

# Everyday Healthy Habits



24

WAYS  
TO USE

LEMON,  
LAVENDER,  
& PEPPERMINT

# Table of Contents

---

HOME

2

BODY

5

EMOTIONS

8

MIND

10

24 WAYS TO DETOX

*your home, body, mind and emotions  
with lemon, lavender and peppermint*

\* Throughout this booklet, the term carrier oils is used. Carrier oils are used to properly dilute the concentrated oils and “carry” them to your skin safely. Examples of our favorite carrier oils are: fractionated coconut oil (the most popular), jojoba oil, almond oil, grapeseed oil and organic argan oil. You can use any of these mentioned carrier oils with the remedies throughout this booklet.

# Detox your HOME

## 1 GREASE FIGHTER

Lemon oil is a great and safe degreaser!

- Add 3 drops of lemon oil to 1 cup of warm water and a drop of dish soap and use to wipe down kitchen surfaces.
- For extra greasy areas, combine water, vinegar and a few drops of lemon oil, to a glass spray bottle. This mixture will shine things up and cut grease.



2

## LAUNDRY BOOSTER

If you have a load of laundry that is extra smelly, this little trick can enhance your detergent and leave your items smelling so fresh.

- Add a few drops of lemon oil to the cap of unscented laundry detergent. Wash laundry to take away stinky smell.

3

## *carpet refresh*

If your carpet or rugs are starting to smell from pets or kids, use this quick carpet odor eliminator to freshen things up.

- Mix a cup of baking soda with a few drops of lavender oil in a bowl. Lightly sprinkle the powder on your carpets, and vacuum it up!

4

## STOP ENVIRONMENTAL THREATS

Safe-guard from environmental threats that live in the cracks of every home with this simple mix.

- Mix 25 drops of lavender oil with 1/2 c. water and 1/2 c. isopropyl alcohol. Pour mixture into glass spray bottle.
- Spray directly onto surface contaminated with mold and allow it to soak for 15 minutes before wiping clean.

5

## air freshener

Eliminate odors with this do-it-yourself air freshener. Keep it in the bathroom, kitchen or wherever your home could use a little smell help.

- In a glass spray bottle, add 10 drops lemon oil, 1 T baking soda and 2 cups distilled water. Shake until baking soda dissolves and spray as needed.

6

## LINEN SPRAY

Eliminate odor and leave your linens with the fresh smell of lavender. Use this linen spray to freshen up a pillow, blanket, or even a stinky pair of shoes.

- You'll need; 1/2 c water, 1/4 c witch hazel, and 15-20 drops of lavender essential oil. Add mix to a glass spray bottle. Shake well, and give your linens 5-6 sprays.



7

## MATTRESS DEEP CLEAN

Mattresses can get pretty dirty (*after all, we spend a third of our lives sleeping, sweating and living on them!*)

When was the last time you deep-cleaned your mattress? This quick fix makes it quite simple!

- Mix 1 c baking soda and 10 drops of peppermint oil in a container. Sprinkle mixture onto mattress and let it sit for an hour or longer, then vacuum up.

This mixture will deodorize, eliminate moisture and irritants in your mattress.



9

## TRASH CAN DEODORIZER

Let's face it, after using your garbage can day after day, it starts to smell. Add a few drops of peppermint oil to a paper towel and place it at the bottom of your trash can, before you put the trash bag in. This will give your trash can a fresh clean scent.

8

## household cleaner

Using essential oils to create household cleaners is not only safe for the environment, but for your home and family too. Create a simple, inexpensive, non-toxic, fresh-scented cleaner for your home with this simple mix:

- Mix ½ c of water, ½ c vinegar, a drop of dish soap, and 10 to 15 drops of peppermint oil.
- Spray cleaner on hard surfaces. Allow it to sit a few minutes and wipe away with a clean cloth.

# Detox your BODY

1

## HEAD AND NECK TENSION

When you get head and neck tension the only thing you want is relief. The cooling effect of peppermint can relieve head and neck tension and discomfort.

- Rub a drop of peppermint essential oil on temples or wherever your head and neck tension is. Dilute it with a carrier oil if peppermint oil alone is too intense.



2

## *muscle soother*

After a long workout, your body can feel fatigued. To get your blood flowing again, refresh yourself in a peppermint or lavender essential oil bath.

