

Green Cleaning

Creating Healthy Families
Naturally

Cleaning recipes with natural ingredients and essential oils



JODI RANDOLPH

Contents

- 3 Refrigerator and Microwave Cleaner
- 4 Stove Top Cleaner
- 5 Dishwasher Detergent Tablets
- 6 Garbage Disposer Refresher
- 7 All Purpose Cleaning Spray
- 8 Soft Scrub Bathroom Cleaner
- 9 Toilet Cleaning Pods
- 10 Scum and Grout Scrub
- 11 Tub and Tile Spray
- 12 Glass and Mirror Cleaner
- 13 Mattress Cleaning Powder
- 14 Mattress Freshening Spray
- 15 Closet Refresher
- 16 Sweet Dreams Linen Spray
- 17 Jewelry Polish
- 18 Reusable Dryer Sheets
- 19 Power Laundry Detergent
- 20 Laundry Booster
- 21 Fabric Softening Spray
- 22 Laundry Brightener
- 23 Yoga Mat Spray
- 24 Wood Polish
- 25 Carpet Refresher
- 26 Sticker Remover
- 27 Air Filter Replacement
- 28 Leather Interior Polish
- 29 Interior Protector
- 30 Tire Cleaner
- 31 Car Carpet Freshener
- 32 Carpet and Upholstery Stain Remover
- 33 How to Buy doTERRA Oils



Refrigerator & Microwave Cleanser



INGREDIENTS

1 cup white vinegar

2 cups hot water

15 drops Lemon oil

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

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Stove Top Cleaner

¼ cup baking soda

¼ cup table salt

1 tablespoon apple cider vinegar

2 tablespoons water

4-5 drops of essential oil (try Lemon, Lime, Tea Tree or a combination of all three)

Stir all ingredients together until they form a paste. Spread it over the stove top. Leave it on for 15 minutes (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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Dishwasher Detergent Tablets



INGREDIENTS

- 1 cup baking soda
- ¼ cup citric acid

- 1 tablespoon dōTERRA On Guard® Cleaner Concentrate
- 5 drops Grapefruit oil
- Silicone molds

INSTRUCTIONS

1. Put baking soda, citric acid, dōTERRA 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).

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Garbage Disposal Refresher



INGREDIENTS:

2 cups baking soda

1 cup salt

$\frac{1}{2}$ cup water

$\frac{1}{3}$ 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 (1 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 1-3 refreshers into the garbage disposal and turn it on.

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All Purpose Cleansing Spray

INGREDIENTS

1 cup warm water

1 cup white vinegar

20-25 drops essential oil

INSTRUCTIONS

In a spray bottle, combine water & vinegar. Add essential oil(s) of choice.

Shake well. Use on counters, wood, glass, stainless steel and porcelain.



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Soft Scrub Bathroom Cleanser

INGREDIENTS

$\frac{3}{4}$ cup baking soda

$\frac{1}{4}$ 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.



Toilet Cleaning Pods

INGREDIENTS

1 cup baking soda

¼ cup citric acid

1½ tablespoon unscented castile soap

15 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.



Scum & Grout Scrub

1/2 cup baking soda
3 tablespoons of water
10 drops Lemon oil
10 drops Lime oil

Add water and essential oils to baking soda.
Mix into a paste. Rub small amount onto
surface and let sit for 20 minutes. Wipe
clean with a wet cloth.

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Tub & Tile Spray

1 cup vinegar

4 teaspoons unscented castile soap

10 drops Tea Tree oil

10 drops Eucalyptus oil

Combine in a glass spray bottle. Shake well and spray generously. Allow to sit 5-10 minutes and wipe clean.



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Glass & Mirror Cleaner



2 cups water
1/3 cup vinegar
1/3 cup rubbing alcohol
10 drops of your citrus oil of choice

Combine all ingredients in a 32 oz glass spray bottle. Shake well before each use.

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Mattress Cleansing Powder



Combine 1 cup baking soda & 5 drops Tea Tree oil and sprinkle on bare mattress. Leave for 2 hrs then vacuum it off. (This is enough for a twin size mattress.)

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Mattress Freshening Spray



Add 3 drops each of Lemon, Tea Tree, Lavender, Eucalyptus and Peppermint oil, plus 1/2 teaspoon of witch hazel to a 2 oz glass spray bottle. Top off with water. Spray on mattress as needed. Shake well before each use.

