheners.





# Ditch and *switch* Candle Guide

Instead of using products that diminish your air quality, fill your home with one of these diffuser blends. Not only do they help freshen the air and banish unwanted odors, but they may also remind you of your favorite scented candles!

## Fresh Balsam

- 💧💧💧 Eucalyptus Radiata
- 💧💧 Idaho Grand Fir
- 💧💧 Pine

## Tropical Retreat

- 💧💧💧 Lime
- 💧💧💧 Ylang Ylang
- 💧💧 Grapefruit
- 💧 Copaiba

## Blue Volcano

- 💧💧💧 Northern Lights Black Spruce
- 💧💧 Lemon Verbena
- 💧 Lime
- 💧 Geranium

## Spring blossom

- 💧💧 Bergamot
- 💧💧 Lavender
- 💧 Roman Chamomile

## Fresh Linens

- 💧💧 Lavender
- 💧💧 Lemon
- 💧 Rosemary

## Pumpkin Spice

- 💧💧💧 Cinnamon Bark
- 💧💧💧 Nutmeg
- 💧💧 Orange
- 💧 Clove

# Essential Oils for Cleaning

Have you ever tried making your own DIY cleaner? Essential oils make it extra easy! A few drops of Lemon, Purification®, Tea Tree, Rosemary, Orange, Citrus Fresh™, Eucalyptus Radiata, or Thieves® in your naturally derived cleaning solution is all you need for cleaning power without harmful chemicals!



# DIY Cleaning Recipe Reference

## Oven scrub

### INGREDIENTS

- ½ capful Thieves Household Cleaner
- ½ tablespoon Thieves Dish Soap
- 2 drops Thieves essential oil blend
- ½ cup white vinegar
- Baking soda

### DIRECTIONS

1. Mix all ingredients except baking soda in a spray bottle.
2. Sprinkle baking soda liberally on the bottom of the oven, avoiding the heating elements, and spray with the cleaning mixture; let sit until it stops bubbling.
3. Scrub stubborn spots with a sponge.
4. Wipe the rest of the cleaning mixture off with a damp cloth and rinse well, making sure to remove all baking soda.

## Showerhead and faucet cleaner

### INGREDIENTS

- 1 teaspoon Thieves Household Cleaner
- ¾ cup white vinegar

### DIRECTIONS

1. Mix ingredients in a plastic bag.
2. Attach the full bag to faucets and fixtures with rubber bands; leave for several hours.
3. Scrub with a coarse brush if needed to remove hard-water stains, then rinse well.

## Garbage disposal refresher

### INGREDIENTS

- 1 capful Thieves Household Cleaner
- ½ cup baking soda
- ½ cup white vinegar
- 4 cups water
- 3 drops Purification essential oil blend

### DIRECTIONS

1. Pour 1 capful of Thieves Household Cleaner down the disposal and let sit for 5 minutes.
2. Add ½ cup baking soda and ½ cup white vinegar and let sit until fizzing stops.
3. Bring 4 cups of water to a boil, then pour down the drain.
4. Turn on disposal and run cold water for 30 seconds.
5. Add 3 drops of Purification essential oil blend to the disposal for an extra-fresh scent.



### Dishwasher cleaner

#### INGREDIENTS

- ½ capful Thieves Household Cleaner
- 3 drops Jade Lemon™ essential oil
- 1 cup white vinegar

#### DIRECTIONS

1. Pour ingredients into the bottom of the dishwasher.
2. Run empty dishwasher through a full cycle. Do not add detergent.

### Wood floor polish

#### INGREDIENTS

- 1 capful Thieves Household Cleaner
- 5 drops Pine essential oil
- 4 cups water
- 2 tablespoons white vinegar
- 2 tablespoons olive oil

#### DIRECTIONS

1. Combine all ingredients in a bucket.
2. Mop the mixture onto your floors and let it work its magic!

### Crayon remover

#### INGREDIENTS

- Splash of Thieves Household Cleaner
- 3 drops Lemon essential oil

#### DIRECTIONS

1. Apply ingredients to a damp rag.
2. Wipe drawings off walls, repeating until the art is gone.

### Carpet refresher

#### INGREDIENTS

- 25 drops Lemon essential oil
- 1 cup baking soda

#### DIRECTIONS

1. Combine ingredients and transfer to a jar with a mesh lid; let sit for 8 hours.
2. Shake on stale carpet and let set overnight. Vacuum in the morning.

