

# Optimized Home: Green Cleaning





# *The Optimized Home*

**"A supportive guide to transition your home in toxic-free cleaning"**



## **Recommended Items:**

**OnGuard Concentrated Cleaner**

**Lemon**

**Lime**

**Purify**

**OnGuard Foaming Handwash**

**OnGuard Laundry Detergent**

**Please keep in mind, in order to receive optimum results, we recommend to only use doTERRA's CPTG oils on your family!**

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# Questions and Answers

**What oils have natural disinfectant properties? Wild Orange, OnGuard, Melaleuca, Thyme, Cinnamon, Peppermint, Purify, Lime, Geranium, Rosemary, Clove, Oregano, Lemon, Grapefruit, Lavender, Frankincense, and many others. These oils limit the bacteria's ability to grow or reproduce if it isn't killed completely.**

**Can I substitute any oils? Feel free to substitute out the oil in the recipe and add in one of the oils listed above.**

**Why is transitioning to "green" cleaning important? Common household cleaners contain phthalates, perchlorethylenes, triclosans, Quarternary Ammonium Compounds, 2-Butoxyethanol, Ammonia, Chlorine, and Sodium Hydroxide. These chemicals have been linked to disrupting the endocrine system, irritating the skin, causing respiratory issues, and causing severe liver and kidney damage! They have also been linked as possible carcinogens and have been shown to promote the growth of drug resistant bacteria!**

# Questions and Answers

**Triclosan & Triclocarban (hand soaps, dish soaps, and toothpastes) are linked to hormone imbalance and the potential increased risk of breast cancer.**

**Nano-silver (textiles, plastics, soaps, packaging and other materials as a disinfectant) can penetrate deep into your body and have been shown to be toxic to the liver and brain.**

**Ammonium Quaternary Compounds (found in disinfectant sprays and toilet cleaners) have been linked to decreased fertility, birth defects, and have also been identified as known inducers of occupational asthma.**

**Ammonia (often in glass and hard-surface cleaners) can be irritating to the skin, eyes, throat, and lungs. Enters body and turns into ammonium hydroxide which is very corrosive and damages cells in the body immediately.**

**Some household chemicals can interfere with children's development of neurological, endocrine and immune systems, a pediatric problem that can be detrimental to even their adult lives.**

# Questions and Answers

**Fragrances can be made up of potentially hundreds of different ingredients. Estimates indicate that between 80-90% of the raw materials used in cosmetic and cleaning fragrances today are synthetic versus natural, plant-based.**

**When we use a fragranced product in our homes, we all inhale or absorb some of those toxic fragrance chemicals into our bodies. Chemicals like synthetic musks and phthalates, for example, have been detected in blood, urine and fat tissue in nearly every human tested.**

**Women are targeted by fragrance marketing since they tend to make the vast majority of household purchasing decisions especially for cleaning products. As such, women are more likely than men to experience adverse health effects from exposure to fragrance. Women are also more vulnerable to the potential hormone-disrupting effects of fragrance ingredients which often affect fertility and pregnancy. Exposures to even small levels of toxic fragrance chemicals during pregnancy may pose lifelong health impacts on our children.**



# *A Green Kitchen*

## **Oven Cleaner:**

**Add 15 drops Lemon essential oil to a spray bottle filled with water. Spray all over inside a dirty oven.**

**Shake 3–4 cups baking soda inside the oven and thickly coat as much surface area as possible including any racks.**

**Spray just enough Lemon water over the baking soda to barely moisten it then close the oven door.**

**Wait overnight.**

**The next day, wipe down the oven walls and racks with damp paper towels or an old sponge.**

**Once all the clumps of soda and grime have been removed, spray the inside of the oven with lemon water and wipe it one final time.**

## **Stainless Steel Cleaner:**

**Mix Lemon with Fractionated Coconut Oil, wipe on and remove excess with a dry rag**



# *A Green Kitchen*

## **To Make Things Sparkle:**

**Combine 10 drops of Lemon, Lemongrass, Peppermint, or Wild Orange essential oils with baking soda and enough water to make a paste. Scoop out cleanser with your hand as needed, and scrub and wipe down as usual—a soft scrubbing brush works great! (Make sure to store cleanser in a covered glass jar because essential oils will break down plastic).**

