



# Young Living Essential Oils

## Household Cleaning

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## Acknowledgement

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## Disclaimer

**Disclaimer: The information provided here is for educational purposes only. It is up to you to discover what works best for you, your family and the animals in your care, and for you to determine when to seek medical/veterinary advice.**

**Note: the only essential oils recommended in this document for wellness are therapeutic-grade Young Living Essential Oils. Please do not expect to get favourable results with other brands.**

**The compiler of this booklet is only passing on information and will not be held responsible for adverse reactions especially if other brand essential oils are used.**

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## Natural Solutions to Everyday Household Cleaning and Challenges

Evelyn Vincent has supplied us with some wonderful information in how to do our household cleaning in a safe and effective way. Please read on to find out Evelyn's advice.

Don't think that essential oils can only be used for aromatherapy or massage therapy—they have so much more to offer!

While going about your daily household tasks you've probably stopped to consider the effects of the artificial flavouring in foods or the synthetic compounds in your household cleaners or dryer sheets. More than likely you've wondered if these mystery ingredients are even safe to use in your home.

Young Living's pure natural essential oils can eliminate these concerns when you incorporate them into your daily household routine. Replacing man-made synthetics with natural, plant-based essential oils removes questionable ingredients from your home and adds countless benefits. Whether you use Young Living essential oils to infuse your favourite dishes with flavour in cooking, or clean your home without harmful chemicals, or supplement your existing first-aid kit with plant-based solutions, they're sure to safely and naturally enhance your experience.

If you want to know which harmful chemicals are in your home cleaning products, the [Cleaning with Essential Oils](#) section below will teach you which chemicals are known to cause everything from skin to ovarian cancer. With all the focus on choosing eco-friendly solutions you'll want to know which ingredients in your current cleaning products that you use every day should be avoided - and which essential oils and oil-infused products can replace them.

Every home should have a first-aid kit, and in the [Essential Oils and First Aid](#) section you will learn which essential oils are good natural complements to your existing kit.

Interestingly, it was household cleaning that got me into essential oils over 20 years ago. Prior to then I had been spending a fortune on all natural household cleaners and upon closer inspection, reading the label and doing some research, I became angry that those cleaning products contained a lot of ingredients that nobody would consider truly natural. It was the feeling of anger that sent me on the path to find something that was natural according to my personal standards.

While in a bookstore one day as I passed a shelf in the herb section, one book caught my attention, it was on essential oils. I flipped through it quick and felt it held the solution to my problem. When I got home I could not stop reading it, finally, the answer I was looking for!

The author spoke about super high quality essential oils; oils that could be used for multiple purposes (topically, aromatic, internal), well beyond simple household cleaning. Unfortunately, all of the resources for essential oils in the book did not include any that were the best quality. And so I bought the oils that were the best quality of the ones listed, yet held in my heart and mind my goal... to find the best.

That day came about 8 years later, when quite by chance I was introduced to the Young Living oils. One sniff of them and I knew they were the oils I had been searching for all those years. That was about ten years ago and to this day I have never found any essential oils that are as good or better than my Young Living oils.

### Household Cleaning with Essential Oils

It can be daunting to live a healthier lifestyle, and one of the last areas you may think to change is your cleaning products. Most modern cleaning products require certain chemicals and surfactants (or cleansing agents) to make them work, and you should know what they are and their potential affects. It's also important to find ways to limit your exposure to these toxins, and learn about safe, effective alternatives.

Here's a brief run-down of some common chemicals in cleaning and personal care products:

- **DEA (Diethanolamine)**—Found in more than 600 home and personal care products, such as shampoos, conditioners, bubble baths, lotions, cosmetics, soaps, laundry and dishwashing detergents.

Suspected of carcinogenic activity (causing or contributing to cancer) or of being potentially dangerous or hazardous to health.

