

The Complete Guide to **LOW TOX CLEANING**



Why should I create a low tox home?



Chemicals in cleaning products have the ability to mimic the body's hormones and are classified as endocrine disruptors. Endocrine disruptors negatively affect the endocrine system, which regulates our body's essential rhythms - such as our metabolism, mood (including anxiety and depression), reproductive processes and more.

Endocrine disruptors impersonate our own hormones, altering their production levels and the way they behave. Hormonal issues are so common now, and many people don't even question their exposure to chemicals and how that contributes to the problem.

Endocrine disruptors have been linked to long-term health damage, including reproductive issues, birth defects, metabolic problems and even cancer. This is even more of a concern for a child's developing system.

**Here's a 3 minute video on how endocrine disruptors affect the body:
[Endocrine Disrupting Chemicals \(EDC's\)](#)**

Beware of greenwashing...

Greenwashing is a term that describes how companies use specific wording on labels to keep consumers from knowing the real ingredients in household cleaners. Because companies are not required to reveal ingredient details on cleaning products, it's easy to miss a plethora of chemicals we are exposed to daily. The term "fragrance" or "perfume" is often an umbrella term for toxic, endocrine disrupting chemicals. It's incredibly important to purchase products from a company that doesn't greenwash and reveals all of the ingredients in the products.

This guide will show you how to use YL products to clean virtually anything, without the use of harmful chemicals.

The Magic of Thieves



Thieves essential oil blend is the magic behind all of your natural cleaning needs! Young Living carries an entire line of natural cleaning products - from laundry detergent to household cleaner - packed with powerful but non-toxic plant powered ingredients.

With Young Living, the process is simple. All of the ingredients are transparent, safe for use and do not contain endocrine disrupting chemicals. The best part is that Young Living offers ALL of the products for your body and home, so no need to spend time researching different companies, placing separate orders or making multiple shopping trips to get what you need.

If you're interested in ditching your home products and switching to non toxic options, the Young Living Thieves Home Loyalty Bundle is the easiest way to get started. This bundle includes 9 full sized items, everything you need to get started on your low tox journey.

Included in the Thieves Home Loyalty Bundle:

- Thieves® Household Cleaner, plus an amber glass spray bottle
- Thieves® Foaming Hand Soap
- Thieves® Laundry Soap
- Thieves® Fruit & Veggie Soak
- Thieves® Dish Soap
- Thieves® Kitchen & Bath Scrub
- Thieves® essential oil blend, 15 ml
- Lemon essential oil, 15 ml

[CLICK HERE TO PURCHASE THE THIEVES CLEANING BUNDLE](#)

Bathroom Cleaning Recipes



SINK AND COUNTER

1 capful Thieves Household Cleaner
3 cups water

Combine ingredients in a spray bottle. Spray surfaces liberally with solution and wipe clean.

This dilution is also good for other surfaces in your home!

MIRRORS AND GLASS

3 cups water
5 drops Citrus Fresh Essential Oil
1 teaspoon white vinegar
1 capful Thieves Household Cleaner

Combine ingredients in a spray bottle (label it). Spray mirrors liberally with solution and wipe clean with a lint-free cloth.

GROUT CLEANER

Mix 2 capfuls of Thieves Household Cleaner with baking soda until pasty. Let soak then wipe away.

DIY FOAMING HAND SOAP

Fill a foaming hand soap container 1/4 of the way full with liquid castille soap. Add one capful of Thieves Household Cleaner and top with filtered water.

BATHROOM LINENS

Start a load of laundry with Thieves laundry soap.

Add 4-6 drops of:
Thieves
Purification
Lemongrass



Bathroom Cleaning Recipes



BATHROOM SPRAY

These are two recipes to make spray for freshening the scent of the bathroom. Keep a spray bottle on the back of the toilet for easy access.

SO FRESH + SO CLEAN

5 drops Bergamot oil
5 drops Geranium oil
2 drops Lavender oil
20 drops Purification oil
1 ounce neutral spirits like witch hazel
3 ounces distilled water

Add essential oils first and then add other ingredients to a 4-ounce glass bottle. Shake before spraying.

OPEN WINDOWS

20 drops Lemon EO
20 drops Lavender EO
10 drops Peppermint EO
1 ounce neutral spirits like witch hazel
3 ounces distilled water

Add essential oils first and then add other ingredients to a 4-ounce glass bottle. Shake before spraying.

TOILET CLEANER

1 cup baking soda
½ cup Thieves Household Cleaner
3 drops of your favorite citrus oil (or peppermint)
1 teaspoon white vinegar

Add the first three ingredients into the toilet bowl and close the lid. After five minutes or more, add the vinegar. The “volcano” eruption begins! After the eruption, scrub and flush to rinse.