- Add 2-3 drops of peppermint or lavender oil to a bath with 1 c epsom salt. Sit in a hot bath for 20-30 minutes.

3

*hydrated hair*

Frizzy hair? Don't care! dōTERRA lavender to the rescue. Use this sweet little spritz to calm those pesky, dry strands and feel great about your locks.

- Add a few drops of lavender to some warm water in a squirt bottle and shake well. Evenly coat your scalp and hair. Wait 3-5 minutes then rinse.

4

SUPPORT AND  
NOURISH SKIN

Lavender holds many soothing properties. Pamper, cleanse, moisturize and restore the skin with this great mix.

- Rub 1-2 drops of lavender oil into 2-3 drops of carrier oil and massage into your skin for a reviving experience.



5

## FOOT SOAK

Relieve discomfort and aching feet and leave your feet feeling smooth. To make 1 cup of scrub you will need, ½ c Epsom salt, ½ c baking soda, 7-10 drops peppermint oil, 7-10 drops lavender oil, and a glass jar with a lid. Mix ingredients and then add oils. Put in jar for storage.

- Add 1 T to tub water or foot bath. Soak 30 mins.

6

## lemon water detox

Lemon has been known to help boost your immune system. It can naturally cleanse the body and aid in digestion by helping your body flush out toxins and cleanse your liver. Start your day with this yummy detoxifying honey lemon water.

- Add 1 tsp of raw honey, 2-3 drops of lemon oil to a glass of warm water. Drink in the morning on an empty stomach.



7

## CHARCOAL EXFOLIATE

Exfoliation is one of the best ways to improve and brighten the skin. It gets the blood circulating and helps remove dead skin cells. This lemon charcoal body scrub will leave your skin feeling so smooth and refreshed.

- Add 1 c. of sugar,  $\frac{1}{4}$  c grapeseed oil, 10 to 15 drops of lemon oil, 4 capsules of activated charcoal. Mix ingredients together; add more sugar if scrub is too runny. Store in an airtight glass container. It is best to use scrub at night as citrus oils can increase the skin's sensitivity to the sun up to 12 hours after use.

\*Be careful with this scrub, as charcoal can stain fabrics.

# Detox your EMOTIONS

1

## MORNING ENERGY

For an extra boost of energy in the morning, rub 1 drop of peppermint oil on your temples after you wake up. Apply throughout the day to relieve feelings of tension and fatigue. Dilute with carrier oil if desired.

2

### *be alert*

Let's face it, we all hit an afternoon lull from time to time. This little trick will help you improve alertness and concentration.

Put a drop of peppermint in your hands, rub together, cup over your nose and inhale. Use to improve mental clarity and raise energy as needed.



3

## RELIEVE EXHAUSTION

After a long work day, it is easy to feel fatigued, exhausted and burnt out. To give yourself an extra boost, add 1 to 2 drops of lemon essential oil to a glass of water. Always drink citrus oils from a glass or stainless steel container, never plastic.



5

### *seasonal support*

Have you ever felt a bit down when the seasons start to change? Here is a little diffuser blend that can aid you in seasonal changes and help you feel energized and rejuvenated.

- Add 2 drops lavender oil, 2 drops peppermint oil, and 2 drops lemon oil to your diffuser. Keep it nearby for an emotional boost.

4

### REDUCE SADNESS

Lavender oil has been known to have calming and relaxing properties. It is used for emotional health because it promotes feelings of calm and self-awareness. It has also been said to help with sad feelings. Put 10 drops of lavender oil and your favorite carrier oil in a roller bottle. Roll onto the base of your skull on your neck or the bottoms of your feet to help relieve sadness.

# Detox your MIND

1

## KEEP CALM DIFFUSER

Lavender has been known for its calming and relaxing properties. When you diffuse this oil, it can help to put your nervous system in a rest and digest state instead of fight or flight mode.

- Add a few drops to your diffuser and use any time you need to relax and calm down.

2

## MOOD UPLIFT

Citrus oils have been found to be uplifting to the mind and body. When used aromatically, lemon can help boost your mood and relieve stress. Its fragrance is so invigorating and refreshing. Use lemon in a diffuser for an instant uplift.

3

## MEMORY BOOST

Peppermint oil can stimulate the mind and help support memory, focus, and concentration. Inhale peppermint to help mental alertness and give the mind an instant lift.



# EVERYDAY HEALTHY HABITS

*... in 5 minutes or less*