- **Propylene Glycol**—The main ingredient found in anti-freeze; also common in shampoos, deodorants, cosmetics, lotions, toothpastes, processed foods, baby wipes, and many more personal care items. Implicated in contact dermatitis, kidney damage, and liver abnormalities; can inhibit skin cell growth in human tests and can damage cell membranes causing rashes, dry skin, and surface damage.
- **Sodium Lauryl Sulfate (SLS)**—Industrial uses include concrete floor cleaners, engine degreasers, and car wash detergents. Also found in shampoos, liquid soaps, conditioners, cleansers, toothpaste, and children's personal care products. SLS is found in nearly all toothpastes, and is absorbed through skin contact and retained for up to five days.
- **Talc**—Chemically similar to asbestos, talc has been linked to ovarian cancer. It's found in many body and baby powders, as well as many cosmetics.
- **Alcohol**—Most mouthwash products have a higher alcohol content than most alcoholic beverages (beer, wine, etc). Mouthwash products with alcoholic content greater than 25 percent have been linked to cancers of the mouth, tongue, and throat. Alcohol acts as a solvent inside the mouth, making tissues more vulnerable to carcinogens.

### Essential Oil Cleaning Solutions



It may not be possible or cost effective to avoid all of these chemicals in your cleaning and personal care products, but there are plenty of ways to reduce your family's exposure to them. Using therapeutic-grade essential oils is a safe, effective alternative to many store-bought cleaning products.

#### Some of the best single Young Living Essential oils for cleaning include:

- ❖ Cinnamon,
- ❖ Clove,
- ❖ Eucalyptus,
- ❖ Thyme,
- ❖ Spruce,
- ❖ Lemon,
- ❖ Lemongrass,
- ❖ Grapefruit

#### Some of the best Young Living essential oil blends for cleaning include:

- ❖ Thieves,
- ❖ Purification,
- ❖ Citrus Fresh

Making your own household cleaning and air freshener solutions is super easy! It is as easy as going to your cabinet and taking out a toxic household cleaner. If you can boil water or make toast, you can make your own truly natural and pure household cleaning products. Check out the following recipes...

### Ideas for making your own powerful, natural cleaning solutions:

#### Household Cleaner:

- Fill a spray bottle with water and a squirt of dishwashing soap.
- Add 3–5 drops each of lavender, lemon, and pine essential oils.
- Shake well.

### Sanitizing Floor Cleaner:

- Add 1/4 cup white vinegar to a bucket of water. Add 5–10 drops lemon, pine, spruce, melaleuca, or Purification essential oil.

### Kitchen and Bathroom Purifying Spray:

- 1 quart spray bottle
- 2 drops Rosemary
- 4 drops Lemon
- 3 drops Eucalyptus
- 4 drops Lavender
- water

Put water into spray bottle, add each of the essential oils. Shake before using. This spray can be used to clean all surfaces in the kitchen and bathroom. It also makes a lovely air freshener and is particularly useful for when the cold and flu bugs are going around.

**Tip:** a 4oz. spray bottle can be used to make a mini version of this to leave in the bathroom for instant freshening.

### Window cleaner:

- 1 quart spray bottle
- 1 cup White Vinegar
- 10-15 drops of Lemon Essential Oil
- water

Add vinegar to the spray bottle, water and essential oil. Shake and use.

### Stain Removal:

- Use a drop or two of Lemon essential oil on stains, let stand and rub off with a clean cloth or throw into laundry cycle.
- Or, try Thieves Household Cleaner - put a dab of the concentrate on the stain (quite often works on old grease stains too), rub in, let sit for a minute and launder.

**Tip:** do not let the Thieves Cleaner stay full strength on a stain for more than a couple minutes before laundering.

### In the Dryer:

- Instead of using toxic and irritating dryer sheets take a dampened washcloth with 5-10 drops of lavender, lemon, melaleuca, bergamot, or other YL essential oil, toss into the dryer, dry laundry as normal.
- While the essential oils will not reduce static cling, they will impart a lovely fragrance to the clothes.

**Tip for Static Cling:** static cling is a result of over-drying, simply adjust the temperature and time levels until you find the combination that ends static cling - simple and saves money too.

