

GREEN CLEANING MADE SIMPLE



CONNIE BOUCHER

DIY GREEN CLEANERS

Hey, I'm Connie, and I'm passionate about using chemical-free cleaning products in my home. It wasn't always that way, though.

More than twenty years ago, I had some health issues and a test revealed that chemicals in my system were making me sick.



When I asked about the cause—where the chemicals were coming from, I was told it was likely commercial cleaners and hygiene products—they're full of them. That was my wake-up call—I knew I had to find safer alternatives.

At first, I switched to natural products from health food stores, but they were expensive and I didn't love them. Then I was introduced to doTERRA, and everything became so much simpler.

I started using pure essential oils (noticably superior to other brands I'd tried), natural soap, baking soda, and vinegar to make my own cleaners, and they worked fabulously well.

- Homemade cleaners are inexpensive to make.
- They don't contain harsh chemicals or toxic fumes.
- They effectively clean, disinfect, and leave your home smelling amazing.

Did you know, synthetic fragrances, alone, are one of the most toxic substances in your home? They're found in scented candles, air-fresheners, and cleaners, etc.



DIY GREEN CLEANERS

doTERRA's pure essential oils have powerful cleansing properties, making them ideal for disinfecting surfaces, freshening air, and removing grime—without harmful side effects.

These essential oils are naturally antibacterial, antiviral, and antifungal, making them perfect for non-toxic cleaning solutions:



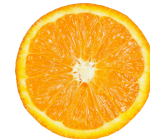
- Lemon – Cuts grease, removes sticky residue, and freshens surfaces.

- Tea Tree (Melaleuca) – Disinfects, kills bacteria, and purifies the air.



- Eucalyptus – Naturally deodorizes and freshens musty areas.

- Wild Orange – Lifts dirt and grime, leaving a fresh citrus scent.



- Peppermint – Repels pests and leaves a cooling, invigorating scent.



- Cinnamon – A powerful germ-fighter that smells warm and inviting.



- Thyme – A natural disinfectant with strong antibacterial properties.



- On Guard Blend – A powerhouse for immune support and home sanitization.



By switching to doTERRA essential oils and natural cleaners, you can create a safe, chemical-free home while protecting your health and the environment.

Making the switch was one of the best choices I ever made, and now I love helping others simplify their cleaning routine with natural, effective solutions!

Replaces Chemicals



Saves Money

ALL PURPOSE CLEANING SPRAY

Perfect for kitchen counters, bathroom surfaces, and everyday messes.

Ingredients:

- 2 cups distilled water
- ½ cup white vinegar
- 1 tablespoon doTERRA On Guard Cleaner Concentrate (or castile soap)
- 10 drops Lemon essential oil
- 10 drops Tea Tree essential oil

Instructions:

- Combine all ingredients in a glass spray bottle.
- Shake well before use.
- Spray directly onto surfaces and wipe with a clean cloth.



GLASS & MIRROR CLEANER

I've tried many homemade glass cleaning recipes, and after all my experimenting, I've found that plain white vinegar is the best.

- It's simple. You can't get an easier, more effective solution.
- It's powerful. White vinegar cuts through grime, streaks, and buildup effortlessly.
- It's natural. No harsh chemicals—just pure, effective cleaning.

For streak-free windows, mirrors, and glass surfaces, just spray white vinegar directly onto the surface and wipe with a microfiber cloth or newspaper. That's it—cleaning doesn't get easier or more effective than this!



GREASE-CUTTING DISH SOAP

Cuts through grease and grime while leaving dishes sparkling clean.

Ingredients:

- 1 cup castile soap
- 10 drops Lemon essential oil
- 10 drops Wild Orange essential oil
- 1 tablespoon white vinegar

Instructions:

- Mix all ingredients in a soap dispenser.
- Shake gently before each use.



TOILET CLEANER

This non-toxic toilet cleaner effectively removes grime, neutralizes odors, and disinfects using baking soda, vinegar, doTERRA On Guard Cleaner Concentrate, and essential oils. It's safe, easy to use, and leaves your bathroom smelling fresh!

Ingredients:

- ½ cup baking soda (for scrubbing power and deodorizing)
- ½ cup white vinegar (for dissolving buildup and killing germs)
- 1 tablespoon On Guard Cleaner Concentrate (for deep cleaning and disinfecting)
- 10 drops Tea Tree or Lemon essential oil (for antibacterial properties and freshness)

Instructions:

1. Sprinkle baking soda into the toilet bowl, coating the surface.
2. Pour in the On Guard Cleaner Concentrate, allowing it to mix with the baking soda.
3. Add the essential oils, distributing them evenly in the bowl.
4. Slowly pour in the white vinegar—it will fizz as it breaks down grime and mineral deposits.
5. Let the mixture sit for 5-10 minutes to allow the ingredients to work.
6. Scrub with a toilet brush, making sure to clean under the rim.
7. Flush to rinse, leaving the toilet sparkling clean and fresh.

Tip: For an extra fresh scent, add a few drops of Lemon or Peppermint essential oil to the inside of the toilet paper roll!

This natural toilet cleaner is powerful, safe, and chemical-free—keeping your bathroom clean without toxic fumes!

DISINFECTANT SCRUB

Breaks down soap scum, hard water stains, and bacteria.

