

DIY Cleaning Recipes Using dōTERRA Essential Oils

All-Purpose Cleaner

- 16 oz. spray bottle
- ¼ cup white vinegar
- 1 ¾ cups water
- 30 drops dōTERRA essential oil (Suggested combinations: 15 drops each of Lavender and Lemon; 10 drops each of Eucalyptus, Peppermint, and Wild Orange; 30 drops On Guard; 15 drops each of Grapefruit and On Guard)

Pour ingredients into a spray bottle, shake and use.

Window Cleaner

- 16 oz. spray bottle
- 1 ¼ cup white vinegar
- ½ cup water
- 8 drops dōTERRA essential oil (Lemon, Lime, Grapefruit, Wild Orange)

Pour ingredients into a spray bottle, shake and use.

Multi-Purpose Floor Cleaner (tile, hardwood, linoleum, laminate, vinyl)

- 1 cup white vinegar
- 1 T. unscented liquid castile soap
- 15 drops dōTERRA essential oil (Suggestions: Lemon, Lime, Wild Orange, Lavender, Peppermint, OnGuard)

Combine in a bucket of hot water and mop the floor. For heavy-duty cleaning, add a ¼ cup of baking soda and then re-mop with hot water to rinse any residue.

Disinfecting/ Sanitizing Spray

- 8 oz. spray bottle
- 1 cup water
- 20 drops dōTERRA essential oil (Suggestion: 15 drops OnGuard & 6 drops Lemon.)

Combine ingredients and pour into spray bottle, shake and use.

Air/Linen Spray

- 8 oz. spray bottle
- 1 cup water
- 2 T. witch hazel (optional)
- 20 drops dōTERRA essential oil (Suggestions: Lavender, Wild Orange, Peppermint, Serenity)

Pour ingredients into a spray bottle, shake and use.

Liquid Handsoap

Fill a foaming hand soap dispenser halfway with unscented liquid castile soap. Fill rest of container with water. Add 10 drops dōTERRA essential oil (Suggestions: OnGuard, Lavender, Lemon or Purify).

Wood Cleaner (for wood furniture and dusting)

- 16 oz. spray bottle
- ¼ cup white vinegar
- ¼ cup water

- ½ tsp liquid castile soap
- 1/8 tsp olive oil
- 10 drops dōTERRA Wild Orange or Lemon oil

Combine ingredients and pour into spray bottle, shake and use.

Dish Soap

- 1 cup unscented liquid castile soap
- 4 T. water
- 3-5 drops dōTERRA Lemon oil

Mix all the ingredients together well and place in a squeeze bottle or pump bottle. For best results, shake the soap before using.

Garbage Disposal Refreshers

- 2 cups baking soda
- 1 cup salt
- ½ cup water
- 1/3 cup unscented liquid castile soap
- 30 drops dōTERRA Lemon oil

Combine baking soda and salt into bowl. Add castile soap and essential oil into mixture. Add water 1 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, add more baking soda and salt until the consistency is right. Use a tablespoon to scoop packed spoonfuls onto parchment paper. Once the mixture has been scooped, let dry for 24 hours or until they are hard. To use, put 1-3 refreshers into the garbage disposal and turn it on.

Carpet/Upholstery/Mattress Refresher

- 1 cup baking soda
- 10 drops dōTERRA essential oil (Lavender, Eucalyptus, Peppermint, Clove, or Rosemary)

Mix in a Mason jar. Shake to evenly distribute the oils. To use, shake mixture on to the mattress/carpet/upholstery. Let sit 20-60+ minutes. Vacuum.

Disinfecting Wipes

- 1 roll premium paper towels
- 2 cups warm water
- 2 T. fractionated coconut oil
- 3 drops dōTERRA OnGuard oil
- 3 drops dōTERRA Lemon oil
- 1-2 tablespoons OnGuard Foaming Hand Wash
- Airtight storage container

Cut paper towel in half widthwise with a serrated or electric knife. Use half the roll now, and half later. Combine water, fractionated coconut oil, essential oils, and OnGuard Foaming Hand Wash in a small bowl. Pour the mixture over the paper towels and then cover with the airtight lid letting the mixture absorb for 10 minutes. Turn the container over and let sit for another 10 minutes. Remove and discard the cardboard middle. Pull the wipes from the center when you are ready to use.

Soft Scrub for Bath, Tile, and Toilet

- ¾ rounded cup baking soda

- ¼ cup liquid castile soap
- 1 T. water
- 1 T. white vinegar
- 5-10 drops dōTERRA Lemon oil

In a bowl, combine the baking soda and castile soap. Add water and stir. Add the vinegar and Lemon oil. The consistency should be a soft paste. Store in an airtight container. To use, apply and let sit for 5-10 minutes and then scrub. Once done scrubbing, wipe clean with a wet cloth.

Toilet Bowl Cleaner

- ½ cup baking soda
- 10 drops dōTERRA Melaleuca oil
- ¼ cup white vinegar

Add ingredients directly to a partially drained toilet bowl. As it reacts, scrub the toilet. This combination is intended for one use at a time.