### Fighting Dust Mites:

- Recent research has shown that eucalyptus essential oil kills dust mites that live in bedding.
- Add 25 drops of Eucalyptus essential oil to each load of laundry for an effective dust mite deterrent.

### Hot Tubs and Saunas:

- Use 3 drops per person of lavender, cinnamon, clove, eucalyptus, thyme, lemon, or grapefruit to disinfect and freshen the water.
- For saunas, add several drops rosemary, thyme, pine, or lavender to a spray bottle with water and spray surfaces. This water can also be used to splash onto hot sauna stones.

### Tiny Ant Repellant:

- 1 quart spray bottle
- 15 drops Purification essential oil blend
- 10 drops Peppermint essential oil

Fill spray bottle 7/8 full with water, add essential oils, shake, spray.

**Tip:** if spraying is not practical (in cabinets), simply put several drops of both Purification and Peppermint on a cotton ball and set the cotton ball in a corner of the shelf of the cabinet. Peppermint is also known to deter rodents.

### Shopping List for Young Living's Most Popular Oils for Cleaning

- Lavender essential oil
- Lemon essential oil
- Pine essential oil
- Eucalyptus essential oil
- Cinnamon essential oil
- Thieves® essential oil blend
- Purification™ essential oil blend
- Citrus Fresh essential oil blend
- Thyme essential oil



As you can see, making your own products is very simple, not to mention extremely cost efficient! Most of the recipes above use water or other inexpensive kitchen ingredients mixed with the essential oils. A 15ml bottle of Young Living essential oils contains about 250 drops of essential oil which means you can make your own natural cleaning products for a fraction of what is being sold in the stores as all-natural. I highly recommend incorporating Young Living oils into your daily life. If you have any questions or need further ideas, please contact me, I enjoy sharing information with others.

### My Household Tip

#### Natural Sink and Bathtub Cleaner Recipe

This recipe is so simple and you won't have to worry about being exposed to nasty chemicals that make you feel sick. The Young Living essential oils in this recipe are what give it superb bacteria fighting power.

- 1 cup Baking Soda
- 20-30 drops Thieves Essential Oil

In a small mixing bowl place baking soda, then add essential oil. Stir well until mixed thoroughly. Pour mixture into a 6 or 8 oz. glass jar with lid or plastic container with lid. Sprinkle mixture into sinks or bathtubs, scrub, rinse.

## Laboratory Test Results Using YLO Essential Oils for MRSA, E-Coli and Acinetobacter Bacteria

One of our very skilled and credentialed team members, clinical microbiologist Mary Anne Mathewson from San Diego, did some testing in her lab a few months ago to check out several YLEOs for her neighbour's toddler who was diagnosed with MRSA, and whose parents had tried all sorts of medications to no avail. I wrote about it at the time, but was unable to transfer the pictures in her excellent report to e-mail. I have continued to work on it, and I believe you will now be able to receive the full report, pictures included.

Many thanks to members like Mary Anne, who continue to prove to those who are not knowledgeable yet about the power of therapeutic-grade oils, just how potent and viable they are. I understand that Mary Anne's neighbour did use Oregano and Thyme successfully after seeing these test results.

Here is her report:

### The Power of Young Living Therapeutic Essential Oils

I am a clinical microbiologist and have worked in hospital settings for the past 25 years. I have witnessed the steady increase in antibiotic resistant strains of various bacteria. The bacteria are able to quickly transfer resistance from one strain to the other. The resistant strains are not only hospital acquired, but are now found within the community; day care centers, military recruits, gym locker rooms, chronic care facilities. The New England Journal of Medicine April 7th, 2005 sites the growing prevalence of Methicillin resistant Staphylococcus aureus (MRSA) in cities across the US.

Some of the infections have been associated with necrotizing fasciitis.

There is an ever-increasing need for us to fortify our immune systems, as well as look to natural methods to support and protect our bodies and maintain the balance of nature. The bugs are outsmarting the drugs!

