

Low Tox Living

doin' dōTERRA

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JOANNA RUSLING

Reed Diffuser

Ingredients

60mL Fractionated Coconut Oil

15-20 drops of your favorite essential oil, or blends

Reed diffuser sticks

Note: You can purchase reed diffuser sticks at most craft and candle stores.

Instructions

Put Fractionated Coconut Oil and essential oils into a small glass container.

Add reed diffuser sticks.

It may take up to one day for the essential oil blend to make its way up the diffuser for you to smell.

Tip: Flip each reed every two to three days for a stronger aroma.



Wooden Chopping Board Spray

Ingredients

125mL apple cider vinegar

250mL water

3 drops Lemon essential oil

3 drops Thyme essential oil

Directions

In a 500mL glass spray bottle, add essential oils and add vinegar and water.

Shake before use.

Spray on chopping boards after they have been wiped down and let air dry.



Scrubbing Paste

Ingredients

1 rounded cup baking soda (250mL cup rounded)

80mL Castile soap or dish soap

20mL water

5–10 drops Lemon oil (can also use Tea Tree, On Guard, Lemongrass, Wild Orange, etc.)

Vinegar in spray bottle for more powerful cleaning (opt.)

Instructions

In bowl, combine baking soda, castile (or dish) soap and essential oil.

Add water and stir until desired consistency is reached (soft paste).

Store in airtight container.

Use as you would use scrubbing paste.

If desired, spray with vinegar to activate the bicarb on more stubborn areas.



Mint Chocolate

Whipped Body Butter

Ingredients

110 g cocoa butter (1/2 cup)

110 g coconut oil (the kind that gets hard in Winter - 1/2 cup)

30mL cacao powder (opt.)

2mL(or 1 capsule) Vitamin E (opt.)

5 drops peppermint or spearmint essential oil

Instructions

Melt cocoa butter and coconut oil over very low heat. Remove from heat and allow the oil to cool in the refrigerator until it's almost solid.

Whip the oils with a stand mixer or hand mixer until its light and fluffy.

Once whipped, add cocoa powder, essential oils and vitamin E and whip until combined.

Store body butter in a airtight container.

This body butter can be stored at room temperature for up to 6 months in cool weather. Store in the fridge in Summer.



All-purpose Spray

Ingredients

60mL white vinegar

440mL water

30 drops dōTERRA essential oils

Instructions

Add all ingredients to a 500mL spray bottle.

Shake thoroughly. Spritz on surfaces and wipe clean.

Recommended essential oil combinations:

15 drops each of Lavender and Lemon

10 drops each of Eucalyptus, Peppermint, and Wild Orange

30 drops dōTERRA On Guard®

15 drops each of Grapefruit and dōTERRA On Guard



ON GUARD Cleaner Concentrate

Multi-Purpose Cleaner:

Mix 30mL of concentrate per 700–750mL of water.

Bathrooms:

Mix 45mL of concentrate per 700–750mL of water.

Dishes:

Mix 45mL of concentrate per 4 Litres of water.

Tough Jobs:

Apply concentrate directly on designated area and let soak.



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Car Freshener

Ingredients

Cotton balls or pads, or pieces of felt

Essential oil of your choice

This great DIY blend is called "New Car Smell":

3 drops Wintergreen

3 drops Citrus Bliss or Wild Orange

Instructions

- Add a few drops of essential oils to the cotton balls (or alternative) and place under the seat, into a cup holder or in the side door pocket.
- Glue some pieces of felts or pompoms onto a wooden peg, and peg those to the car vent (put a few drops of essential oil on the felt)
- String together a few craft pompoms, add essential oil to them and dangle from rear-view mirror (if legal in your area!)



dōTERRA Products

On Guard Cleaner Concentrate

On Guard Foaming Hand Wash

On Guard Laundry Detergent

On Guard Toothpaste

On Guard Mouthwash

On Guard Protecting Throat Ddrops

On Guard Sanitising Mist

Easy Air Respiratory Drops

Easy Air Vapour Stick

Lip balms (Wild Orange/Peppermint, Tropical, Herbal)

Deodorants (Balance, Orange and Cypress from USA)

Three skin care lines: HD Clear, Veráge and Essential Collection



dōTERRA Products

Hand and Body Lotion (unscented, Rose, and Citrus Bliss)

Clarifying Mud Mask

Exfoliating Body Scrub

Refreshing Body Wash

Replenishing Body Butter

Moisturizing Bath Bar

Shampoo, Conditioner, Hair Serum

Healthy Hold Glaze (USA)

Ice Blue Athletic Rub

TerraArmour Outdoor Spray

Diffusers

Continuous spraying bottle (USA) excellent for air fresheners



Dry Shampoo

Ingredients:

For light hair:

60mL arrowroot powder

2 drops Lavender

2 drops Rosemary

2 drops Peppermint

For dark hair:

30mL arrowroot powder

30mL cocoa powder

2 drops Lavender

2 drops Rosemary

2 drops Peppermint

Directions:

Put arrowroot powder, cocoa powder (if using), and essential oils into food processor.

Pulse until well combined.

Store in glass jar.

To use, apply powder with old make-up brush to roots and oily parts of hair.



Solid Perfume

Ingredients:

30g beeswax

30mL Fractionated Coconut Oil

20 drops of your favorite essential oil or blend

Directions:

Add beeswax and Fractionated Coconut Oil to glass jar and place in saucepan with just enough boiling water to cover the bottom of the jar (Pyrex cups work great for this)

Stir ingredients until combined (around 5-10 minutes).

Once melted, remove from heat and let rest for 3 minutes.

Add essential oil and stir. Pour into containers such as empty locket or small metal container for easy on-the-go access.

To use, apply small amount to skin. Repeat as necessary.

Diffusing jewellery is another elegant way to wear our favourite perfume.

