

ESSENTIAL OIL RECIPES FOR A CHEMICAL FREE HOME

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Essential Oil Recipes For A Chemical Free Home

*Transform Your Home into a Toxin-Free Oasis
Using Nature's Most Powerful Tools*

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Looking for even more insights into healthy living and essential oils? Tune in to [The Essential Oil Revolution Podcast](#). New episodes each week!

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Hello And Welcome To The Revolution!

Millions of people around the world are starting to ask themselves important questions about what they allow into their homes and into their products. A quickly growing population of people are saying NO to toxic chemicals, and saying YES to taking back their health!

This book will help you kick toxic chemicals to the curb and replace them with safer (and often cheaper) homemade products that harness the wonderful power of essential oils.

If this book feels overwhelming for you, then take it slow. Pick just one or two recipes a month to try out and see how easy it can be to switch from chemicals to all-natural solutions.

Because my friend — you are worth it!

xo,

Samantha Lee Wright



Chapter 1: In The Bathroom

DIY Toothpaste

(So good you could eat it!)

We brush our teeth, on average, two times per day. Twice a day you're putting something into your mouth and onto your gums that is directly absorbed into your bloodstream.

Common toothpastes (and even many 'all-natural' brands) tend to be loaded with known toxic chemicals or carcinogens (such as Sodium Fluoride Triclosan, Propylene Glycol diethanolamine, or DEA, and more). This toxic load is completely terrifying, but it's rendered unnecessary with the use of a safe and effective truly all-natural solution like the one in the recipe below.

WHAT YOU'LL NEED:

- 1/2 cup baking soda
- 1/2 cup coconut oil
- 2 tsps xylitol
- 1 tbsp. calcium powder
- 15 drops Orange essential oil
- 4 drops Rosemary essential oil
- 5 drops Clove essential oil
- Small mason jar OR toothpaste tube

DIRECTIONS:

1. Mix all ingredients together in a small bowl.
2. Add your oils to the mixture (use less or more depending on how strong you like it).
3. Fill mixture into mason jar or empty toothpaste tubes.

Essential Oil Dry Shampoo

I had never heard of "dry shampoo" before, but when I learned that washing your hair too frequently can lead to dry and damaged hair, I was intrigued. I love this recipe that uses essential oils like Rosemary which is so great for promoting healthy hair.

You can use this leave-in shampoo to keep your locks looking clean and fabulous between showering.

WHAT YOU'LL NEED:

- 1/4 cup cornstarch
- 1 tbsp. baking soda
- 3 drops Orange essential oil (may lighten hair when exposed to long sun exposure)

- 3 drops Rosemary essential oil
- 2 drop Tea Tree essential oil
- 2 Tbsp. unsweetened cocoa powder (for dark colored hair only)

DIRECTIONS:

1. Mix all ingredients together in a small mixing bowl.
2. Pour mixture into an empty shaker bottle or baby powder bottle.
3. Sprinkle onto roots of hair and massage into your scalp.
4. Let it sit in your hair for 2–3 minutes.
5. Brush through your hair.

Homemade Deodorant

Deodorant is another huge culprit in the toxic living world. Most deodorants contain a plethora of unpronounceable ingredients, many of which are known to put your health at risk. Furthermore, putting those chemical ingredients right over your sweat glands is like a one-way ticket to your bloodstream!

Common culprits found in many deodorants:

Parabens (such as isobutylparaben, methylparaben, butylparaben, ethylparaben, and propylparaben --- these are known endocrine disruptors, and no one likes a messed up endocrine system! A negatively impacted endocrine system can lead to developmental, reproductive and neurological.

Carcinogens, such as aluminum compounds (like aluminum chlorohydrate), are shown by some studies to promote growth of breast cancer cells.

Triclosan is commonly added to deodorants even though the Environmental Protection Agency has registered it as a pesticide! It's been flagged for possible links to its effects on hormone regulation, allergies, weight gain, fetal development in pregnant women, and thyroid issues.

Here's an easy to follow recipe for your very own homemade deodorant without the toxins.