I chose to investigate the affect of therapeutic grade Young Living essential oils, all of which have been frequency tested. This means they must conform with the AFNOR (French Association of Normalization) standards for therapeutic-grade essential oils. These oils are steamed distilled at low pressure and temperature. This preserves the complex chemical constituents of the oils. The plants harvested have been grown on organic farms without pesticides, herbicides or fungicides and are free of any synthetic chemicals.

#### The oils I tested are:

- **Thyme (Thymus vulgaris),**
- **Oregano (Origanum compactum),**
- **Geranium (Pelargonium graveolens),**
- **Tea tree (Melaleuca alternifolia) and**
- **Thieves (a blend of clove, lemon, cinammon, eucalyptus and rosemary).**

I tested these oils with these three bacteria: Methicillin-resistant Stapylococcus aureus (MRSA), Escherichia coli (the most common cause of urinary tract infections), Acinetobacter calcoaceticus (cause of many nosocomial, hospital acquired infections).

Procedure: A 1/2 McFarland suspension of each bacteria was made in tryptic soy broth.

A blood agar plate was completely covered with the bacteria. A 50 microliter sample of oil, equivalent to one large drop, was inoculated onto each individual plate. Olive oil was used as a control. The plates were then incubated for 24 hours in a non-carbon-dioxide<sup>2</sup> incubator. Pictures were taken after 24 hours. Four days later, measurements were taken of the area where there was no growth of the bacteria.

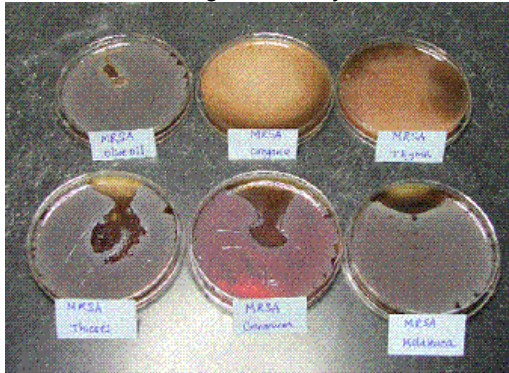
**RESULTS:** When viewing the pictures, note the white to gray area is bacterial growth.

**Note:** each oil caused inhibition of bacterial growth on the plate.



### Area of inhibition - MRSA

Olive Oil    Oregano    Thyme



Thieves    Geranium    Melaleuca

Thyme	100%
Oregano	100%
Geranium	1 3/4 inch
Melaleuca	1 1/2 inch
Thieves blend	1 1/4 inch

### Area of inhibition - E. Coli

Olive Oil    Oregano    Thyme

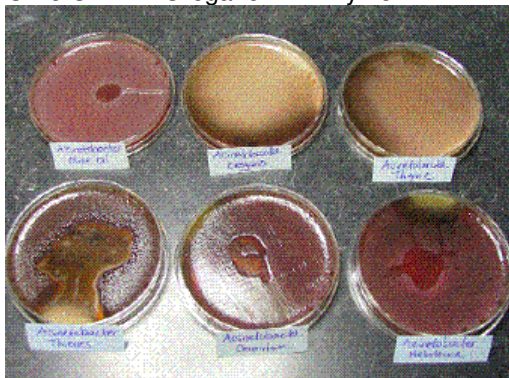


Thieves    Geranium    Melaleuca

Thyme	100%
Oregano	100%
Geranium	3/4 inch
Melaleuca	2 1/2 inches
Thieves blend	1/2 inches

### Area of inhibition - Acinetobacter

Olive Oil    Oregano    Thyme



Thieves	Geranium	Melaleuca
Thyme		100%
Oregano		95%
Geranium		1 1/8 inch
Melaleuca		7/8 inch
Thieves blend		2.0 inches

## Conclusion:

**Thyme and Oregano** are consistently the most effective in inhibiting the growth of all three bacteria; MRSA, Escherichia coli, and Acinetobacter calcoaceticus.

