



# GUIDE TO

# Toxin-Free Cleaning

## START HERE :

Choose either the Family Essentials Kit or the Home Essentials Kit. They contain the top 10 essential oils and blends—the “feel better” essentials. Family Essentials includes dōTERRA On Guard® & Peppermint Beadlets & FREE Enrollment Packet. Home Essentials includes the Petal Diffuser & FREE Enrollment Packet.

These kits include (5mL in the Family, 15mL in the Home) bottles of:

- Lavender
- Lemon
- Peppermint
- Melaleuca
- Oregano
- Frankincense
- Deep Blue® (5mL)
- dōTERRA Breathe®
- DigestZen®
- dōTERRA On Guard®



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## THEN ADD :

- dōTERRA On Guard® Cleaner Concentrate
- dōTERRA On Guard® Handsoap
- dōTERRA On Guard® Laundry Detergent
- Eucalyptus
- Grapefruit
- Lime
- Purify
- Rosemary



## Window Cleaner

1 c. White Vinegar  
10 drops Essential Oil  
(Choose 1: Eucalyptus, Lemon, Peppermint, or Wild Orange)  
+Water in a 22oz. spray bottle

*Shake & spray on windows, glass and mirrors. Wipe.*

## All-Purpose Cleaner

1 cap dōTERRA On Guard® Cleaner Concentrate  
5 drops Lemon  
5 drops Melaleuca  
+Water in a 22 oz. spray bottle

*Shake & spray on surfaces. Wipe clean.*

## Fresh Room Spray

10 drops Essential Oil  
(Choose 1: Eucalyptus, Grapefruit, Lavender, Lemon, Lime, dōTERRA On Guard®, Peppermint, Purify, or Wild Orange)  
+Water in 2 oz. spray bottle

*Shake & spray for a fresh room.*

## Floor Cleaner

1 gal. Water  
1/4 c. White Vinegar  
5 drops Lemon  
5 drops Rosemary  
2 caps dōTERRA On Guard® Cleaner Concentrate

*Combine in a bucket. Wash floors.*

## Toilet Bowl Cleaner

1/4 c. White Vinegar  
1/2 c. Baking Soda  
5 drops dōTERRA On Guard®  
5 drops Lemon

*Sprinkle baking soda in toilet bowl water. Add essential oils. Scrub with toilet bowl brush. Add white vinegar. Scrub again. Let sit 5 minutes. Flush.*

“These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.”

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