

## Essential Oil Room Spray



### Ingredients:

20 drops Lemon oil  
20 drops Grapefruit oil  
20 drops Lime oil  
Distilled water

### Instructions:

- In a glass spray bottle, add essential oils and top with water. Depending on the size of the spray bottle, you may wish to add more essential oils.
- To refresh a room, shake the bottle well, and spray liberally.



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## All-Purpose Cleansing Spray

### Ingredients:

- 1 cup warm water
- 1 cup white vinegar
- 20-25 drops essential oil (use an oil dropper if you want an exact number of drops)

### Instructions:

- In a spray bottle, combine water and vinegar.
- Add essential oil(s) of choice. Shake well.
- Use on counters, wood, glass, stainless steel, and porcelain.
- Wipe with a microfiber cloth or paper towel.



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## Refrigerator & Microwave Cleanser



### Ingredients:

- 1 cup white vinegar
- 2 cups hot water
- 15 drops Lemon oil

### Instructions:

- Combine the ingredients in glass spray bottle.
- Spray mixture inside fridge or microwave, then scrub and wipe using damp cloth



## Refrigerator & Microwave Cleanser



### Ingredients:

- 1 cup white vinegar
- 2 cups hot water
- 15 drops Lemon oil

### Instructions:

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# Garbage Disposal Refreshers

## Ingredients:

2 cups baking soda  
1 cup salt  
1/2 cup water  
1/3 cup unscented liquid castile soap  
30 drops Lemon, Spearmint, or Tangerine oil

**Note:** Liquid castile soap is a vegetable-based soap commonly found in health food stores.



## Instructions:

- Combine baking soda and salt into bowl.
- Add castile soap and essential oil into mixture.
- Add water one tablespoon at a time while stirring with hands until it forms into the consistency of damp sand. It should stay together when you press it together. If you add too much water, just add some more baking soda and salt until the consistency is right.
- Grab a tablespoon measurement device and scoop packed spoonfuls onto parchment paper.
- Once the mixture has been scooped, let dry for 24 hours or until they are hard. One batch should make about 36 garbage disposal refreshers.
- Once hard, put into glass jar or container, and use the next time you do dishes. Just put 1-3 refreshers into the garbage disposal and turn it on. You will immediately smell the refreshing essential oils.

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# Stove Top Cleaner

## Ingredients:

1/4 cup baking soda  
1/4 cup table salt  
1 tablespoon apple cider vinegar  
2 tablespoons water  
4-5 drops of essential oil (try Lemon, Lime, Melaleuca, or a combination of the three)

## Instructions:

- Stir all ingredients together until they form a paste and spread it over the stop top and burners.
- Leave it on for 15 minutes or longer for hard-to-remove stains
- Using a sponge, scrub the mixture into the grime.
- Remove excess cleaner and wipe surface clean.

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## Soft Scrub Bathroom Cleanser

### Ingredients:

3/4 rounded cup baking soda  
1/4 cup unscented liquid castile soap  
1 tablespoon water  
1 tablespoon vinegar  
5-10 drops Lemon oil

### Instructions:

- In bowl, combine baking soda and castile soap.
- Add water and stir.
- Add vinegar and essential oil. The consistency should be a soft paste.
- Apply to the area you would like to clean, and let it sit for 5-10 minutes.
- After the solution has had a chance to sit, begin scrubbing. Once done scrubbing, take a wet cloth and wipe clean.

**Note:** Make in small batches and store in an airtight container. This is enough for two to four applications.

**Tip:** This scrub can also be used to clean your kitchen sink, refrigerator, or tile floors.

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## Fabric Softening Spray



### Ingredients:

16 ounces white vinegar  
10-15 drops Lavender, Grapefruit, Peppermint, or Geranium oil

### Instructions:

- Add essential oils to a glass spray bottle.
- Fill the remaining space with warm white vinegar.
- Shake well before each use to ensure oils and vinegar are well combined.
- To use, spray over wet clothing before drying.

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# Essential Oil Wood Polish

**Ingredients:**

1/4 cup olive oil  
1/4 cup vinegar  
10 drops dōTERRA essential oils (Wild Orange, Arborvitae, or Lemon)

**Instructions:**

- Add olive oil and vinegar to glass spray bottle.
- Add 10 drops of essential oil
- Shake well before each use
- Apply to microfiber cloth and wipe wood surfaces clean. Repeat every 2-3 months or as often as needed.



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## Essential Oil Glass Cleanser



### Ingredients:

16-ounce spray bottle  
1 1/2 cup white vinegar  
1/2 cup distilled water  
8 drops citrus oil of choice (Lemon, Lime, Wild Orange)

### Instructions:

- Add vinegar, water, and essential oil(s) to spray bottle and shake. Spray the mixture on glass surfaces and wipe clean.



## Essential Oil Glass Cleanser



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# Sticker Remover

## Ingredients:

2 tablespoons baking soda  
5 drops Lemon essential oil  
1 cup water  
Cleansing wipe or towel



## Instructions:

- For sticker removal, first peel off parts of the sticker that will come off easily. If paper remnants are left behind, the solution should still be able to soak through.
- Combine baking soda, Lemon oil, and water in a small bowl or dish.
- Apply mixture to sticky surface and let soak for 2-5 minutes.
- Use a damp towel or cleansing wipe to remove adhesive easily.

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- Use a damp towel or cleansing wipe to remove adhesive easily.

# Sticker Remover

## Ingredients:

2 tablespoons baking soda  
5 drops Lemon essential oil  
1 cup water  
Cleansing wipe or towel



## Instructions:

- For sticker removal, first peel off parts of the sticker that will come off easily. If paper remnants are left behind, the solution should still be able to soak through.
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# Essential Oil Carpet Refresher

**Ingredients:**

2 cups baking soda  
10 drops essential oils (Lavender, Lemon, Cypress, or Eucalyptus)

**Instructions:**

- Add essential oil to baking soda and stir until well combined.
- Sprinkle mixture over carpet
- Let rest one to two hours. Vacuum.
- Store remaining baking soda in an airtight container for future use.



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## Essential Oil Dish Soap

### Ingredients:

2 cups unscented castile soap  
20 drops Lime oil  
8 drops Lemon oil  
6 drops Grapefruit or Wild Orange oil

### Instructions:

- Fill a large, clean bottle with castile soap (dilute according to instructions if using a concentrate).
- Add essential oils.
- To use, shake and add 1-2 tablespoons to dish water.



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