## **Freshen the Air:**

**Add 15 drops each of Wild Orange (or any citrus) and Peppermint to an 8 oz. glass spray bottle of distilled water.**

**(You can also combine Purify with Lemon/Lime oil in the diffuser!)**

## **Clean Produce:**

**Plug kitchen sink drain and fill with cool water and about 4-6 drops Lemon oil and 1 spoonful of baking soda. Add produce (making sure all surfaces are covered) and soak for about 20 minutes. For soft produce like strawberries, soak for about 10 minutes.**



# *A Green Kitchen*

## **Minty Fresh Fridge**

**8oz baking soda**

**8 drops grapefruit**

**4 drops spearmint**

**Combine in a bowl and pour into an uncovered jar. Place in refrigerator. Repeat once a month or as needed**

## **Lemon-Basil Sanitizing Spray:**

**7 oz water**

**1 oz vodka**

**14 drops lemon**

**10 drops basil**

**combine in a 4oz spray bottle.**

## **Microwave Cleaner:**

**1 cup hot water**

**1 cup vinegar**

**1 drop lemon**

**In a microwave safe bowl combine ingredients and run for 5-10 minutes. With oven mitts, remove bowl and wipe microwave**

# *A Green Bathroom*

## **Toilet Bowl Cleaner:**

**Sprinkle baking soda and 1–2 drops Lemon essential oil in toilet bowl.**

**Spray down toilet seat and bowl, etc., with Disinfecting & Sanitizing Spray.**

**Clean and wipe down as usual.**

**This is another instance where you can use OnGuard Cleaner Concentrate. Simply squeeze a small amount in the bowl and wash.**

## **Goodbye Mold:**

**Spray mold and mildew with straight white vinegar then wipe it down with a damp cloth sprinkled with straight Melaleuca, Lemon, OnGuard, and Grapefruit essential oils. Leave alone for half an hour and then rinse off.**

## **Shower Scum:**

**Combine white vinegar and lemon and apply to target areas. Allow to soak and wipe off.**



# *A Green Bathroom*

## **Loo Spray:**

**7 Drops cinnamon**

**7 Drops Clove**

**7 Drops Melaleuca**

**1/2 Tablespoon witch hazel**

**spray in the air before and after using the  
loo**

## **Odor Neutralizer:**

**In a glass jar, combine baking soda and  
your favorite citrus essential oils. Wrap a  
piece of mesh over top of the jar and place  
in a smelly spot! This will help absorb the  
odor and create a fresh scent!**





# Green Laundry

## **Disinfect Laundry:**

**Add approximately 6 drops of Eucalyptus, Lemon or Purify oil to wash cycles. Combine with doTERRA's OnGuard Laundry Detergent for best results!**

**In the Dryer: Add a few drops of essential oil on a clean, wet washrag or wool balls and add it to the dryer to lightly scent clothes.**

## **Laundry Scent Enhancer**

**2 Cups epsom salt**

**10 drops lemongrass**

**10 drops OnGuard**

**5 drops melaleuca**

**5 drops balance**

**Combine in a mixing oil and store in a jar. When ready to use, scoop 1/4 cup into basin of washing machine before starting cycle.**