Wipe down the seat and lid after a light spritz of THC, and use an old toothbrush to deep clean around the hinge fittings.

Kitchen Cleaning Recipes



MICROWAVE CLEANER

In a microwave-safe bowl, mix:
1 tablespoon Thieves Household Cleaner
2 cups water
1 drop Purification essential oil blend

Microwave for 2 minutes. Wipe down the microwave using a damp rag—the heat and steam from the solution in the bowl should make removing grime easy.

SINK AND COUNTER

1 capful Thieves Household Cleaner
3 cups water

Combine ingredients in a spray bottle. Spray surfaces liberally with solution and wipe clean.

This dilution is also good for other surfaces in your home!

WOOD CABINETS

5 drops Citrus Fresh
½ cup olive oil
½ capful Thieves Household Cleaner

Combine ingredients in a small bowl. Apply evenly to wood cabinets with a damp cloth.

OVEN SCRUB

In a spray bottle or bowl, mix:
½ cup white vinegar
½ capful Thieves Household Cleaner
½ tablespoon dish soap
2 drops Thieves essential oil blend

Avoiding the heating elements, sprinkle baking soda liberally on the bottom of the oven. Spray with Thieves Household Cleaner and vinegar. Let sit until it stops bubbling. Scrub stubborn spots with a sponge. Wipe the rest of the cleaner off with a damp cloth and rinse well. Make sure to remove all baking soda.

Kitchen Cleaning Recipes



DISHWASHER CLEANER

In the bottom of the dishwasher, add:
½ capful of Thieves Household Cleaner
3 drops Jade Lemon essential oil
1 cup white vinegar

Run an empty dishwasher through a full cycle. Do not add detergent.

TRASH CAN

1-2 caps full of Thieves Household Cleaner
3 drops Citrus Fresh or Purification
Water

Pour THC into the trash can, fill with water, and let it sit for several hours. Pour out water and wipe dry. Put 3 drops of Citrus Fresh or Purification on a cotton ball and place at the bottom of trash can before replacing the liner.

STAINLESS STEEL CLEANER

In a spray bottle, mix the following:
½ capful Thieves Household Cleaner
2 tablespoons olive oil

Buff the cleaner into the stainless steel with a damp, lint-free cloth.
Wipe off excess with a clean, dry cloth.

GARBAGE DISPOSAL REFRESHER

Pour one capful of Thieves Household Cleaner down the disposal. Let sit for 5 minutes.
Add ½ cup baking soda
½ cup white vinegar

Let sit until fizzing stops. Bring 4 cups of water to a boil; pour down the drain.
Turn on disposal and run cold water for 30 seconds. Pour 3 drops of Purification essential oil blend in the disposal for an extra-fresh scent.



Kitchen Cleaning Recipes

LIGHT STOVETOP DEGREASER

In a spray bottle or bowl combine:

- 1 capful Thieves Household Cleaner
- 1 drop Pine essential oil
- 1 cup water

Apply with a cloth to remove buildup; when grease is gone, wipe clean with a damp cloth.

SINK SCRUB

- 1 cup baking soda
- 1-2 capfuls of Thieves Household Cleaner
- 10 drops Lemon oil

Combine in a jar and stir. Sprinkle into sink, scrub well, and rinse.

HEAVY STOVETOP DEGREASER

In a glass spray bottle, combine:

- 1 capful Thieves Household Cleaner
- ½ to 1 cup of water

For heavier cleaning, use ¼ the amount of water. If necessary, use a cloth to apply Thieves Household Cleaner undiluted. After cleaning, wipe the area with a cloth dampened with water.

DISHWASHER TABLETS

- 1 cup baking soda
 - ½ cup table salt
 - ¼ cup citric acid
 - 10 drops Lemon oil
 - 1 capful Thieves Household Cleaner
- Mix dry ingredients together, add wet ingredients slowly. Press tightly into molds filling ¾ of the way. Let set for 24 hours, then store in a jar for later use.

THIEVES FRUIT AND VEGGIE SOAK

You can use Thieves Fruit and Veggie soak to clean pesticides and nasties off of your produce. Combine one capful in a sink full of water. Soak for 15-30 minutes. Gently pat to dry or set on a towel to air dry.



Floor Cleaning Recipes



HARDWOOD FLOORS

You will need:

1 gallon hot water

½ cup olive oil

¼ cup Thieves cleaner

3-5 drops Orange or Pine essential oil

Add the above together in a bucket. Using a soft cleaning cloth, soak the cloth into the water, ring excess water, and wash a small 4x4 section of floor. Immediately wipe dry with a soft cloth and move to the next section of flooring.

