
Thyme For Me/November

Aroma Therapies Spa/814-443-1217

FALL CLEANING WITH ESSENTIAL OILS

CARPET REFRESHER

**1 cup baking soda
25 drops Lemon EO**

**Combine ingredients in a bowl and mix well.
Transfer to a jar with a mesh lid, and let sit for 8 hours.
Shake on stale carpet; let sit overnight.
Vacuum in the morning.**

ALL-PURPOSE CLEANER

**2 cups water
1 1/2 cups vinegar
1 tsp. all-natural dish soap
10 drops Lemon EO
5 drops Melaleuca EO
10 drops doTerra On Guard**

**Combine all ingredients in spray bottle; shake well.
Spray where desired.**

TUB AND SHOWER CLEANING GEL

**1 cup vinegar
1/2 cup all-natural dish soap
10 drops Lemon EO**

**Combine in squeeze bottle; shake well.
Squeeze on desired area; scrub and let sit for 2 hours.
Wash away residue.**

TOILET SCRUB

1/2 cup water

1/2 cup baking soda

1/4 cup hydrogen peroxide

1/4 cup all-natural dish soap

15 drops Eucalyptus EO

Combine in spray bottle and shake well.

Spray in toilet and let sit for 2 hours.

Scrub and flush.

STOVE SCRUB

1/4 cup all-natural dish soap

1 cup baking soda

15 drops doTerra Citrus Bliss

Combine in small jar and let sit for 1 hour.

Scrub on stove with sponge and let sit.

Wipe away with a wet cloth.

MIRROR AND WINDOW CLEANER

2 cups water

1/3 cup vinegar

1/3 cup alcohol

10 drops Spearmint EO

Combine in spray bottle and spray where desired.

Wipe away with paper towel for a streak-free finish.

