

Thieves

cleans

all the

Things





WHY CLEAN WITH THIEVES?

There are so many pollutants and toxic chemicals in our world today. Most of which we have no control over. However, we can control what is used in our homes!

Did you know that:

- Fumes from some cleaning products may induce asthma in otherwise healthy individuals. A large and growing body of evidence links frequent use of many ordinary cleaning supplies at home or on the job with development of asthma and other respiratory problems. It is already known that cleaning product fumes may trigger attacks in persons previously diagnosed with asthma.
- Common cleaning ingredients can be laced with the carcinogenic impurity 1,4-dioxane. Independent tests have detected the presence of 1,4-dioxane in numerous name-brand cleaning supplies. Other products contain preservatives that release low levels of cancer-causing formaldehyde.
- Children born to women who held cleaning jobs while pregnant have an elevated risk of birth defects, according to a 2010 study by the New York State Department of Health.
- Some cleaners can cause chemical burns and poisonings as well as less severe irritations and allergies. Severe physical reactions signal that consumers should take care anytime they use these products.
- Despite these health concerns, cleaning product labels often do not give consumers enough information about their ingredients to allow people to make informed decisions on which ones are safer and which ones might harm their health.
- Although government scientific and regulatory agencies have focused considerable attention on chemicals suspected of causing cancer, they have devoted far fewer resources to evaluating substances that may be toxic to the brain and nervous system, the hormone system and other organs. Investigating the full range of risks of cleaning products to public health and the environment should be an urgent priority. Yet the problem remains largely hidden from the view of the American consumer.



CLEANING TIPS

My tips and safety guidelines do not include any dangerous or harmful warnings. However, there are a few things to keep in mind when cleaning with essential oils:

- Shake products before use.
- Test cleaners in small areas first.
- Spray nozzles fit perfectly onto old vinegar bottles. Use these to create cleaning sprays.
- Store products in airtight glass or stainless steel containers.
- Keep away from eyes.

THIEVES CLEANER

Thieves Household Cleaner is an all-purpose, versatile formula created by Young Living. It contains Lemon, Clove, Cinnamon, Rosemary and Eucalyptus. Because it is 100% plant + mineral based, we can confidently use the same product for wiping our kitchen counters and rinsing our fruits and veggies, plus not worry about cleaning around our kids and pets. This concentrated bottle allows us to dilute according to any desired strength and use it in so many ways. Here are some good basic guidelines for diluting and using the cleaner:

- **Everyday cleaning: 1 capful to 2 cups water**
- **Medium messes: 2 capfuls to 2 cups water**
- **Really greasy: 1 capful to 1 cup water**
- **Also combine with baking soda for an excellent scrubbing paste**

Thieves cleaner can be used for bathrooms, windows, counters, laundry, dishes, oven, showers, toilets, carpets and more! This guide is a collection of favorite recipes that I use in my home. I love Thieves Household Cleaner for many reasons, but also because it costs about \$0.64 a quart as a medium degreaser. Compare that with Lysol spray \$3.39, 409 cleaner \$3.49 and Clorox wipes \$2.99!

I hope you find these recipes as useful as I do. Be well!

-Nicole Chryst



NATURAL GLASS + MIRROR CLEANER:

- 2 teaspoons vinegar
- 2 cups water
- 8 drops orange oil
- 3 drops lemon oil
- OR 12 drops citrus fresh oil (instead of orange and lemon)

Combine all ingredients into spray bottle and use as needed. I also use this for all general bathroom cleaning.

HAND SOAP:

- good squirt of Thieves Dish Soap (about 1/4 of an inch in the bottom of the soap dispenser)
- 1/2 capful of Thieves Household Cleaner
- 10 drops Thieves essential oil
- Fill remaining with water

Combine in a foaming hand soap container.

OR

- good squirt of organic vegetable glycerine or vitamin E oil
- 3 tablespoons Dr. Bronner's Castile Soap
- 10 drops essential oil of your choice (I like Thieves most of the time)
- Fill remaining with water

Combine in a foaming hand soap container.

