

Wellness Within Essentials presents

5 SIMPLE HOME CLEANING RECIPES

A Girlfriend's Guide to cleaning with Essential Oils



TRICIA ARIETA

5 simple recipes to clean your home

Learn 5 simple home cleaning recipes to naturally clean your home. Use common kitchen ingredients with essential oils to create a natural home. This guide is a step by step instructional for getting started, why to use essential oils to clean, which ones are effective and how to buy.



GETTING STARTED

Using essential oils to clean your home can feel overwhelming, but it doesn't have to be! Let's walk through this together using the 80/20 rule..

Have you heard of the 80/20 rule? 80% of the result is based on 20% of the effort?

This guide takes the research out and heads you down a path to shift your personal environment quickly and easily. Just imagine the amount of chemicals you could reduce in your home by making these 5 simple recipes. This is the beginning of taking charge of your own health and wellness!!

"Little by Little, a little becomes a lot"

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WHY CLEAN WITH ESSENTIAL OILS?

Currently, 60% of Americans have a chronic medical condition, that means 200 million people. Of these, almost half deal with 2 or more conditions. A chronic illness is a condition that requires ongoing medical treatment for over a year; asthma, diabetes, heart disease, autoimmune conditions. We cannot do a whole lot about our genetics, but, our bodies are not just our genetics. Gene expression is greatly influenced by diet and lifestyle. While genes can be "turned on" we also can have a hand in hitting the reset button in our lives through improving our personal environment.

I learned, the hard way, that choices either build our health or deplete us to the point of disease. What happens then is that we spend precious time and resources building back what we lost.

This may seem too simplistic to be true, but little things stack up to create big time change. For this, I am speaking from first hand experience. When I was first diagnosed with chronic autoimmune conditions, I was taken off guard, big time. Disbelief, followed by fear, followed by questions. An autoimmune condition is a situation where the immune system is signaling the body to attack itself. What caused the body to flip that switch to begin with? I was surprised to find out it was a gene that expressed itself when the body accumulates too much toxic load and slowly erodes the digestive system.

This is why I share so much about protecting the gut through bones broth, supplementing with vitamin d and magnesium. Our personal environment though plays a role in exposing our body to toxins through harsh chemicals we apply to our skin, in this case through the cleaning products we use. These types of chemicals are absorbed into our bodies while we clean with them, we breath them in, they are absorbed through our skin and are all irritants that need to be absorbed or eliminated from our body.

Harsh chemicals are a source of toxic load that can easily be eliminated and replaced by natural alternative that are as effective while strengthening our immune systems.

Essential oils contain powerful plant compounds that boost the effectiveness of common kitchen ingredients. This guide is about little changes that improve our personal environment by decreasing the amount of synthetic chemicals we are exposed to and protect our immune system.

The good news, our choices are the way in, and they are also the way out!

WHY ARE ESSENTIAL OILS EFFECTIVE?

Essential oils are a very concentrated, potent source of plant compounds. These plant compounds are known to be naturally antiseptic, anti microbial and naturally cut grease and grime.

Did you know that one drop of lemon essential oils is the equivalent of 2 lemons? So very little is needed to be effective. As a mom, I know that tree sap is nearly impossible to remove. Yet, it easily comes off with a couple drops of lemon essential oil. This is because the essential oil in lemon contains a plant compound, that is purifying and dissolves sticky substances like sap, or like icky grime and grease. T

The best thing is that while you are dissolving sticky substances your body is absorbing the plant compounds and helping you fight exhaustion and bolstering your immune system through other plant compounds. Science is cool!

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WHICH OILS ARE THE BEST FOR CLEANING?

Lemon essential oil is my first pick for dissolving grease and grime. In fact, all citrus oils, orange, grapefruit, lemon and lime are good at this type of cleaning.

Cinnamon, clove, eucalyptus, tea tree, lavender and peppermint are great surface cleaners. Scientific studies show the anti-microbial effects of these oils, see here. Incorporating these essential oils into everyday cleaners for surfaces will replace all of your kitchen and bathroom chemicals.

Did you know that there are about 250 essential oils that are available today? Of those, about a dozen contain high antimicrobial properties.

In this guide, I use a product called Thieves is used. It blends that combines cinnamon, eucalyptus, tea tree, clove, lemon and rosemary into one convenient bottle all the highly effective oils.

Of course, you could create recipes just using the individual essential oil single bottles. However, the Thieves Household cleaner simplifies the making! Its really up to you!



THE BEST THING

The best thing about using essential oils to spruce up my home is knowing that it is without harm to my children nor myself. Spraying counters, toys with chemicals or full blown cleaning my bathroom and kitchen floor with commercial products would make me nervous around my kids, not to mention cause my eyes to water, throat to itch. I know how use the same ingredients I bake with to clean my home. It gives me peace of mind that our personal environment is not causing our bodies harm and now I want to impart that information to you in 5 simple recipes to clean your home!

