

# makeover your LAUNDRY ROOM

Doing laundry may not always be the most exciting way to spend your time, but is a task everyone gets to face on a weekly or perhaps even daily basis. Enhance your laundry routine with the cleansing power of essential oils along with a few handy tips and raise your enthusiasm!

## FABRIC SOFTENER

### INGREDIENTS

- 1 64-ounce bag of Epsom salt
- 40 drops **Lavender** essential oil
- 30 drops **Tea Tree** essential oil
- 20 drops **Lemon** essential oil

### INSTRUCTIONS

- Pour Epsom salt into large glass bowl.
- Add essential oils and stir well to combine.
- Store in glass jar at least ½ gallon size.
- Use ½ cup for medium to large loads in wash cycle at any temperature.
- Reduce to ¼ cup for small loads.

## ESSENTIAL OILS IN LAUNDRY ROUTINE

*Natural, safe, and effective solutions*

- Add 4 drops **Lemon** to glass water bottle to pretreat stains.
- Use **dōTERRA® On Guard® Laundry Detergent** to add the benefits of **dōTERRA® On Guard®** to every load.
- Add 2 drops favorite essential oil to rinse cycle for lasting benefits:
  - Add **Citrus Bliss®** to towels for uplifting scent after shower.
  - Add **Wild Orange** to workout clothes for energizing scent during workout.
  - Add **Purify** to dish towels for added purifying benefits.
  - Add **Tea Tree** for cleansing properties.
- Add 2-4 drops of **Lavender** to dryer balls or clean washcloth to further infuse fresh scent into laundry.
- Add drop of favorite essential oil to damp cloth and place on top of clothing when ironing.



## “BLEACH” FOR CLEANING

*(makes 1 quart)*

### INGREDIENTS

- 10-15 drops **Lemon** essential oil
- ¼ cup 3% hydrogen peroxide
- ¼ cup lemon juice OR ½ teaspoon citric acid
- ¾ cup baking soda
- 6 cups water

### INSTRUCTIONS

- Combine all ingredients and store in dark or covered glass bottle that is at least ½ gallon.
- Shake well before each use.
- Use 1 cup per load.
- Use hottest water possible.
- If clothes are especially soiled/dirty, soak overnight; in morning add laundry soap and wash as usual. Wash twice, if soaking isn't an option.

*Exposure to light will weaken the solution.  
Lasts up to 3 months if stored properly.*



## UPCYCLE AND REUSE

- Use empty **Slim & Sassy® TrimShake** containers to store DIY powdered laundry detergent, clothespins, or homemade dryer balls.  
*Visit [doterrablog.com](http://doterrablog.com) for more DIY recipes.*
- Use empty 10mL roll-on bottles for stain spot treatment.
- Put your loose pocket change into empty **LLV bottles**.

## CLEAN LAUNDRY DIFFUSING BLEND

### INGREDIENTS

- 3 drops **Siberian Fir** essential oil
- 3 drops **Cypress** essential oil
- 2 drops **Wintergreen** essential oil

## ESSENTIAL OIL DRYER SPONGES

### INGREDIENTS

- ½ cup baking soda
- 1 cup hot water
- ½ cup white vinegar
- 5-10 drops favorite **essential oil**
- 5-10 simple sponges

### INSTRUCTIONS

- Combine baking soda and hot water in glass container and stir.
- Add vinegar and mix, then add essential oil and stir until all ingredients are combined.
- Fill container with sponges, trimming to fit if needed, and close with tight fitting lid.
- Shake container, remove one sponge, wring out lightly, and place in dryer with wet clothes.
- After dryer cycle, place sponge back in container and reseal.

## LINEN SPRAY

### INGREDIENTS

- 15 drops **Lavender** essential oil (or oil of choice)
- 2 cups distilled water
- 1 tablespoon rubbing alcohol

### INSTRUCTIONS

- Put all ingredients in glass bottle and shake well before each use.

## FRONT-LOADING WASHING MACHINE CLEANER\*

### INGREDIENTS

- 20 drops **Tea Tree** essential oil
- 20 drops **Lemon** essential oil
- 1 cup white vinegar
- 1 cup baking soda

### INSTRUCTIONS

- Combine essential oils and vinegar in glass bowl.
- Add baking soda to drum of empty machine and close door.
- Run wash cycle with extra rinse.
- Once cycle is complete, open and wipe inside of door, drum, and gasket and leave door open to dry.

*\*Safe to use on HE washers.*

## STAIN REMOVER

### INGREDIENTS

- 4 tablespoons **dōTERRA® On Guard® Cleaner Concentrate**
- 1 tablespoon baking soda
- 8 tablespoons 3% hydrogen peroxide

### INSTRUCTIONS

- Combine all ingredients in glass jar and mix well.
- Apply directly to stain with finger, piece of fabric, or toothbrush.
- Allow to sit at least 10-15 minutes or up to an hour.
- Wash as usual.

