

Spring Cleaning

with Essential Oils

Maria Low



I have found that professional cleaners and ordinary people alike find the best results with *Young Living Essential Oils*. These

oils have extensive science behind them and are inspected from time to time by the FDA.

For household cleaning, I recommend blending certain essential oils together to amplify their strength. You may be dealing with bacteria, mold, fungus, mildew, or a buildup of impurities, so you need to spray the area, let it sit for a while, wipe, and clean. Then reapply as needed. There is no wrong way! You can experiment and observe for yourself

to determine how to apply for the best results.

There are several ingredients you can mix with the essential oils. For example, you can use isopropyl alcohol of at least 60%, but ideally 75% or more. In a glass or food-grade spray bottle, use 75 grams of alcohol and 25 grams of distilled water. The alcohol helps to remove sticky stuff and clean problem areas. A milder option than isopropyl alcohol is vinegar.

Natural Disinfectant Recipe

1. Add alcohol to the bottle.
2. Add three essential oils from the list below (about 30 drops total, 10 drops each).
3. Shake the container to mix.
4. Now add water to the top and shake again.

Your natural disinfectant is ready to use! It is perfect for cleaning household and office spaces. Here are a few suggested essential oils that can be used for cleaning: *Thyme, Lemon, Citrus Fresh, Cinnamon Bark, Eucalyptus, Lemongrass, Clove, Rosemary, Oregano, Melaleuca (Tea Tree), or Pine.*

Essential oils have a powerful influence. This is evident with the use of a diffuser in the bedroom when a child has a cold, to get rid of odors, or to purify the air in any building. The importance of using tested essential oils is that the oil molecules



Can you feel the ascending energy of spring? It's time to come out of hibernation and move upward with the vital energy of change. This energy is not only within us, but also in our food choices and in our environment, too. If you are not attuned to the upward change and do not move with it, then you may feel stuck. One way to get your momentum moving is spring cleaning!

Household Products Can Be Toxic

Using toxic, chemical products to spring clean will actually set you back. Common household-cleaning products are filled with petrochemicals that can be inhaled or absorbed through the skin. Additionally, the gases from the synthetic chemicals in cleaners are a real hazard to children, birds, pets and, of course, yourself. Perhaps you have made some of your own homemade remedies and cleaners in the past and have felt that they have worked quite well. I would like to inspire you further with some ideas to bring more latitude to the mission at hand.

Alternatives that Don't Pollute

Keep in mind that using compromising liquids, powders, or gels of any kind are counter-indicators as to what you are attempting to do. Instead, you can use plant-based materials that actually aid you as you apply them. One of the best and most inexpensive alternatives is to use organic, unadulterated essential oils.

are trapped in the membrane and nerves in the olfactory epithelium. The nerves create an electrical impulse in the olfactory in the nose bulb and transfer the healing powers of the molecules to the limbic parts of the brain. This transfer of oils affects both the physical and the emotional bodies.

The Cleaning Power of a Diffuser

Not only do essential oils enhance your health, but the diffuser also alters the oils, so that as they are dispersed in the air, they capture impurities, produce oxygen availability, produce negative ions, and release natural ozone. The oils are suspended in the air for several hours. As a result, the oils tackle bacteria, spores, and other impurities. It is a good idea to run your diffuser on a timer. Then the diffuser will run at regular intervals throughout the day. This is highly effective—and you don't use up all your oils!

Here is a list of some of the oils that most people find agreeable to diffuse. You can make your own blend and add them to the purified water in the diffuser:

- Orange, Lavender,
- Melaleuca (Tea Tree), Lime,
- Bergamot,
- Peppermint,
- Spearmint,
- Frankincense,
- Pine, Balsam



Fir, Eucalyptus, and the blends: Citrus Fresh, Purification, Clarity, Longevity, or Melrose.

Thieves Household Cleaner Packs a Punch Towards Germs

There is one product that is in nearly every Young Living member's household; that is *Thieves Household Cleaner*, a concentrate that you can dilute in water. This formula will protect you naturally while being highly effective against germs. *Thieves* cleaner is a biodegradable, all-purpose, cleaning solution. It is compliant with the EPA standards for effectiveness. The solution contains six essential oils, and you can customize the solution according to your needs. When diluted, the water should be at least an amber color. This cleaner is my go-to for mold and fungus conditions, without any side effects. This is a great way to protect your home!

There is nothing more welcoming than coming home to feel (and smell) the cleanliness, the essence, and the purity of these *Young Living Essential Oils*. Make

a change this spring through essential oils, and

Make inquiries and learn more from Young Members who make essential oils a part of their lifestyle:

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reap the rewards with periodic cleaning throughout the year! ■

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