

ESSENTIAL OILS

for a SAFER, CLEANER HOME



Did you know that the chemicals in household cleaning products can be harmful or toxic?

Over 100,000 children under the age of 6 are sickened by household cleaners each year.¹

Fragrances cause respiratory irritation, headache, sneezing, and watery eyes. One-third of the substances used by the fragrance industry are toxic.²

Phenols, used in disinfectants and toilet bowl cleansers, are toxic to respiratory and circulatory systems.²

Diethylene glycol, used in window cleaners, negatively affects hormone processes and fetal development.²

Formaldehyde, used in spray and wick deodorizers, is a respiratory irritant and suspected carcinogen.²

Petroleum solvents in floor cleaners damage mucous membranes. And petroleum-based chemicals contribute to the depletion of a nonrenewable resource.²

Many cleaners are pollutants that contribute to smog, reduce the quality of drinking water, and are toxic to animals.²

1. See National Center for Injury Prevention and Control
2. See ewg.org

USER STORY

"I used to burn candles and use perfumed air fresheners constantly in my home. Since switching to essential oils and a diffuser I feel better AND my house smells so good." —Jen S.



Skip the toxins! Start cleaning your home with essential oils.

- Essential oils protect against seasonal and environmental threats. They are nontoxic and don't pollute your home, the water supply, or the environment.
- Essential oils are multipurpose making them ideal to have on hand.
- Save money! Follow the recipes on the back of this sheet.



Favorite essential oils for a clean, fresh home.



Lavender

Mist this relaxing scent onto bedding for a good night's sleep. Add to laundry loads.



Lemon

Dissolves sticky residue, polishes chrome, and removes crayon from walls.



Peppermint

Deters spiders and ants. Mist in their hiding places to rid your home of pests.



Rosemary

Degreases surfaces, refreshes musty smelling laundry and washing machines.



Cinnamon

Smells delicious and packs a powerful cleaning punch. Diffuse for clean air.



Orange

Add to homemade products and smile while you scrub. Degreases and shines.



Eucalyptus

Add to washing machine to freshen bedding. Imparts a clean scent.



Thyme

Gives a cleaning boost that's great for bathrooms.



Oregano

Add to toilet bowl water and mist onto mildewy surfaces.



Melaleuca

Freshens bathrooms and hard surfaces with ease.

STUDIES SHOW ESSENTIAL OILS ARE POWERFUL CLEANSING AGENTS (see Miller et al., 2014 and Gilling et al., 2014)

Diffuse for a fresh smelling home

Fill your home with all natural aromas that protect against seasonal and environmental threats, support respiration, and boost your mood.

Try these recipes in your diffuser or in a misting bottle:

Energy Boost

- 1 drop peppermint
- 2 drops bergamot
- 2 drops orange

Freshly Picked

- 1 drop cilantro
- 2 drops lemon
- 1 drop basil

Warm & Woodsy

- 1 drop cinnamon
- 1 drop clove
- 1 drop white fir

Fresh & Floral

- 1 drop geranium
- 2 drops lavender
- 1 drop eucalyptus



ENVIRONMENTAL THREATS	Cinnamon, clove, eucalyptus, lemon, marjoram, melaleuca, peppermint, oregano, rosemary, thyme
GREASY MESSSES	Lemon, orange, bergamot
TO FRESHEN	Cilantro, basil, bergamot, eucalyptus, grapefruit, lemon, lemongrass, orange, peppermint
DETER INSECTS	Ants and spiders (peppermint), moths (cedarwood, patchouli), lice (melaleuca), dust mites (eucalyptus)
MUSTY MILDEW	Cinnamon, melaleuca, oregano, clove, thyme, rosemary

Recipes

See our blog at www.shareoils.com/blogs/blog for more recipe ideas



Simplest Disinfectant Spray

- 10 drops essential oil (see chart)
- MAKE IT.** Add oil to an empty spray bottle and fill with water. Shake and spray on surfaces. Wipe clean.



All-Purpose Spray

- ¾ cup white vinegar
 - 10 drops essential oil (see chart)
 - ½ teaspoon liquid soap
- MAKE IT.** Add ingredients to a 16 oz. spray bottle and fill with water. Shake and spray on surfaces. Wipe clean.



Furniture Polish

- ½ cup olive oil
 - 10 drops lemon
- MAKE IT.** Combine. Polish wood or leather with soft cloth.



Scrubbing Paste

- 1 cup baking soda
 - ¼ cup liquid soap
 - 1 Tbsp. white vinegar
 - 10 drops lemon or rosemary
- MAKE IT.** Combine and store in airtight container. Add water if mixture is too thick. Apply, scrub, and rinse.



Toilet Bowl Cleaner

- 1 Tbsp. baking soda
 - 1 cup white vinegar
 - 5 drops essential oil (see chart)
- MAKE IT.** Drain toilet bowl (optional). Sprinkle baking soda into toilet bowl. Add essential oil. Scrub with a toilet brush. Pour in vinegar and scrub as needed. Close lid and flush.



Carpet & Upholstery Freshener

- MAKE IT.** Combine 20 drops essential oil and 3 cups baking soda. Cover, let mixture rest overnight. Sprinkle on carpets or upholstery to freshen and deodorize. Wait several hours or overnight. Vacuum.

Always do a small patch test on delicate surfaces.

For more information about essential oils contact:

SAFETY PRECAUTIONS: Keep oils out of reach of children. Do not use in the eyes or ear canal or on mucous membranes. If irritation occurs, apply a carrier oil. Do not add water. Citrus oils and blends containing them can increase sun sensitivity; allow at least 12 hours between application and exposing skin to the sun.

DISCLAIMER: This handout has not been evaluated by the FDA. The products and methods recommended are not intended to treat, diagnose, cure, or prevent illness or disease. It is not a substitute for medical advice.