## Before-you-go spray

### INGREDIENTS

- 15 drops Lemon essential oil
- ½ cup rubbing alcohol
- ½ cup distilled water

### DIRECTIONS

1. Combine ingredients in a glass spritzer bottle.
2. Keep it handy so when nature calls, you can use a spritz to block those bowl-bouncing odors.

## Jewelry cleaner

### INGREDIENTS

- ½ capful Thieves Household Cleaner
- Water

### DIRECTIONS

1. Combine ingredients in a glass bowl and soak jewelry for 3–5 minutes or overnight.
2. Scrub jewelry with a soft brush if necessary.
3. Rinse and dry.

Note: This is not recommended for opals and pearls.



## Glass and mirror cleaner

### INGREDIENTS

- 1 capful Thieves Household Cleaner
- 5 drops Lemon essential oil
- 3 cups water
- 1 teaspoon white vinegar

### DIRECTIONS

1. Combine ingredients in a bucket or bowl and store in a glass spray bottle.
2. Spray surface liberally and wipe clean with a lint-free cloth.

Alternate oils: Try Tea Tree, Tangerine, Citrus Fresh™, or Pine.

## Hard-surface floor cleaner

### INGREDIENTS

- 1–2 capfuls Thieves Household Cleaner
- 5–10 drops Lemon, Tea Tree, or Purification® essential oil
- ¼ cup white vinegar
- Bucket filled with hot distilled water

### DIRECTIONS

1. Combine ingredients in bucket and use a mop to clean floors.
2. Let air dry or mop up excess moisture.

## Wood dusting spray

### INGREDIENTS

- ½ teaspoon Thieves Household Cleaner
- 3 drops Pine essential oil
- 1 cup distilled water
- 1 tablespoon extra virgin olive oil or jojoba oil, optional

### DIRECTIONS

1. Combine ingredients in a glass spray bottle; gently shake to mix.
2. Spray a cloth with the mixture, then wipe surfaces to remove dust.

Note: If you added oil to the formula, gently shake the bottle each time before spraying the cloth. This solution may not be safe for all wood surfaces. It's important to test an inconspicuous spot on the wood to see how the wood sealer responds before using.



## Spot remover

### INGREDIENTS

- 1 teaspoon Thieves Household Cleaner
- ½ teaspoon Thieves Dish Soap
- 2–3 drops Lemon essential oil
- 1 teaspoon hydrogen peroxide

### DIRECTIONS

1. Combine ingredients in a 10 ml roller bottle.
2. Shake well and apply to stains. Make sure to patch test on delicate or colored clothes.

## Toilet bombs

(Makes approximately 20 tablets)

### INGREDIENTS

- 1 cup baking soda
- ½ cup citric acid
- ½ cup cornstarch
- 4 teaspoons water
- 2 teaspoons Thieves, Lemon, Citrus Fresh™, or Tea Tree essential oil
- 3 teaspoons V-6™ Vegetable Oil Complex
- Ice cube tray or candy mold

### DIRECTIONS

1. Combine all dry ingredients in a large bowl and mix evenly.
2. Combine water, essential oils, and V-6 in a separate small bowl.
3. Pour liquids into the large bowl and whisk together until combined.
4. Use mixture to fill ice cube tray or candy mold about ¾ full. If mixture expands, gently repack it into the mold.
5. Let sit overnight to dry. When dry, pop tablets out and store in a glass jar.
6. Put a tablet in the toilet bowl as needed to help clean and deodorize. Let tablet sit in bowl for 20–30 minutes to fizz and dissolve. Once dissolved, flush.

Note: This recipe is not recommended for toilet tanks.

## Bubble bath

### INGREDIENTS

- 4 ounces KidScents® Bath Gel
- 5 drops Seedlings® Calm™ essential oil blend
- 5 drops Lavender essential oil
- 3 ounces fractionated coconut oil
- 4 cups water

### DIRECTIONS

1. Combine ingredients and pour a small amount into running water.

# Big changes *start* with small steps every day



## You are the gatekeeper to your home.

Eliminating harsh chemicals and toxins from your home takes work, but it doesn't have to be overwhelming. Think of it as a journey rather than a destination and congratulate yourself on the baby steps you take along the way.

Start by replacing the products you use most frequently. This may be your household cleaner or hand soap. Every item you remove improves your home environment—and your family's health! Focus on switching out products used on or around children and anyone with a compromised immune system; they can be more prone to the harmful effects of harsh chemicals.

