

Essential Oils Recipes To Safely Clean Your Home, Save Money, And Protect Your Health

There are many benefits to using essential oils to clean your home. Some of these benefits include:

- **They are effective at killing bacteria and viruses.** Essential oils have antimicrobial and antiviral properties, which means they can kill bacteria and viruses that can cause illness. This makes them an effective choice for cleaning surfaces in your home, such as countertops, doorknobs, and toys.
- **They are non-toxic.** Essential oils are made from natural ingredients, so they are non-toxic and safe for use around your family and pets. This is important, especially if you have young children or pets who may be more likely to come into contact with cleaning products.
- **They can leave your home smelling fresh and clean.** Essential oils have a variety of pleasant scents, which can leave your home smelling fresh and clean. This is a great way to create a more inviting and comfortable environment for your family and guests.

When using essential oils to clean your home, it is important to use them safely and effectively. Here are a few tips:

- **Always dilute essential oils before using them.** Essential oils are highly concentrated, so it is important to dilute them with water or a carrier oil before using them on surfaces or your skin. A good rule of

thumb is to add 20 drops of essential oil to 1 ounce of water or carrier oil.

- **Test essential oils on a small area before using them on a large surface.** This will help you to ensure that the essential oil does not damage the surface.
- **Avoid using essential oils on porous surfaces.** Essential oils can damage porous surfaces, such as wood and marble.
- **Do not ingest essential oils.** Essential oils are not meant to be ingested, so do not swallow them or apply them to your eyes or mucous membranes.
- **Keep essential oils out of reach of children and pets.** Essential oils can be harmful to children and pets if they are ingested, so keep them out of reach.

Now that you know how to use essential oils safely and effectively, here are a few recipes for cleaning your home:



Natural Cleaning Recipes: Essential Oils Recipes to Safely Clean Your Home, Save Money, and Protect Your Family (Essential Oils Books Book 1) by Becki Andrus

★★★★☆ 4.4 out of 5

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All-Purpose Cleaner

Ingredients:

- 1 cup water
- 1 cup vinegar
- 20 drops lemon essential oil
- 20 drops tea tree essential oil

Instructions:

1. Combine all ingredients in a spray bottle.
2. Shake well before using.
3. Spray on surfaces and wipe clean.

Disinfectant

Ingredients:

- 1 cup water
- 1/2 cup rubbing alcohol
- 20 drops lavender essential oil
- 20 drops peppermint essential oil

Instructions:

1. Combine all ingredients in a spray bottle.
2. Shake well before using.
3. Spray on surfaces and allow to air dry.

Glass Cleaner

Ingredients:

- 1 cup water
- 1/2 cup vinegar
- 20 drops lemon essential oil

Instructions:

1. Combine all ingredients in a spray bottle.
2. Shake well before using.
3. Spray on glass surfaces and wipe clean.

Bathroom Cleaner

Ingredients:

- 1 cup water
- 1/2 cup vinegar
- 20 drops tea tree essential oil
- 20 drops eucalyptus essential oil

Instructions:

1. Combine all ingredients in a spray bottle.
2. Shake well before using.
3. Spray on bathroom surfaces and wipe clean.

Kitchen Cleaner

Ingredients:

- 1 cup water
- 1/2 cup vinegar
- 20 drops lemon essential oil
- 20 drops orange essential oil

Instructions:

1. Combine all ingredients in a spray bottle.
2. Shake well before using.
3. Spray on kitchen surfaces and wipe clean.

Using essential oils to clean your home is a great way to save money, protect your health, and create a more inviting and comfortable environment for your family and guests. With the recipes provided in this guide, you can easily create your own natural cleaning products that are both effective and safe.



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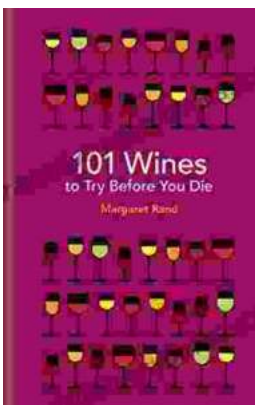
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