For spot cleaning, lightly spray small sections of your flooring and use a swiffer-style mop or rag to clean.

TILE AND OTHER TREATED SURFACES

2-3 drops of Citrus Fresh

1 cap of THC

Mix and then add to the water-filled bucket, sink, or mop reservoir.

CARPET CLEANING MACHINE

To add THC to a Carpet Cleaner:

Add ⅓ cup to a gallon of water.

Follow the manufacturer's instructions.

CARPET REFRESHER

1 Shaker container (a large spice jar with holes works great)

1 Cup baking soda

10 Drops Purification

10 Drops Thieves

Mix ingredients together in a small bowl. Add mixture to the shaker container. Sprinkle over carpets. Vacuum in 15-30 minutes.

ADDITIONAL FLOOR CLEANING TIPS

- Use your Thieves All-Purpose Household Spray to spot clean carpets.
- Mist Thieves Household Spray all over your carpets to kill the yucky stuff and give an overall refresh.
- Use Lemon essential oil to clean sticky spots on hard floors. Put two drops of lemon essential oil on a rag and work it into the spot. Clean off with water or thieves spray. (spot test with this first)

**Test on your floors in a small, inconspicuous area before tackling the whole project.*

Mattress & Linen Recipes



MATTRESS FRESHENER SPRAY

2-ounce glass spray bottle
½ Tablespoon witch hazel
15 drops Thieves essential oil
15 drops Lemon essential oil
Water

Add all the ingredients to your spray bottle and boom! You're ready to spray! Lightly mist your mattress whenever you strip the bed, and you'll be freshening things up and adding a natural immunity boost to your favorite spot in the house! You can do the same for your pillows, too.

Other essential oil combos to try:

Purification and Orange
Tea Tree and Lemon
Frankincense and Tangerine
Lavender and Cedarwood

MATTRESS DETOX POWDER

½ cup baking soda
12 drops Peppermint essential oil
10 drops eucalyptus essential oil
10 drops tea tree essential oil
5 drops clove essential oil
4-ounce container with a shaker top

Mix all ingredients together in a bowl and put in your container. Sprinkle the mattress mixture onto your bare mattress. Let it sit for at least 1 hour and up to 24 hours. The longer the better. Vacuum the mixture and put clean linens back on.

SLEEP WELL PILLOW SPRAY

10 drops Lavendar oil
10 drops Peace & Calming oil
10 drops Valor

Add to a 4-8 oz spray bottle. Add 1 oz witch hazel or vodka (to disperse the oils) and fill to the top with water. Shake well and spritz onto pillows at bedtime.



Laundry Recipes



DIY BLEACH

3/4C hydrogen peroxide
1/4C lemon juice
15 drops Lemon Essential Oil
3/4C baking soda
1/4C Thieves Household Cleaner
7C water

Mix all ingredients in a glass container. Use 1 cup per laundry load. Use for cleaning as you would regular bleach.

Note: You could use baking soda and epsom salts on colored clothing in place of hydrogen peroxide. 1/4 cup of each and put in washer before putting in clothing.

STAIN REMOVER

In a spray bottle combine:

1 capful of Thieves Household Cleaner
2 tbsps Thieves Laundry soap
1/2 cup water
20 drops Lemon oil
1/2 cup hydrogen peroxide
Shake well and spray on stains before washing.

SUPER SIMPLE STAIN REMOVER

Dab some hydrogen peroxide on the stain. Add Thieves Dish Soap on top, gently rubbing them together on the stain. Let sit for a minute or two then wash as usual.

FOR THE DRYER

Use wool dryer balls as a great alternative to dryer sheets. Add a few drops of your favorite oil to 2-5 dryer balls, let absorb, then throw into dryer for the last 10 minutes of the cycle. Lavender and grapefruit make a great combo!

LAUNDRY STRIPPING SOLUTION

If you have items that need a deep clean, here's a solution:

2 cup washing soda (not baking soda)
½ cup Thieves Laundry Soap
¼ cup Thieves Household Cleaner
4 capfuls Thieves Fruit & Veggie Soak
5 drops each Lemongrass, Eucalyptus, Peppermint, Lemon

Fill a bathtub or washing machine up with hot water. Add linens and let soak for a couple hours, stirring occasionally. Squeeze out water, rinse and wash as usual.

Laundry Recipes

STAIN STICK

In a 30ml roller bottle:
Fill just under half with Thieves Dish Soap
10 drops Lemon Essential Oil
Top with Thieves Household Cleaner

Use to spot treat any tough stains before washing.

