

# Green Cleaning With Essential Oils

Is your cleaning routine really as clean as you think it is? Often caustic and toxic ingredients used in most conventional cleaning products can be just as harmful as the dirt and germs they are meant to eliminate. Even some so-called natural cleansers can contain these same or similar nasty ingredients, Yikes!

The best way to make sure your living space is clean and healthy is to use safe cleaning products you create yourself, using natural and inexpensive ingredients. It's cost-effective, simple, and – like the task of spring cleaning itself – satisfying and rewarding.

Essential oils are one of the best-smelling, naturally purifying options for homemade cleaning recipes. Add oils to green your laundry routine, sanitize the kitchen and nix mold in the bathroom – all while making your house smell 'clean' – no scary fumes needed! I'm inclined to add lemon, grapefruit, tea tree and lavender to just about every cleaning recipe, but there are lots more you might want to have on hand.

Here you will find some of my favorite "green" recipes and a shopping check list of key ingredients for making your homemade cleaning products.

DR. MARIZA

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*Snyder*

# Green Recipes:

Follow these simple recipes and tricks for making your own basic products.

## DISH SOAP

2 C of Castile Soap  
1/2 C Warm Water  
3 drops dōTERR Lemon and Grapefruit Essential Oil

## MULTI-PURPOSE SPRAY CLEANER

1 1/2 C Vinegar  
1/2 C Purified or Distilled Water  
8 drops of dōTERR Citrus Essential Oil

## AIR FRESHENER

6 drops dōTERR Lavender Essential Oil  
6 drops dōTERR Lemon Essential Oil  
3 drops dōTERR Peppermint Essential Oil

Mix with water in spray bottle.

## BASIC FLOOR CLEANER

1/8 C Castile Soap  
1/8 C Distilled White Vinegar  
1 gallon Hot Water  
10 drops dōTERR OnGuard Essential Oil

Combine all ingredients in bucket.

## CREAMY SOFT SCRUBBER

1 C Baking Soda  
Liquid Castilze Soap, enough to make a paste  
1 tsp. Vegetable Glycerin  
10 drops dōTERR Melaleuca or OnGuard Essential Oil

## DUSTING/CLEANING CLOTH FOR WOOD

1/3 tsp. Olive Oil  
1/4 C Vinegar  
4 drops dōTERR Lemon Essential Oil  
Soft Cloth

Mix ingredients. Dab soft cloth in mixture and reuse.

# More Essential Tips:

**Freshen the Laundry:** Add Lavender, Lemon, Eucalyptus or Purify to washing machine during wash cycle. Oils will brighten and disinfect clothing. Clove, Lemon and Eucalyptus in the rinse cycle are great for ridding towels of mold.

**Vacuuming:** If you have a bag vacuum, add many drops of oil to a disposable cloth or tissue and place in collecting bag. With a water reservoir, add a few drops before cleaning and the oil will diffuse around the room.

**Use clean, distilled water,** which acts as a carrier and dirt solvent. Tap water often contains salts and minerals that can lead to spotting and build-up.

PURCHASE dōTERR  
ESSENTIAL OILS HERE:  
[www.drmariza.com/getoils](http://www.drmariza.com/getoils)

## GREEN CLEANING SUPPLY CHECKLIST

- ESSENTIAL OILS (LEMON, GRAPEFRUIT, MELALEUCA, LAVENDER, ONGUARD)
- BAKING SODA
- LIQUID CASTILLE SOAP (DR. BRONNER'S UNSCENTED LIQUID SOAP)
- WHITE DISTILLED VINEGAR
- OLIVE OIL
- DISTILLED WATER
- SPRAY BOTTLES
- SOFT COTTON DUSTING CLOTH
- VEGETABLE GLYCERIN
- NATURAL BRISTLE SCRUBBING BRUSHES
- TOTE