**Geranium** is second in inhibition to thyme and oregano, when in contact with MRSA.

**Melaleuca alternifolia** is second in inhibition to thyme and oregano when in contact with Escherichia coli.

**Thieves blend** is second in inhibition to thyme and oregano when in contact with Acinetobacter calcoaceticus.

Bactericidal activity of the oils has not been verified, but this **work shows the strong antibacterial powers of two oils in particular; Thyme and Oregano**. Each oil has unique chemical constituents. Thyme contains 59-90% alcohols and 12-21% monoterpenes. Oregano contains 60-80% phenols and 10-25% monoterpenes.

These constituents contribute to their antibacterial activity. These oils can be diffused, taken internally in gel capsules and placed topically on the body, including the feet. These two oils should be diluted 20-80 (one part essential oil to four parts vegetable or massage oil). These findings confirm what is already in the literature. Essential oils, the life- blood of the plant, are antibacterial.

These oils are God's gift of healing to us. I love to share my passion and love of essential oils.

Sincerely,  
To Your Optimum Health  
Mary Anne Mathewson, CLS, ASCP

## Bug Spray and Mould

**Artemis writes:** My wonderful husband Noel is interstate for 6 weeks....it's good to know he's putting his time to good use!!!

**Noel writes:** I am currently renovating a 1970's house and found evidence of cockroaches in hard-to-get-at places. I mixed up a "thieves bug spray" in a spray bottle, sprayed the affected area, job's done, they won't be back. I know this will work in kitchen cupboards too, instead of the annual pest spray. Sure, my spray contains ethanol....but the half-life of the pesticides used in the average kitchen cupboard is 20yrs whilst the Methylated Spirits flashes off in an hour or less.

- 1 litre of Methylated Spirits
- 1 Bottle of Thieves oil.

Pour into a spray bottle, shake, and spray. Works for mold as well, much faster than a diffuser. Requires breathing apparatus in enclosed areas.

## Mould

**Artemis writes:** Did you know that Thieves oil works amazingly well for Black Mould as well? Here is a testimonial from [www.oil-testimonials.com](http://www.oil-testimonials.com) website (just click on "search", type in your keyword, and away you go!!!)

## Thieves oil gets rid of mould

We recently moved from California to Utah into a home that was built in the 1880's. It wasn't until I was deep cleaning that I realized there were some serious mould issues!!

I got some samples, had them tested and there were several strains of moulds, common and not-so common. We'd moved to an area that had no other homes available for rent and I was panicked, since I'm extremely

sensitive to mould, having been 'poisoned' by black mould about 10 years ago. There was nowhere else to go while our home is being built.

I immediately got out my Thieves Cleaner, Thieves Oil, Diffuser, rubber gloves and face mask! I sprayed the Thieves Cleaner straight onto the affected areas and just left it for several hours. I began diffusing Thieves Oil - and did so for the next 48 hours. In the basement, where there was a lot of mildew and mould, I sprayed a mixture of Thieves Oil, Thieves Cleaner and grain alcohol directly onto the brick walls. Then I left the house to rest.

The next day when I came back, the black mould in the cupboards that had been so unsightly had almost disappeared. I sprayed the affected areas again, soaking liberally, and wiped them down after a few minutes. The mould is gone! In the basement, the same thing had happened. I re-sprayed with my mixture and it is also GONE!

I coaxed the carpet cleaner to use my Thieves Cleaner instead of his citrus stuff (which I have an allergy to!). He reluctantly did so and was thrilled and amazed at how clean the carpets were. I was so happy, because they were disinfected, smelled great and are so soft now.

I continue to diffuse Thieves, Purification and Eucalyptus a couple of times a week. The mould issues are gone. I can breathe without any problems. I LOVE THIS STUFF!!  
Michelle Manning-Kogler, 28 May 2007 <http://www.oil-testimonials.com/essential-oils/2155>

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Essential oil testimonials are an effective way of learning and sharing. With this knowledge, we can take control of our own health. However, these statements have not been evaluated by the FDA. Products and techniques mentioned are not intended to diagnose, treat, cure or prevent any disease.

