

THE PLANT-BASED JOURNEY TO A CLEANER HOME



WHY SHOULD YOU CARE ABOUT THE CHEMICALS IN YOUR HOME?



THE UGLY TRUTH

Many commercial cleaners contain:



Allergy-inducing substances



Endocrine-disrupting chemicals



Neurotoxins & carcinogens

According to the CDC, more than 200 high-volume synthetic chemicals can be found in the bodies of nearly all Americans, including newborn infants.



BIOACCUMULATION

“body burden”

the accumulated total of chemical toxins in the human body.

DIRTY DOZEN

Chemical	Commonly Found In:
1. BHA and BHT	Mainly cosmetics, as preservatives
2. Coal tar dyes	Processed foods, lipsticks, hair dyes
3. DEA-related ingredients	Creamy or foaming products
4. Phthalates	Air fresheners, cosmetics, fragranced products
5. Formaldehyde-releasing preservatives	Personal care and cosmetic products
6. Parabens	Cosmetics and perfumes
7. Parfum/Fragrance	Personal care and cosmetic products
8. PEG compounds	Cosmetic cream bases
9. Petrolatum	Hair & lip products for shine
10. Siloxanes	Cosmetics to soften, smooth and moisten
11. Sodium laureth sulfate	Foaming products like cosmetics, cleansers, and bubble baths
12. Triclosan	Toothpaste, antibacterial soaps, deodorants, and personal care products



THIEVES

Is formulated without:
SL5, parabens, phthalates,
triclosan, dyes, phosphates,
synthetic ingredients,
fluoride, preservatives,
perfumes, formaldehyde

THIEVES

CINNAMON BARK

cinnamaldehyde

CLOVE

eugenol

EUCALYPTUS RADIATA

eucalyptol

LEMON

limonene

ROSEMARY

eucalyptol, camphor





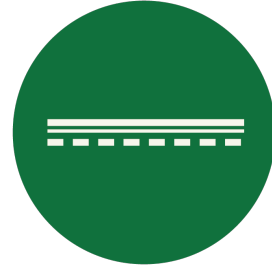
THIEVES CLEANER

- Plant-based, naturally derived ingredients
- Concentrated formula
- Safe to use around kids and pets as directed!



INGREDIENTS YOU CAN TRUST!

Naturally derived,
plant-based ingredients



MULTIPURPOSE

Made for essentially
any surface!



COST-EFFECTIVE

Makes about 29,
16 oz bottles of cleaner
using the medium
degreasing ratio!

10 Ways To Use THIEVES CLEANER

EVERYDAY CLEANER

1 capful Thieves Household Cleaner
2 cups water

EVERYDAY CLEANING SCRUB

3 tablespoons baking soda
1 capful Thieves Household Cleaner
1 drop Lemon

WOOD FLOOR CLEANER

1 gallon water
1/4 cup olive oil
1/3 cup Thieves Household Cleaner
4-6 drops Pine

GLASS CLEANER

3 cups water
1 teaspoon white vinegar
1 capful Thieves Household Cleaner
5 drops Lemon

TILE AND GROUT SCRUB

1 tablespoon baking soda
1/3 cup Thieves Automatic Dishwasher Powder
2 tablespoons Thieves Household Cleaner

LAUNDRY PRE-SPOT

1/3 cup Thieves Household Cleaner
1 cup water
1/3 cup Thieves Dish Soap
5 drops Lemon

CARPET SPOT TREATMENT

1 capful Thieves Household Cleaner
6 cups water

SHOWER DOOR CLEANER

1/2 capful Thieves Household Cleaner
1/2 cup vinegar
1 tablespoon Thieves Dish Soap
1 cup water
1 drop Lemon
1 drop Grapefruit

TOILET AND TUB CLEANER

2 cups water
2 capfuls Thieves Household Cleaner
10 drops Purification

JEWELRY CLEANER

2 capfuls Thieves Household Cleaner
3 tablespoons water

Find it in our digital library: library.youngliving.com

DISH SOAP

- Tough on grease and grime yet gentle!
- Features decyl glucoside and lauryl glucoside
- Uses Thieves, Jade Lemon, and Bergamot essential oils





LAUNDRY SOAP

- Can clean up to 64 loads of clothing
- Features natural stain-fighting enzymes
- Gently and naturally washes clothes without chemical or synthetic residue

KITCHEN & BATH SCRUB

- Mild abrasive that can be used on many surfaces
- Mineral-based formula
 - Nepheline syenite
 - Sodium bicarbonate (baking soda)
 - Sodium percarbonate
 - Citric acid
- Chlorine-free



AND SO MUCH MORE!

