



all-natural home essentials

**8 EASY DIY PRODUCTS WITH
ESSENTIAL OILS**



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When I started using essential oils 5 years ago I was very interested in replacing conventional products in my home with homemade, non-toxic, and safer alternatives. I quickly realized that making my own products was cost-efficient, they worked great, and it was easy. I am excited to share some of my favorite recipes with you so you too can remove toxins from your home and start living a healthier lifestyle.

FOAMING HAND SOAP



Ingredients:

1/4 cup castile soap
15-20 drops essential oil
water

Directions:

- 1) Pour castile soap into foaming hand soap dispenser.
- 2) Add essential oils of choice. My favorites are wild orange, lemon, or lavender.
- 3) Fill the rest of the way with water

WHIPPED BODY BUTTER



Ingredients:

Olive oil
Coconut oil
Shea butter
Cocoa butter
Essential oils

Directions:

- 1) Melt equal parts of all ingredients (besides essential oils) in double boiler.
- 2) Place liquid in freezer until it firms up. You don't want it to be solid just squishy. When you stick your finger in it and it should hold the mold.
- 3) Add essential oils of choice. I like using lavender and frankincense.
- 4) Whip body butter with a hand mixer or stand up mixer.
- 5) Store in air tight container.

LAUNDRY DETERGENT



Ingredients:

- 1/2 cup washing soda
- 1 cup borax
- 1 fels napha soap bar
- 40 drops of essential oils

Directions:

- 1) Shred soap bar and melt in water over medium heat, stirring often.
- 2) Fill a 5-gallon bucket with a gallon of water and stir in melted soap, borax, washing soda, and essential oils.
- 3) Fill bucket the rest of the way with water and stir.
- 4) Let sit overnight and then shake bucket well.
- 5) Use 1/2 cup of detergent per load.

TOOTHPASTE



Ingredients:

Calcium Carbonate

Xylitol

Baking Soda

Coconut Oil

Essential Oils of choice

Directions:

- 1) Add 5 parts calcium carbonate, 3 parts xylitol, and 2 parts baking soda to a bowl. Stir well.
- 2) Add coconut oil until you get desired texture. Mix together using the back of a spoon.
- 3) Add essential oils. I do 15 drops of peppermint and 5 drops of clove bud
- 4) Store in an airtight container.

ALL PURPOSE CLEANER



Ingredients:

8 ounces vinegar

8 ounces water

20 drops lemon essential oil

Directions:

- 1) Mix vinegar and lemon oil in a 16-ounce spray bottle.
- 2) Fill the rest with water.

DISH SOAP



Ingredients:

- 1/2 cup castile soap
- 10 drops lime essential oil
- 10 drops lemon essential oil
- 10 drops wild orange essential oil

Directions:

- 1) Mix ingredients in a 16 ounce spray bottle.
- 2) Fill the rest with water.

DRY SHAMPOO



Ingredients:

Arrowroot powder

Cocoa powder

Lavender essential oil

Directions:

1) Add 1 tbs of arrowroot powder to a bowl.

2) Mix in a cocoa powder until you get desired color.

3) Add 2 drops lavender oil and stir well.

4) Apply to roots with powder brush.

HAND SANITIZER



Ingredients:

witch hazel

5 drops wild orange essential oil

5 drops clove bud essential oil

5 drops lemon essential oil

5 drops cinnamon essential oil

Directions:

- 1) Drop oils into a 4 oz glass spray bottle.
- 2) Fill the rest of the way with witch hazel.



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