HAND PURIFIER:

- 5 tablespoons Aloe Vera Gel
- 3-4 tablespoons water
- 1/4 tablespoons vitamin E oil
- 8-10 drops Thieves oil

Combine into a small squeeze bottle and use as needed.



FRUIT + VEGGIE SPRAY:

- 1 capful Thieves Household Cleaner
- 3 cups water

Combine in a spray bottle and use on fruits and veggies.

DISH SOAP:

- 1 cup Dr. Bronner's Castile Soap
- 1 tablespoon vegetable glycerine
- 1 capful Thieves Household Cleaner
- pinch of salt
- Optional: 10 drops Lemon or other essential oil

Mix in a 16 oz bottle and then fill the rest of it with water (about 3/4-1 cup).

POTS + PANS:

- 1 capful Thieves Household Cleaner
- 3 cups water

Combine in a bottle and use when needed.

TUB + TILE:

- 3 capfuls Thieves Household Cleaner
- 1 cup baking soda
- 1 tablespoon distilled vinegar
- 5 drops Lemon essential oil (optional)

Mix into a paste, spread on tub or tile, then rinse will. Store in an airtight jar.



TOILET BOWL CLEANER:

- 1/4 cup baking soda
- 1/2 capful Thieves Household Cleaner
- 1/4 cup water
- 10 drops Purification essential oil (optional)

Combine ingredients in a plastic bottle or old shampoo bottle to squirt for easy application. Squirt into toilet bowl, scrub, and let sit 3-5 minutes before flushing.

FLOORS:

- 1 capful Thieves Household Cleaner
- 6 cups warm water

Add Thieves Household Cleaner and water to a bucket. Mop as usual.

(For hardwood floors, consider creating a polish with a 1/4 cup of olive oil and a 1/2 capful Thieves Household Cleaner to use after mopping.)

CARPET SPOT CLEANER:

- 1 capful Thieves Household Cleaner
- 6 cups water

Combine in a spray bottle and spot clean as necessary.

CARPET FRESHENER:

- 1 cup baking soda
- 1 capful Thieves Household Cleaner
- 5 drops of Lemon or Purification essential oil

Mix together in a bowl. Powder generously on the floor and vacuum it up.



STAIN REMOVER:

- 1 tablespoon lukewarm water
- 1/2 teaspoon baking soda
- 1 capful Thieves Household Cleaner

Mix in a small town until baking soda is dissolved completely, then add 2 tablespoons hydrogen peroxide. Pretreat stain by applying mixture directly onto the stain with a rubber basting brush or spray bottle. Let sit for a few minutes, then rinse and wash normally.

WALLS:

- 1 capful Thieves Household Cleaner
- 2 cups water

Combine in a spray bottle and use as needed. This is also the Everyday Spray dilution ratio.

FABRIC (spot test first):

- 1 capful Thieves Household Cleaner
- 2 cups water

Combine in a spray bottle and use as needed. This is also the Everyday Spray dilution ratio.

TOYS:

- 1 capful Thieves Household Cleaner
- bucket filled with hot water

Toss in toys and let sit for several minutes. Before water gets cold, scrub toys with a washcloth, the rinse clean with hot water. Allow toys to air dry on a towel, preferably in the sun.

Note: For electronic toys, use the “everyday” Thieves spray of 1 capful to 2 cups water. Spray the surface and wipe with a clean cloth.



CLEANING WIPES:

- Roll of paper towels
- 2 cups water
- 1 capful Thieves Household Cleaner

Cut a roll of paper towels in half with a knife and set inside a plastic container or large mason jar. Add water and Thieves Household Cleaner. Once the towels are soaked, the paper towel roll will lift out easily and towels can be pulled out one by one from the center.

There are many other ways to use the Thieves Household Cleaner, including even making homemade laundry detergent! The possibilities are truly endless. I hope you experiment and have fun exploring all the ways you can replace chemical cleaners for natural, plant-based recipes that are safe and healthy for everyone.

Be well,

Nicole Chryst

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