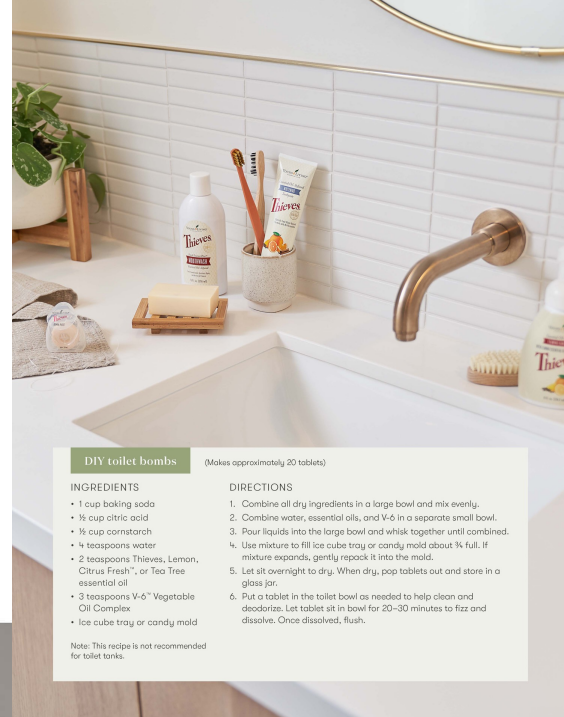




A sparkly, clean home is a *happy* home

Your home environment should be a safe and healthy haven where you and your family can thrive. However, when your living spaces are filled with pollutants and harmful toxins, you can find threats in every nook and cranny. Whether you're worried about little ones, pets, or yourself, with Young Living, you never have to compromise on pure ingredients for a deep clean. Thanks to natural, plant-derived products, you can keep your home fresh and clean without the harsh chemicals.

In this guide, you'll learn why natural cleaning is important, how to identify icky ingredients in common household products, and what to use instead for a clean you can be confident in.



DIY toilet bombs (Makes approximately 20 tablets)

INGREDIENTS

- 1 cup baking soda
- ½ cup citric acid
- ½ cup cornstarch
- 4 teaspoons water
- 2 teaspoons Thieves, Lemon, Citrus Fresh®, or Tea Tree essential oil
- 3 teaspoons V-6® Vegetable Oil Complex
- Ice cube tray or candy mold

DIRECTIONS

1. Combine all dry ingredients in a large bowl and mix evenly.
2. Combine water, essential oils, and V-6 in a separate small bowl.
3. Pour liquids into the large bowl and whisk together until combined.
4. Use mixture to fill ice cube tray or candy mold about ¾ full. If mixture expands, gently repress it into the mold.
5. Let sit overnight to dry. When dry, pop tablets out and store in a glass jar.
6. Put a tablet in the toilet bowl as needed to help clean and deodorize. Let tablets sit in bowl for 20-30 minutes to fizz and dissolve. Once dissolved, flush.

Note: This recipe is not recommended for toilet tanks.

The *best* clean, naturally: Thieves®

Feeling overwhelmed or like every product is harmful to your body? We've been there too. At first it may seem impossible to rid your home of harsh chemicals; but remember, you don't have to do everything at once. A few simple, practical changes can make a huge impact on your home.

So what are safe and effective alternatives to commercial household products filled with harsh chemicals? Which products can you trust? When you're looking for effective, naturally derived, plant-based products for the entire home, Young Living has you covered.



Our Thieves product line offers health alternatives for all your home or cleaning needs! We have everything from hand soap to laundry detergent. You can feel confident knowing that Thieves products are free from harsh chemicals and infused with the powerful Thieves essential oil blend.

The Thieves product line is formulated without:

- | | |
|------------|-----------------------|
| SLS | synthetic ingredients |
| parabens | fluoride |
| phthalates | preservatives |
| triclosan | perfumes |
| dyes | formaldehyde |
| phosphates | |



HOME CLEANING GUIDE: How to detox your home, *naturally*

Find it in our digital library: library.youngliving.com



Best TIP to
make the switch to clean:
**FOCUS ON ONE
AREA AT A TIME**

THANK YOU!