## **Fresh Linen Spray:**

**10 drops lavender**

**10 drops eucalyptus (for dust mites)**

**fill to top with distilled water**

**From a distance, spray lightly on linens**



# *Green Laundry*

## **DeGreaser:**

**1 Tablespoon Baking Soda**

**2 Drops lemon or orange**

**Add water to make a paste consistency and apply to stain. Allow to dry then wash**

## **Stain Spray:**

**20 drops lemon, fill to top with white vinegar**

**Spray on stain and allow a few minutes to penetrate, then throw into the laundry**

## **Fabric Softener:**

**1 Gallon white vinegar**

**30-40 drops of lavender, orange, or lemon essential oils)**

**Add 1/2 Cup for regular machines and 1/4 cup for HE machines**



# *Green Air*

## **Destroy Germs:**

**Add 16 drops Cassia and 11 drops  
Grapefruit oil to a 8 oz. glass spray bottle of  
distilled water**

**Spray liberally to destroy germs and  
freshen stale rooms.**

**OR**

**Put a couple of drops of each of these oils (I  
like to use OnGuard for this as well) in the  
diffuser!**

## **Mold Be Gone:**

**15 drops melaleuca**

**5 drops oregano**

**5 drops clove**

**Fill to top with White Vinegar**

**Spray on moldy areas. Allow to penetrate  
for a few minutes and scrub clean.**





# *Green Air: Room Sprays*

## **Fresh & Clean Spray:**

**4 drops lemon**

**4 drops lime**

**2 drops rosemary**

## **Daisy Fresh**

**6 drops lavender**

**4 drops geranium**

**2 drops roman chamomile**

## **Citrus Spice**

**4 drops lemon**

**5 drops wild orange**

**3 drops grapefruit**

**2 drops clove**

**Combine 1/4 cup water with recipe in 2oz  
spray bottle and spray in desired room**



# *Green Air: Diffuser Blends*

## **Sparkling Clean:**

**2 drops lemon  
2 drops lime  
1 drop lavender  
1 drop rosemary**

## **Be Happy:**

**2 drops peppermint  
2 drops wild orange  
2 drops lime**

## **Citrus Bomb**

**2 drops wild orange  
1 drop lemon  
1 drop lime  
1 drop grapefruit**



# *Green Floors*

## **Clean Hardwood Floors:**

**Add about 1/4 cup white vinegar and up to 10 drops of essential oils, such as Lavender, Lemon, Peppermint, or Wild Orange, to a bucket of hot water to clean hard surface floors.**

## **Carpet Cleaner:**

**Stir 20 drops of fresh smelling essential oils such as Lemon, Peppermint, or Wild Orange in a cup of baking soda. Place soda in a covered container overnight so the oils will be absorbed, then lightly sprinkle soda on carpet before vacuuming.**

## **Pet Odor Spray:**

**1/2 Cup witch hazel**

**1/2 cup water**

**5 drops lemon, wild orange, lavender,**

**OnGuard, eucalyptus**

**Combine in 8oz spray bottle and spray on target area**



# *Green Furniture*

## **Furniture/Dusting Spray:**

**1tsp (5mL) Olive Oil**

**3 Tbsp (45mL) white vinegar**

**3/4 cup water**

**5 drops lemon**

**5 drops wild orange**

**5 drops OnGuard**

**Combine in 8oz spray bottle**

**(For simple cleaner, add a few drops of lemon to a dust cloth and wipe down)**

## **Leather:**

**2 TB fractionated coconut oil, 2TB white vinegar, 10 drops of lemon**

**Spray on leather items and wipe evenly over leather with cloth**



# *Additional Resources*

## **Clean Your Hot Tub or Sauna:**

**To disinfect hot tubs, add 3 drops each of Eucalyptus, Lemon, or Thyme, per person, to the water.**

**For saunas, add 8–10 drops of Rosemary, Lavender, or Thyme essential oil to a bottle filled with 1 part water and 1 part white vinegar (it has a perfect pH) and spray down.**

## **Glass and Window Spray:**

**3 Tablespoon White Vinegar**

**1 Tablespoon Distilled Water**

**5 Drops Lemon**

**Spray on and remove with a newspaper or squeegee**



# *Additional Resources*

## **Chemical Free Household Cleaner:**

**In a large spray bottle (you may want to use glass as citrus oils can eat away plastic), combine 2 cups of water with 1/2 cup white vinegar and 10 drops Lemon or any other citrus essential oil.**

**doTERRA also offers OnGuard Cleaner Concentrate which can be combined with water. You can also add citrus oils to add additional benefits.**

**You can use these sprays to clean surfaces all throughout the house!**

## **Deep Cleaner:**

**1/4 Cup Olive Oil**

**1/4 Cup white vinegar**

**10 drops Bergamot**

**10 drops tangerine**

**Mix together in a 4 oz container. Apply 1/2 tsp to a cloth and scrub in circular motion**





# *Additional Resources*

## **Disinfecting Wipes:**

**3/4 Cup water**

**3/4 cup white vinegar**

**10 drops lemon**

**10 drops OnGuard**

**10 drops melaleuca**

**5 drops lime**

**5 drops cinnamon**

**5 drops peppermint**

**combine in a 16 oz glass jar**

**To use dip cloth into liquid. You can also cut paper towels lengthwise and lay flat in container, pour liquid over.**



# *What's Next?*



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