Each month, **switch 1–3** household products for safer, naturally derived products. Within only a few months, you won't have to deal with nasty chemicals that irritate your skin or harsh scents that sting your nose.

Once you start cleaning with Thieves, you'll wonder why you didn't make the switch sooner.

# One year to a *plant-based* home

A GUIDE TO HELP YOU SWAP OUT PRODUCTS FOR SAFER ALTERNATIVES

## month 1

- + Thieves Household Cleaner
- + Lemon

## month 2

- + Thieves Foaming Hand Soap
- + Thieves

## month 3

- + Thieves Laundry Soap
- + Tea Tree

## month 4

- + Thieves Waterless Hand Sanitizer
- + Purification

## month 5

- + Thieves Spray
- + Pine

## month 6

- + Thieves Dish Soap
- + Eucalyptus Radiata

## month 7

- + Thieves Foaming Hand Soap Refill
- + Grapefruit

## month 8

- + Thieves Whitening Toothpaste
- + Orange

## month 9

- + Thieves Dental Floss
- + Lavender

## month 10

- + Thieves Fresh Essence Plus Mouthwash
- + Lime

## month 11

- + Thieves Fruit & Veggie Soak
- + Tangerine

## month 12

- + Thieves Automatic Dishwasher Powder
- + Citrus Fresh

What products are you switching out first?



# Start Today

ALL THE CLEANING POWER YOU NEED IN ONE BOTTLE



## Thieves Home Loyalty Bundle

Retail value: \$210+

Your cost: \$160

- Thieves® essential oil blend
- Lemon essential oil
- Thieves® Dish Soap
- Thieves® Household Cleaner
- Thieves® Foaming Hand Soap
- Thieves® Kitchen and Bath Scrub
- Thieves® Laundry Soap
- Thieves® Fruit and Veggie Soak
- 16-ounce amber glass spray bottle
- PLUS save 24 percent on future purchases

## Thieves Home Cleaning Kit

Retail value: \$118.09

Your cost: \$89.75

- Lemon essential oil
- Pine essential oil
- Citrus Fresh™ essential oil blend
- Purification® essential oil blend
- Thieves® essential oil blend
- Thieves® Household Cleaner
- Large stainless steel bucket
- 16-ounce amber glass spray bottle
- Cleaning cloth
- Oil bottle carrying case
- Cleaning recipe instructional booklet



## Thieves Starter Bundle

Retail value: \$250+

Your cost: \$135

- Thieves® essential oil blend
- Thieves® AromaBright™ Toothpaste
- Thieves® Fresh Essence Plus™ Mouthwash
- 2 Thieves® Household Cleaner
- 2 Thieves® Foaming Hand Soap
- 2 Thieves® Spray
- 2 Thieves® Waterless Hand Sanitizer
- *Essential Oils* magazine
- PLUS save 24 percent on future purchases



With naturally derived ingredients and pure essential oils, your home will be clean, comfortable, and ready for every guest who walks through your door.

# Thieves Wish List

## Kitchen:

- ☐ Thieves Household Cleaner
- ☐ Thieves Fruit & Veggie Soak
- ☐ Thieves Fruit & Veggie Spray
- ☐ Thieves Automatic Dishwasher Powder
- ☐ Thieves Dish Soap
- ☐ Thieves Kitchen and Bath Scrub

## Bedroom and Living Area:

- ☐ Thieves Spray
- ☐ Thieves Waterless Hand Sanitizer
- ☐ Thieves Wipes

## Bathroom:

- ☐ Thieves Foaming Hand Soap
- ☐ Lushious Lemon Foaming Hand Soap
- ☐ Thieves Cleansing Soap
- ☐ Thieves AromaBright Toothpaste
- ☐ Thieves Whitening Toothpaste
- ☐ Thieves Dental Floss
- ☐ Thieves Fresh Essence Plus Mouthwash
- ☐ Thieves Hand Soap Refill
- ☐ Lushious Lemon Hand Soap Refill

## Laundry Room:

- ☐ Thieves Laundry Soap

## Essential Oils for DIY Cleaning and Diffusing:

- ☐ Citrus Fresh essential oil blend
- ☐ Eucalyptus Radiata essential oil
- ☐ Grapefruit essential oil
- ☐ Lemon essential oil
- ☐ Orange essential oil
- ☐ Pine essential oil
- ☐ Purification essential oil blend
- ☐ Rosemary essential oil
- ☐ Sage essential oil
- ☐ Tea Tree essential oil
- ☐ Thieves essential oil blend