**Katie writes:** Diffusing Thieves oil has helped me conquer the mould problem I was having in my bathroom. I first cleaned up the walls as best I could. Then diffused the Thieves oil for at least 24 hours in the bathroom. I kept the bathroom door closed to keep the diffusion in the bathroom. It has been 5 months and there is no sign of the mold! Before I did this diffusion process I was cleaning this funky mold off the walls twice a week.  
Artemis Newsletter – 26 August 2010

## Home uses for Young Living

Hi. My name is Karen and I have been a happy healthier oiler since 2001. Here are some of my uses for around the house.

### Breath spray

In a 1.5 oz spray bottle - I use an empty from the Thieves spray - I fill the bottle about 3/4 full and add 10 to 20 drops of peppermint oil. What a wonderful taste and it really freshens your breath. It also worked for my scratchy throat. When the scratchy, tickly start, just a couple spritzes and all better. This is better than any of those strips and stuff I used to get at the store. What a great way to freshen your breath before a meeting, appointment or work. No alcohol or harsh chemicals.

### Insects repellent for your garden

In a standard size spray bottle, fill almost full of water and then add enough Thieves cleaner to color the water. You will know you put enough Thieves cleaner in the bottle when the insects scatter when you spray your veges and such. I grow tomatoes - in Florida - and no worms and no aphids and the grasshoppers leave too. This spray also works on rose bushes and squash plants. Then wipe down your kitchen countertops with the same spray.

### Freshen the air

We all know how important it is to change the air conditioning filter in our homes every month. I use this opportunity to put a few drops of Lemon oil and Purification on the new filter. This freshens the air in my home and I know it must get rid of germs and such because my son hasn't used an inhaler in years. No more sinus problems either.

I use a YLEO diffuser at home and run oils like R.C., Pine, Christmas Spirit, Lemon, Thieves, etc. Eucalyptus Radiata and Pine is a very nice combination of scents and it's good for the respiratory system. I have noticed a

huge difference in myself since I have been using a diffuser at home. No more sinus problems or allergy difficulties. I have had allergy problems all my life and what a relief to not have that problem anymore.

### Freshen your car

I use many different oils in my car. Using a vent diffuser - available at [www.detailsbykaren.com](http://www.detailsbykaren.com) - I freshen the air in my car while the A/C is on and it keeps working all day so my car still smells great when I get out of work - even in the heat. En-R-Gee is a good way to start your day, or Lemon, Orange, Peace & Calming, the list goes on.

### Sore elbows

I use PanAway for this. I have mild tendonitis in both elbows and when it acts up I use PanAway.

### Scars

I was unfortunate enough to have a silver dollar sized melanoma on my face between my nose and left ear. I had no idea that little brown spot was something so horrible. After the first surgery -I had 3 in all - was complete, I had a 3" scar on my face. Enter Lavender oil. I rubbed Lavender on my scar several times a day and the wound was healing nicely. The next surgery left me with an open wound that had to heal together. I used Lavender directly into the wound and around the area. A few weeks later the Doctor made mention of how nicely the wound was healing. I told him about the Lavender oil and he said to keep doing what I was doing. The third and final surgery left that 3" scar very noticeable. I continued to use the Lavender oil several times a day and most people don't even notice it, so they say.

I have been faithfully using the **ART system** from Young Living in conjunction with the **Satin Facial scrub** for the last 6 months and I must say there is a remarkable difference in both my skin and my scar. The indentation of the scar seems to have subsided and is not so noticeable even to me and my skin is very soft and smooth. And the best part of all, no wrinkles and I am 49 years young and have lived in The Florida sun all my life.

As you can see, I love these wonderful essential oils and I have fun trying new ways to use them. Be your own explorer and discover the wonderful healing qualities of essential oils. Permission is granted for you to use these testimonials and share them with whomever you like. Happy Oiling, Karen VanSchenck  
Source: Artemis Newsletter 17 June 2010

### Hand Sanitizers

The information contained below is a very good reason to make sure that we all use safe products.

