# Green Cleaning

Creating Healthy Families Naturally

Cleaning recipes with natural ingredients and essential oils



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#### INGREDIENTS

I cup baking soda ¼ cup citric acid I tablespoon dōTERRA On Guard® Cleaner Concentrate 5 drops Grapefruit oil Silicone molds

#### INSTRUCTIONS

- I. Put baking soda, citric acid, doTERRA On Guard ®
- Cleaner Concentrate and Grapefruit oil in a mixing bowl.
- Mix together until the mixture is an even consistency.
- 2. Place in silicone molds and let sit for four hours.
- 3. Remove tabs from molds and store in an airtight container.
- 4. Use in dishwasher in place of store-bought dishwasher tablets (one at a time).





INGREDIENTS:

2 cups baking soda
I cup salt
½ cup water

1/3 cup unscented liquid castile soap

30 drops Lemon, Spearmint, or Tangerine oil

#### INSTRUCTIONS:

Combine baking soda & salt in bowl. Add castile soap & 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. If you add too much water, just add some more baking soda and salt until the consistency is right. Scoop packed spoonfuls (I tablespoon each) onto parchment paper. Let dry for 24 hours or until they are hard. Makes approximately 36 garbage disposal refreshers. Store in glass jar or container. To use put I-3 refreshers into the garbage disposal and turn it on.

JODI RANDOLPH







#### INGREDIENTS

34 cup baking soda
14 cup unscented liquid castile soap
I tablespoon water
I 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.



#### INGREDIENTS

I cup baking soda
'4 cup citric acid
I'2 tablespoon unscented castile soap
I5 drops essential oil (try Lime, Tea Tree, Siberian Fir,
Lemon, or a combination of any of these oils)
Silicone mold

#### INSTRUCTIONS

Stir the baking soda & citric acid together until combined.

Slowly stir in the castile soap & essential oils. Stir until the mixture resembles wet sand. Pack the pod mixture into a mold and let dry at least four hours. If the mixture expands above the mold, firmly press back down. Once dry, remove the pods from the mold and store in an airtight container. To use, simply drop one into the toilet, wait until the pod stops bubbling and start scrubbing.





































1 1/2 cups white vinegar 1/2 cup distilled water 10 drops Lavender oil 10 drops Wild Orange oil

Fold 6 face cloths & place inside 32 oz glass container with lid. In bowl, combine white vinegar, water & essential oils. Pour the vinegar mixture over cloths in the jar until moistened but not dripping (saving any extra for your next batch). Put lid on jar & gently turn it to lightly saturate every piece of fabric. To use just throw 1-2 cloths into the dryer with your clothes the same way you would with store-bought dryer sheets! After they come out of the dryer, place in jar & moisten with the vinegar mixture again. Run them through the wash every few weeks, depending on your usage.









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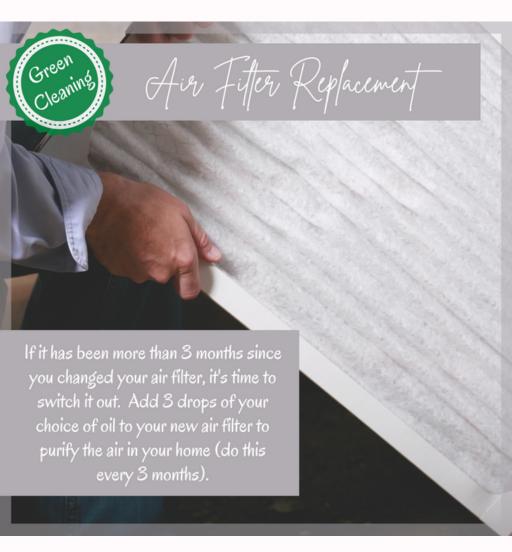


































## How Do I get do TERRA Products?

#### There are 3 ways to order:

- 1. Retail this is the most expensive way to order and not what I recommend.
- 2. Wholesale doTERRA offers everyone a wholesale account, just like Costco. You will receive 25% off all products with a wholesale membership.
- 3. Below wholesale Open a wholesale account with a kit and your wholesale membership is free. The kits are priced below wholesale for better savings.

Visit <u>my doTERRA website</u> to order your oils today!

When you open a wholesale account with me, you will receive a welcome gift, monthly newsletter, customized wellness plan, access to my private FB group, and continuing education.