Ingredients:

- ½ cup baking soda
- ¼ cup doTERRA On Guard Cleaner Concentrate (or castile soap)
- 10 drops Eucalyptus essential oil
- 10 drops Tea Tree essential oil

Instructions:

- Mix ingredients in a small jar or bowl to form a paste.
- Apply to surfaces with a scrub brush or sponge.
- Let sit for 5–10 minutes before rinsing with water.



WOOD & FURNITURE POLISH

Conditions wood surfaces and restores shine.

Ingredients:

- ¼ cup fractionated coconut oil
- ¼ cup white vinegar
- 10 drops Wild Orange essential oil
- 10 drops Cedarwood essential oil

Instructions:

- Combine ingredients in a small spray bottle.
- Spray onto a soft cloth and wipe down wood surfaces.
- Buff with a dry cloth for shine.



CARPET & UPHOLSTERY FRESHENER

Neutralizes odors and freshens fabrics.

Ingredients:

- 1 cup baking soda
- 10 drops Lavender essential oil
- 10 drops Eucalyptus essential oil

Instructions:

- Mix ingredients in a shaker jar.
- Sprinkle over carpets or upholstery.
- Let sit for 15–20 minutes, then vacuum thoroughly.



NON-TOXIC AIR FRESHENER SPRAY

Eliminates odors without synthetic fragrances.

Ingredients:

- 1 cup distilled water
- 2 tablespoons witch hazel or rubbing alcohol
- 15 drops Citrus Bliss, Lavender, or Peppermint essential oil

Instructions:

- Combine ingredients in a spray bottle.
- Shake well and spritz into the air as needed.



COMMON CHEMICALS IN CLEANING SUPPLIES & AIR FRESHENERS

Ammonia

- Found in: Glass cleaners, bathroom cleaners, and polishing agents
- Health effects: Irritates lungs, throat, and eyes; can trigger asthma attacks and cause chemical burns on the skin

Bleach (Sodium Hypochlorite)

- Found in: Disinfectants, toilet bowl cleaners, and laundry whiteners
- Health effects: Causes respiratory issues, skin irritation, and produces toxic fumes when mixed with ammonia or acids

Phthalates

- Found in: Air fresheners, scented candles, and fragranced cleaning products
- Health effects: Acts as an endocrine disruptor, linked to hormonal imbalances, reproductive issues, and asthma

Triclosan

- Found in: Antibacterial soaps, hand sanitizers, and disinfecting sprays
- Health effects: Contributes to antibiotic resistance, thyroid dysfunction, and skin irritation

Formaldehyde

- Found in: Air fresheners, pressed wood furniture, and some cleaning products
- Health effects: Classified as a carcinogen, can cause eye, nose, and throat irritation, and respiratory issues

Butoxyethanol

- Found in: Multi-purpose cleaners, degreasers, and window cleaners
- Health effects: Causes headaches, nausea, and liver & kidney damage with prolonged exposure

Volatile Organic Compounds (VOCs)

- Found in: Air fresheners, aerosol sprays, and disinfectants
- Health effects: Contribute to indoor air pollution, cause dizziness, headaches, and respiratory irritation, and are linked to cancer

Sodium Hydroxide (Lye)

- Found in: Oven cleaners and drain cleaners
- Health effects: Causes severe skin burns, eye damage, and lung irritation if inhaled



Are you Alarmed yet?

COMMON CHEMICALS IN CLEANING SUPPLIES & AIR FRESHENERS

Chlorine

- Found in: Disinfectants, mildew removers, and toilet cleaners
- Health effects: Causes breathing problems, skin irritation, and can form toxic gases when mixed with ammonia

Synthetic Fragrances

- Found in: Air fresheners, scented cleaners, and fabric softeners
- Health effects: Can cause allergic reactions, hormone disruption, and respiratory irritation

Perchloroethylene (PERC)

- Found in: Carpet cleaners and dry-cleaning chemicals
- Health effects: Linked to dizziness, nausea, liver & kidney damage, and classified as a possible carcinogen

Quaternary Ammonium Compounds (Quats)

- Found in: Disinfectants, antibacterial sprays, and fabric softeners
- Health effects: Linked to skin irritation, asthma, and reproductive issues

Sodium Lauryl Sulfate (SLS)

- Found in: Dish soap, laundry detergent, and some cleaning wipes
- Health effects: Causes skin irritation, eye irritation, and respiratory issues

Benzalkonium Chloride

- Found in: Disinfecting wipes and antibacterial cleaners
- Health effects: Linked to immune system damage, asthma, and allergic reactions

Petroleum Distillates

- Found in: Furniture polishes and metal cleaners
- Health effects: Can cause skin irritation, dizziness, and long-term nervous system damage

This, is Seriously Concerning!





GREEN CLEANING FOR THE WIN

Saying goodbye to chemicals and switching to doTERRA essential oils and natural cleaners has elevated the energy in my home and made it a naturally safe space. You too can keep your home fresh and clean while protecting your health and the environment. Learn more about doTERRA oils on my website and join me in the green cleaner revolution. Green cleaners are:

- Non-Toxic – No harmful chemicals or synthetic fragrances.
- Safe for Kids & Pets – Essential oils provide natural protection without toxins.
- Sustainable – No single-use plastic waste from store-bought cleaners.
- Cost-Effective – A little essential oil, vinegar, baking soda, and natural soap goes a long way!

Start with these simple DIY recipes and experience the power of nature in your home!

Give yourself the gift of health by reducing harmful chemicals. You deserve the best, and your body will thank you!

Most sincerely,

Connie



Connie
Boucher
CONNIEBOUCHER.COM