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# Price List

PRODUCT NAME	ITEM NO.	WHSL.	RETAIL
<u>Lushious Lemon Foaming Hand Soap</u>	30948	\$16.00	\$21.05
<u>Lushious Lemon Foaming Hand Soap, 3 pk.</u>	30842	\$47.75	\$63.83
<u>Lushious Lemon Foaming Hand Soap Refill</u>	30920	\$42.75	\$56.25
<u>Thieves AromaBright Toothpaste</u>	3039	\$12.00	\$15.79
<u>Thieves AromaBright Toothpaste, 2 oz./5 pk.</u>	5351	\$32.50	\$42.76
<u>Thieves Automatic Dishwasher Powder</u>	5762	\$28.50	\$37.50
<u>Thieves Chest Rub</u>	23801	\$30.00	\$39.47
<u>Thieves Cleansing Soap</u>	3679	\$12.00	\$15.79
<u>Thieves Dental Floss</u>	4463122	\$3.75	\$4.93
<u>Thieves Dental Floss, 3 pk.</u>	4464122	\$10.00	\$13.16
<u>Thieves Dentarome Plus Toothpaste</u>	3738	\$7.50	\$9.87
<u>Thieves Dentarome Ultra Toothpaste</u>	20194	\$10.00	\$13.16
<u>Thieves Dish Soap</u>	5350	\$15.75	\$20.72
<u>Thieves Essential Oil Blend</u>	3423	\$39.25	\$51.64
<u>Thieves Essential Oil-Infused Cough Drops</u>	5760	\$23.00	\$30.26
<u>Thieves Foaming Hand Soap</u>	3674	\$16.00	\$21.05
<u>Thieves Foaming Hand Soap, 3 pk.</u>	3643	\$47.75	\$62.83
<u>Thieves Foaming Hand Soap Refill</u>	3594	\$42.75	\$56.25
<u>Thieves Fresh Essence Plus Mouthwash</u>	3683	\$12.75	\$16.78
<u>Thieves Fruit &amp; Veggie Soak</u>	5352	\$22.25	\$29.28

PRODUCT NAME	ITEM NO.	WHSL.	RETAIL
<u>Thieves Fruit &amp; Veggie Spray</u>	5348	\$9.50	\$12.50
<u>Thieves Hand Sanitizing Wipes</u>	30632	\$16.25	\$21.38
<u>Thieves Hard Lozenges</u>	3282	\$21.25	\$27.96
<u>Thieves Home Cleaning Kit</u>	20421	\$89.75	\$118.09
<u>Thieves Household Cleaner, 14.4 fl. oz.</u>	3743	\$25.50	\$33.55
<u>Thieves Household Cleaner, 64 fl. oz.</u>	4475	\$98.50	\$129.61
<u>Thieves Household Cleaner Single Packets, 10 pk.</u>	20830	\$24.75	\$32.57
<u>Thieves Kitchen and Bath Scrub</u>	30662	\$16.00	\$21.05
<u>Thieves Laundry Soap</u>	5349	\$33.25	\$43.75
<u>Thieves Mints</u>	5138	\$14.50	\$19.08
<u>Thieves Mints, 3 pk.</u>	5140	\$40.00	\$52.63
<u>Thieves Spray</u>	3265	\$10.25	\$13.49
<u>Thieves Spray, 3 pk.</u>	3266	\$27.50	\$36.18
<u>Thieves Vitality Essential Oil Blend</u>	5631	\$16.50	\$21.71
<u>Thieves Waterless Hand Sanitizer, 1 oz.</u>	3621	\$5.75	\$7.57
<u>Thieves Waterless Hand Sanitizer, 1 oz./3 pk.</u>	3622	\$15.75	\$20.72
<u>Thieves Waterless Hand Sanitizer, 2 oz.</u>	33649	\$10.50	\$13.82
<u>Thieves Waterless Hand Sanitizer, 7.6 oz.</u>	5142	\$30.50	\$40.13
<u>Thieves Waterless Hand Sanitizer, 16 oz.</u>	33577	\$56.00	\$73.68
<u>Thieves Whitening Toothpaste</u>	26668	\$13.00	\$17.11
<u>Thieves Whitening Toothpaste Sample Sachets, 10 pk.</u>	27739	\$7.75	\$10.20
<u>Thieves Wipes</u>	3756	\$15.00	\$19.74





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