

SPRING CLEANING WITH *Essential Oils*

Spring is the season of fresh starts and new beginnings. What better way to kick off spring than by spring cleaning your home with some non-toxic and chemical-free products! We are here to guide you through your spring cleaning journey with our all-natural spring cleaning checklist!

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The recipes contained in this document feature the following essential oils:



KITCHEN

KITCHEN COUNTER WIPES



5 DROPS OF LIME ESSENTIAL OIL

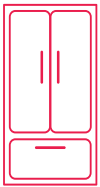
1 CUP OF WATER

5 DROPS OF TEA TREE ESSENTIAL OIL

1 OUNCE OF LIQUID CASTILE SOAP

COMBINE AND MIX INGREDIENTS IN A SEALABLE CONTAINER. DIP 5-10 PAPER TOWELS OR A SOFT COTTON CLOTH INTO THE MIXTURE, AND USE THEM TO WIPE DOWN YOUR KITCHEN COUNTERS, INCLUDING UNDERNEATH ALL APPLIANCES.

FRIDGE CLEANSING SPRAY



3 DROPS OF LEMON ESSENTIAL OIL

3 DROPS OF CLOVE BUD ESSENTIAL OIL

½ CUP OF WHITE VINEGAR

3 DROPS OF EUCALYPTUS ESSENTIAL OIL

1 CUP OF WATER

COMBINE ALL INGREDIENTS IN AN EMPTY PLASTIC SPRAY BOTTLE. SHAKE VIGOROUSLY, AND SPRAY THE SURFACES AND WALLS OF YOUR FRIDGE. WIPE WITH A CLEAN, DAMP SPONGE OR RAG.

BEDROOM & CLOSETS

MATTRESS MIST SPRAY



20 DROPS OF EUCALYPTUS ESSENTIAL OIL

10 DROPS OF LEMONGRASS ESSENTIAL OIL

16 DROPS OF LAVENDER ESSENTIAL OIL

4 OUNCES OF WATER

ADD ALL INGREDIENTS TO AN EMPTY SPRAY BOTTLE. SHAKE WELL BEFORE USE. SPRITZ YOUR MATTRESS VIGOROUSLY BEFORE AND AFTER FLIPPING AND ROTATING YOUR MATTRESS. THIS WILL HELP CLEANSE AND FRESHEN UP ANY MATTRESS.

CLOSET DEODORIZER



10 DROPS OF GRAPEFRUIT ESSENTIAL OIL

5 DROPS OF GERANIUM ESSENTIAL OIL

— BREATHABLE PIECE OF FABRIC

10 DROPS OF CEDARWOOD ESSENTIAL OIL

— BAKING SODA

— MASON JAR

FILL THE MASON JAR HALF WAY WITH BAKING SODA. ADD YOUR ESSENTIAL OILS, AND MIX TOGETHER WITH A SPOON. COVER JAR WITH A PIECE OF FABRIC, AND SCREW ON THE LID. SHAKE THE JAR, AND SET IT DEEP INTO YOUR NEWLY CLEANED CLOSET TO HELP KEEP IT FRESH AND SMELLING SO CLEAN!

BATHROOM & LAUNDRY

SUPER FRESH LAUNDRY SOAP



20 DROPS OF PEPPERMINT ESSENTIAL OIL

2 ¼ CUPS OF LIQUID CASTILE SOAP

1 TBSP OF VEGETABLE GLYCERIN

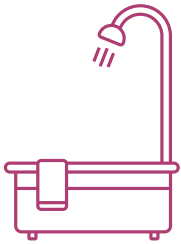
10 DROPS OF ROSEMARY ESSENTIAL OIL

¼ CUP OF WHITE VINEGAR

¾ CUP OF WATER

COMBINE INGREDIENTS IN A PLASTIC OR GLASS CONTAINER, AND SHAKE WELL BEFORE USE. ADD ¼ - ½ CUP TO YOUR LOAD OF TOWELS AND RUGS TO CLEAN AND FRESHEN WITHOUT USING TOXIC CHEMICALS!

SINK AND SHOWER SCRUB



5 DROPS OF ROSEMARY ESSENTIAL OIL

2 DROPS OF EUCALYPTUS ESSENTIAL OIL

¼ CUP OF BAKING SODA

3 DROPS OF TEA TREE ESSENTIAL OIL

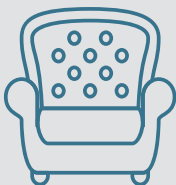
¼ CUP OF BORAX

¾ CUP OF WHITE VINEGAR

COMBINE THE BORAX, BAKING SODA, AND YOUR ESSENTIAL OILS IN A SEALABLE CONTAINER, AND SHAKE WELL TO BLEND. KEEP IT SEALED, AND LET IT SIT FOR 12-24 HOURS. SPRINKLE A SMALL AMOUNT OF THE POWDER AROUND THE SINK OR SHOWER DRAIN, AND SCRUB WITH A DAMP SPONGE OR WASHCLOTH. RINSE THE POWDER OFF WITH WHITE VINEGAR, THEN RUN HOT WATER FOR 5 MINUTES TO WASH THE REMAINDER OF THE POWDER AWAY.