Little by Little, a little becomes a lot!

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No. 1

FOAMING HAND SOAP



Handwashing is the quintessential way to protect our health.

This simple recipe will allow you to clean your hands with the added power from essential oils safely and without harsh chemicals.

Foaming Hand Soap Recipe

- 2 ounces castile soap (like Dr. Bronners)
- 1 tbsp Thieves household cleaner
- 6 ounces distilled water

Directions

1. pour castile soap and thieves household cleaner into container
2. top with distilled water
3. turn upside down to combine the ingredients

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No. 2

ALL PURPOSE COUNTER SPRAY



Some may say it is too good to be true, but having a bottle of something that cleans anything from everyday countertops, bathrooms, mirrors, kids toys to floor spills, quick car cleanups is a dream for momma.

Keep a bottle of this handy along with a clean microfiber cloth makes life, simple, easy, practical....and since this is soo safe, even your toddler can safely help spray down her play kitchen and all the toys!

What toddler doesn't enjoy spraying down everything??

All Purpose Spray Recipe

Ingredients:

- 1 tbsp Thieves Household Concentrate
- 16 ounces water
- Glass Sprayer Bottle

Directions:

1. Pour Thieves household cleaner concentrate into sprayer bottle
2. Top with distilled water
3. Secure sprayer top and shake to combine

Suggested Uses

- countertops
- glass
- stovetops
- toys
- cabinets
- bathrooms

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THIEVES SOFT SCRUB



For times when you need a little more scrubbing power, you can reach for Thieves soft scrub and rest assured the job will be a breeze.

This recipe will stay fluffy for months when you store in any air tight glass container.

Soft Scrub Recipe:

Ingredients

- 1 cup baking soda
- 10 drops lemon essential oil
- 3 tbsp Thieves Household Cleaner
- 2 1/2 tbsp white vinegar

Directions:

1. In a medium bowl, combine baking soda, essential oil and Thieves Household cleaner. The mixture will be a bit dry.
2. Slowly pour 2 tbsp the vinegar over the mixture. Stir the mixture while the fizzing settles.
3. Pour remaining vinegar 1/2 tbsp slowly over remaining mixture
==>this step keeps the solution soft!
4. Transfer this to an air tight glass container, like a wide mouth mason jar.

Suggested Uses:

- Pots and Pans
- Refresh the sink
- Plastic containers
- Showers / Tubs
- Glass top stoves

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No. 4

ON THE GO HAND/SURFACE PURIFIER



Pretty much everyone, including the CDC would agree that handwashing is your best bet for keeping viruses and bacteria at bay. This purifier is for times when soap and water are not available and is infused with some of the most powerful essential oils known to boost the effectiveness of a purifier.

Hand purifier Recipe

2/3 cup 91% rubbing alcohol
10 drops of thieves
10 drops of peppermint
10 drops of lemon essential oil
top with distilled water

Directions:

1. In 2 cup pyrex measuring cup, pour 2/3 cup alcohol, essential oils mix together.
2. Fill to 1 cup mark and continue stirring.
3. Pour into spray bottles.

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No.5

ROOM SPRAY



Recipe:

4 ounce glass spray bottle

10 drops lemon

6 drop tea tree

6 drops lavender

pinch of sea salt (or 1/2 cap Thieves)

top with water

Directions:

1. In 4 ounce glass bottle, pinch salt (or 1/2 cap thieves household cleaner)
2. Add essential oils and swirl around.
3. top with distilled water
4. Shake and spray

Suggested uses:

+bathroom refresher

+toy cleaner

+mattress refresher

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*No. 6 *bonus recipe*

DRYER BALLS



One of the easiest ways to reduce chemicals that you are exposed to is simply to chuck the dryer sheets in the trash.

The fragrance you smell on the fabric of clothes and contacts your skin affects your immune system, simply because of the chemical load on the skin.

Skin is porous and our largest organ, so what it touches our body absorbs and we must eliminate through our liver.

Grab some wool dryer balls and add a touch of scent with essential oils.

Dryer Balls Recipe

6 dryer balls

Lavender, Citrus Fresh, Lemon

Directions:

drop a few drops each dryer ball and add to dryer.

PRO TIP: Store dryer balls in Glass lidded container.

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THANK YOU!

Imagine all the fragrances and harsh chemicals you could avoid simply through making up a few recipes and putting around your home!

To find out more or purchase Thieves Household cleaner go to www.triciaarieta.com/essential_oils

I love to educate others on taking charge of their family's wellness, so never hesitate to reach out with any specific questions.

Thank you for reading!



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