#### Liquid Sanitizers – Warning

**[Warning for all parents/grandparents, a friend sent this to me and I thought it was important enough to send on.....we all know someone with children -](#)**

Yesterday, my youngest daughter, Halle who is just 4 years old, was rushed to the ER by her father for being severely lethargic and incoherent in her classroom. He was called to her school by the school secretary who said that she was 'VERY VERY SICK ' !

He told me that when he arrived at her classroom, Halle was barely sitting in the chair. She couldn't hold her own head up and when he looked into her eyes, she couldn't focus them.

He immediately scooped her up and rushed her to the closest ER, and then called me. When he got there, they ran blood test after blood test and did x-rays, every test imaginable. Her white blood cell count was normal, nothing was out of the ordinary. When I arrived at the ER, the doctor there told us that he had done everything that he could do so he was transferring her to Saint Francis Hospital for further tests.

Right as we were leaving in the ambulance, her teacher arrived at the ER and told us that after questioning Halle's classmates, she had found out that our little girl had **licked liquid hand sanitizer off of her hands !!**

Hand sanitizer, of all things. But it makes sense. These days they have all kinds of different scents and flavors and when you have a curious child, they are going to put all kinds of things into their mouths.

When we arrived at the Saint Francis' Hospital ER, we told the ER Doctor there to check her blood alcohol level, and yes we did get weird looks, but they did it.

The results showed her **blood alcohol level was 85%** - six hours after we first took her. There's no telling what it would have been if we would have requested it at the first ER.

Since then, her school and a few surrounding schools have taken the liquid hand sanitizers out of all the lower grade classes, but what's to stop middle and highschoolers from ingesting this stuff?

After doing research on the Internet, we found out that it only takes about **3 squirts of the stuff ingested to be fatal to a toddler.**

For her blood alcohol level to be so high, it would be like someone her size drinking 120 proof liquor. So **PLEASE PLEASE** don't disregard this because we don't ever want another family to go through what ours has gone through.

Source: Unknown received through an email in July 2009

## Information on Young Living Household Cleaners

The Young Living Household cleaners range is called Thieves. Below is a bit of history on how Thieves collection came into being.

### Thieves History



Young Living's Thieves essential oil blend was created based on the historical account of four thieves in France who protected themselves from the Black Plague with cloves, rosemary, and other aromatics while robbing victims of the killer disease. When captured, they were offered a lighter sentence in exchange for their secret recipe. Young Living's proprietary Thieves oil blend includes clove, cinnamon bark, rosemary, lemon and Eucalyptus radiata and has been specially blended to offer the same kind of defense. Thieves has been university tested and found to be highly effective against airborne bacteria.<sup>1</sup>

Utilising the power and protection of Thieves essential oil blend, Young Living created an extensive line of natural household products. From toothpaste and mouthwash to cleaning products, and hand soaps, the Thieves product line provides safe, natural alternatives for use in the home.

### Thieves® Household Cleaner

Experience the wonder of Thieves Household Cleaner, as tough stains and problem areas in your home become simple and easy to clean without using harsh or abrasive chemicals. While bacteria can be dangerous, some industrial cleaners on the market pose an even larger threat to your health. Thieves Household Cleaner is a natural all-purpose concentrate that can be used in every room in your home, without the harsh chemicals. Dilute in a spray bottle or bucket, or use straight for extra strength. Dilution ratios are listed on the label for your convenience.

### Thieves® Spray

Thieves Spray is ideal for use on door handles, toilet sets, and any surface that needs cleaning.

### Thieves® Wipes

Thieves Wipes are ideal for use on door handles, toilet seats, and any surface that needs cleaning.

<sup>1</sup> Sushil K, Shahi A, C Sukla et al. "Broad Spectrum Herbal Therapy against Superficial Fungal Infections"; Skin POarmacol Appl Skin Physio 2000; 13.60=64