FAMILY ROOM

FURNITURE MIST SPRAY



20 DROPS OF SAGE ESSENTIAL OIL

10 DROPS OF SANDALWOOD ESSENTIAL OIL

16 DROPS OF ORANGE ESSENTIAL OIL

4 OUNCES OF WATER

ADD ALL INGREDIENTS TO AN EMPTY SPRAY BOTTLE. SHAKE WELL BEFORE USE. SPRITZ YOUR FURNITURE AND COUCH CUSHIONS VIGOROUSLY BEFORE AND AFTER FLIPPING AND VACUUMING YOUR CUSHIONS. THIS WILL HELP CLEANSE AND FRESHEN UP THE FABRIC.

CITRUS DUST SPRAY



10 DROPS OF ORANGE ESSENTIAL OIL

1 CUP OF WATER

2 TSP OF FRACTIONATED COCONUT OIL

5 DROPS OF GRAPEFRUIT ESSENTIAL OIL

¼ CUP OF VINEGAR

COMBINE ALL INGREDIENTS IN AN EMPTY SPRAY BOTTLE. SHAKE TO MIX. LIGHTLY SPRITZ EITHER ON THE DECORATION OR ON A CLOTH, AND GENTLY WIPE ANY DUST OFF OF YOUR NICK NACKS AND PICTURE FRAMES.

ALL AROUND THE HOUSE

BASEBOARD & TRIM CLEANER



10 DROPS OF PINE ESSENTIAL OIL

10 DROPS OF LIME ESSENTIAL OIL

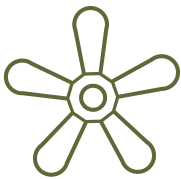
10 DROPS OF TEA TREE ESSENTIAL OIL

1½ CUPS OF WATER

1½ CUPS OF VINEGAR

COMBINE ALL INGREDIENTS IN A SPRAY BOTTLE. SHAKE AND SPRAY ALL BASEBOARDS AND TRIM. WIPE CLEAN WITH A RAG OR PAPER TOWEL.

CEILING FAN CLEANING SPRAY



5 DROPS OF LEMON ESSENTIAL OIL

5 DROPS OF ORANGE ESSENTIAL OIL

1½ CUPS OF WHITE VINEGAR

½ CUP OF WATER

COMBINE ALL INGREDIENTS IN AN EMPTY PLASTIC SPRAY BOTTLE, AND SHAKE WELL BEFORE EVERY USE. SPRAY THEN WIPE USING A DRY CLOTH OR TOWEL.

NO MORE STICKY HANDPRINTS



5 DROPS OF LEMON ESSENTIAL OIL

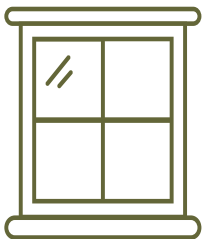
5 DROPS OF PINE ESSENTIAL OIL

1 CUP OF WATER

½ CUP OF WHITE VINEGAR

COMBINE ALL INGREDIENTS IN AN EMPTY SPRAY BOTTLE. SHAKE WELL. SPRAY THE WALLS WHERE YOU SEE HAND PRINTS, STREAKS, OR GRIME. WIPE CLEAN WITH A DAMP WASHCLOTH.

ALL-NATURAL GLASS CLEANER



5 DROPS OF LEMON ESSENTIAL OIL

5 DROPS OF LIME ESSENTIAL OIL

5 DROPS OF ORANGE ESSENTIAL OIL

2 CUPS OF RUBBING ALCOHOL

½ CUP OF WHITE VINEGAR

½ TSP OF LIQUID CASTILE SOAP

– WATER

COMBINE INGREDIENTS IN A LARGE BUCKET OR CONTAINER. ADD ENOUGH WATER TO MAKE 1 GALLON, AND STIR GENTLY. POUR YOUR MIXTURE INTO A SPRAY BOTTLE, AND SHAKE BEFORE USE. SPRAY YOUR WINDOWS AND MIRRORS, AND WIPE CLEAN WITH A DRY CLOTH.

Disclaimer: Rocky Mountain Oils is not liable for any damage caused by use of these recipes. Each recipe was tested by employees of RMO and did not cause damage to home or person, but we still implore our customers to use caution before using a recipe in their home. Test recipes on small areas before applying them to the entire surface, and do not apply recipes to areas that are potentially sensitive (i.e. priceless Victorian tubs, baby grand pianos, etc.).