SCENT BOOSTER

In a large glass jar with a glass lid add:
1 cup epsom salt
1/2 cup fine sea salt
1/2 cup baking soda
30 drops Lemongrass

Add 2-3 tablespoons directly to laundry.

DAILY LINEN SPRAY

In a 2 oz glass spray bottle add:
25 drops essential oils of choice
Splash of witch hazel
Top with filtered water



Miscellaneous Cleaning Recipes

CRAYON REMOVER

Splash of Thieves Household Cleaner
3 drops Lemon essential oil

Apply ingredients to a damp rag and wipe the area.

JEWELRY CLEANER

1/2 capful Thieves Household Cleaner
Water

Combine ingredients in a glass bowl and soak jewelry for 3–5 minutes or overnight. Scrub jewellery with a soft brush if necessary. Rinse and dry.

This is not recommended for opals and pearls.

GOO GONE ALTERNATIVE

Use undiluted Lemon oil instead of chemicals! Put a drop onto a sticky surface and rub with a dry towel - no more sticky gunk!

WIPE BOARD ERASER

Apply a few drops of Thieves Household Cleaner to a damp washcloth. Wipe board clean.

REUSABLE WATER BOTTLE RINSE

Pour ½ capful of Thieves Household Cleaner into your bottle and top off with water. Let sit for 10 minutes. Scrub the inside and outside well; then rinse several times with water.

Thieves Dilution Hacks

All of the Thieves products are super concentrated and can be diluted to stretch to last up to 4 times longer! Here are the hacks:

THIEVES DISH SOAP

1/3 dish soap
1 tbsp baking soda (for bubbles)
10 drops Lemon essential oil
1 capful THC

Top with warm water and slowly rotate to combine. Store the remaining 2/3 in a glass jar or keep your dish soap containers and dilute all at once.

THIEVES LAUNDRY SOAP

1/3 laundry soap
2 capfuls THC
15-20 drops of Lemon, Thieves or Purification oil

Top with warm water and slowly rotate to combine. Store the remaining 2/3 in a glass jar or keep your laundry soap containers and dilute all at once.

THIEVES MOUTH WASH

Pour out 1/2 of the Thieves Mouth Wash and store in a separate container. Top with with filtered water.



THIEVES HAND SOAP

Empty out 2/3 of the Thieves Hand Soap into a separate container, leaving 1/3 in the original pump bottle. Top with water and slowly rotate to combine.

You can add a couple drops of Thieves oil if desired. This also works as a 1/4 dilution ratio if you want to stretch it even further.

Diffuser Recipes

These are a few simple diffuser recipes to freshen up the home, mostly using oils from the Young Living Starter Bundle.

SLEEPYTIME

2-4 drops Lavender
4 drops Cedarwood
2 drops Peace & Calming

FRESH LEMONADE

2 drops Valor
4 drops Lemon

CLEAN THE AIR

2 drops Citrus Fresh
2 drops Peppermint
3 drops Lemon

SEASONAL SUPPORT

2 drops of Lemon
2 drops of Peppermint
2 drops of Lavender

IMMUNE BOOST

2 drops of Thieves
3 drops of Lemon
2 drops Frankincense

BREATHE EASY

3 drops of Raven
3 drops Peppermint

WAKE UP

2 drops of Lemon
3 drops of Peppermint

CALM VIBES

4 drops Peace & Calming
2 drops of Lemon



SWEET DREAMS

3 drops of Lavender
3 drops Stress Away

EASE HEAD TENSION

2 drops of Lavender
3 drops of Peppermint
2 drops Frankincense

CONGESTION RELIEF

2 drops Lemon
1 drop Frankincense
1 drop of Peppermint
1 drop of Thieves

GROUNDING & BALANCE

3 drops of Valor
3 drops of Frankincense

Hi! I'm Carrie...



I'm a Licensed Therapist and Mindset Coach living in Mexico with my husband and kids. As a YL Brand Partner, I love spreading the message and teaching others about low tox living. This Ebook is a passion project that I created for myself and anyone else who wants to learn how to clean literally anything without poisoning their home with toxic chemicals.



I want to warmly welcome you to this wellness community! If you're reading this Ebook, it means that you're interested in learning more about how to create a low tox lifestyle, and I hope that you find these recipes and tips helpful.

Please know that I'm incredibly passionate about helping others incorporate natural, chemical-free alternatives into their home cleaning, laundry, personal hygiene, and skincare and would love to answer any questions that you may have. I also have a wealth of knowledge on how to support the nervous system and mood with the help of essential oils. Please don't hesitate to reach out to me, I'm available to consult you!

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