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Closet Refresher

1/2 cup baking soda
5 drops Lavender oil

Combine ingredients in small mason jar and punch holes in the lid. Place in closet and gently shake when you need aromatics to fill the space.

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Sweet Dreams Linen Spray

10 drops Lavender oil
10 drops Vetiver oil
10 drops Cedarwood oil

Add oils to 4 oz glass spray bottle and top off with water. Spray on pillows and bed linens while you are getting ready for bed. Shake well before each use.

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Jewelry Polish

2 tablespoons baking soda
2 tablespoons salt
10 drops Lime oil
Warm water

Combine salt, baking soda, and essential oil in a small bowl. Add jewelry to the bowl. Add warm water until your jewelry is covered. Let sit for 5–10 minutes. Using a toothbrush or cotton pad, scrub your jewelry until shine forms. Rinse with warm water and let dry.

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Reusable Dryer Sheets

1 ½ cups white vinegar
½ 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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Power Laundry Detergent

2 cups washing soda
2 cups borax
1 bar grated castile soap
25 drops of your choice of
essential oil

Mix washing soda, borax, and grated
castile soap together. Add essential
oil, mixing to combine. Use $\frac{1}{4}$ cup of
the mixture per load of laundry.
Store in an airtight container.

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Laundry Booster




64 ounces Epsom Salt
40 drops Lavender oil
30 drops Tea Tree oil
20 drops Lemon oil

Pour Epsom Salt into a large glass or stainless steel bowl. Add essential oils and stir well to combine. Store in glass jar. Use 1/2 cup for medium to large loads or 1/4 cup for small loads. Place in wash cycle at any temperature.

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Fabric Softening Spray



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

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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Laundry Brightener



Add 1/2 cup of vinegar
and 4-6 drops of Tea
Tree oil to the wash cycle
to naturally brighten your
white clothes.

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Yoga Mat Spray

$\frac{3}{4}$ cup distilled water
 $\frac{1}{4}$ cup alcohol-free witch hazel
5 drops Lavender oil
3 drops Tea Tree oil

Combine all ingredients in glass spray bottle. Shake until combined. To use, spray on mat and wipe dry with towel.

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Wood Polish

¼ cup olive oil

¼ cup vinegar

10 drops dōTERRA® essential oils
(Wild Orange, Arborvitae, or Lemon)

Add olive oil, vinegar and 10 drops of essential oil to glass spray bottle. Shake well before each use. Apply to microfiber cloth and wipe wood surfaces clean.

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Carpet Refresher

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


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




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Sticker Remover



2 tablespoons baking soda
5 drops Lemon essential oil
1 cup water




For sticker removal, first peel off the parts of the sticker that will come off easily. Combine baking soda, Lemon, 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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Air Filter Replacement



If it has been more than 3 months since you changed your air filter, it's time to switch it out. Add 3 drops of your choice of oil to your new air filter to purify the air in your home (do this every 3 months).

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Leather Interior Polish

Combine 1/4 cup of vinegar,
1/4 cup of fractionated
coconut oil & 5 drops of
Wild Orange oil in a bowl
and rub into leather with a
microfiber cloth.

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Interior Protector



Combine 1/2 cup of olive oil and 5 drops of Wild Orange or Arborvitae oil in a glass spray bottle. Spray on dashboard and vinyl then wipe with a microfiber cloth.

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Tire Cleaner




Mix 2 parts baking soda and 1 part water together to form a paste. Add 4-6 drops of Lemon oil. Work the paste into the tires with a scrub brush. Let sit for several minutes and then rinse off.

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Car Carpet Freshener



Combine 1/4 cup of baking soda and 5 drops of Wild Orange oil. Sprinkle onto floor mats, let sit for 1 hour and then vacuum it off.

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Carpet & Upholstery Stain Remover



Mix together 1 part vinegar, 2 parts baking soda and 4-6 drops of Tea Tree or Wild Orange oil to form a paste. Work the paste into any carpet or upholstery stains with a toothbrush or small scrubbing brush. Allow the paste to dry, then vacuum to remove.

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How Do I Get doTERRA 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.

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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.