WHAT YOU'LL NEED:

- 1/2 cup coconut oil (melted)
- 1/4 cup white beeswax (melted). You can experiment and omitting this, in which case double the baking soda)
- 1/4 cup baking soda
- 10 drops Lemon essential oil
- 8 drops Bergamot essential oil
- 8 drops Ylang Ylang essential oil
- 6 drops Rosemary essential oil
- 6 drops Geranium essential oil
- 6 drops Lavender essential oil
- Empty deodorant containers (find on Amazon)

DIRECTIONS:

1. Combine melted (but not too hot) coconut oil and beeswax in a small mixing bowl or jar.
2. Mix in baking soda.
3. Add essential oils to mixture and stir until well combined.
4. Pour mixture into empty deodorant containers and let cool to harden.

[Yummy Face Cream](#)

Frankincense and Myrrh are famous for their amazing effects on skin. Models swear by their daily use of essential oils in their skincare routine. Here's a luxurious, yet easy-to-make face cream to add to your daily skincare routine.

WHAT YOU'LL NEED:

- 1/4 cup coconut oil
- 1/4 cup shea butter
- 1/2 tsp vitamin E oil
- 10 drops Frankincense essential oil
- 5 drops Myrrh essential oil

DIRECTIONS:

1. Refrigerate the coconut oil for a few minutes until it's nice and stiff.
2. Using a hand mixer, whip the coconut oil for 2-3 minutes until it's fluffy.
3. Add the remaining ingredients and mix together until well combined.
4. Apply to face twice per day.
5. Tip: This cream may lose its "fluff" when it gets warm. If that bothers you, feel free to add a tablespoon or so of melted beeswax to the mixture as well.

Chapter 2: Household Cleaning

All-Purpose Spray Bottle

This all-purpose cleaner is safe to use on pretty much every surface: windows, carpet, wood, tile, and more. Spot check first on areas you're not sure about.

WHAT YOU'LL NEED:

- 1/4 cup white vinegar
- 2 cups water
- 1 tsp. borax
- 5 drops Clove essential oil
- 5 drops Cinnamon essential oil
- 5 drops Rosemary essential oil
- 12 drops Lemon or Orange essential oil

DIRECTIONS:

1. Boil the water then add it to a large glass container with a spout (such as a measuring cup or pitcher).
2. Add borax and stir well until dissolved.
3. Add vinegar.
4. Let mixture cool and then add the essential oils.
5. Pour mixture into a spray bottle.

Tip: It is best to use a glass spray bottle so that the citrus oils do not degrade plastic. However, in a pinch, plastic is fine. Most spray nozzles can screw into the tops of empty glass vinegar bottles.

Air Fresheners/Fresh Linen Spray

WHAT YOU'LL NEED:

- 18 oz. spray bottle
- Distilled water
- 1/2 tsp. of salt
- 15 drops Lavender essential oil
- 10 drops Orange essential oil

DIRECTIONS:

1. Fill spray bottle about 1/2 way with water.
2. Add the salt and essential oils.
3. Shake until salt is dissolved.
4. Shake before each use and use to freshen air or linens.

[Sparkling Windows Spray](#)

WHAT YOU'LL NEED:

- 2 cups distilled water
- 3/4 cup white vinegar
- 8 drops Lemon essential oil
- 8 drops Lavender essential oil
- Spray bottle

DIRECTIONS:

1. Combine all ingredients together in a spray bottle and mix well.
2. Spray onto any glass surface and wipe off (preferably with newspaper or microfiber cloth).

[Chemical-Free Dishwasher Pods](#)

Since I don't own a dishwasher myself, I asked my good friend Krissy Chin from GroWorkspace.com to share her recipe with me. Use this in your dishwasher tray to give an amazing punch to your wash cycle.

WHAT YOU'LL NEED:

- 1/4 cup Arm & Hammer Washing Soda
- 1/3 cup borax
- 4 tbsp. lemon juice
- 4 drops Lemon essential oil
- Ice cube trays

DIRECTIONS:

1. Mix all ingredients together in a small pot or bowl.
2. Fill each section of the ice tray about halfway with the mixture.
3. Let sit overnight until they've turned completely solid.
4. Store in an airtight container.

Homemade Dish Soap

OPTION 1:

WHAT YOU'LL NEED:

- 1 bar of unscented, natural soap
- 1 1/2 cups boiling water
- 1/4 cup vegetable glycerin
- 5 drops Clove essential oil
- 5 drops Rosemary essential oil
- 5 drops Lavender Essential Oil
- 10 drops Lemon essential oil

DIRECTIONS:

1. Using a coarse cheese grater, grate your bar of soap to make 1/4 cup of soap flakes.
2. Place soap flakes in a glass bowl or pitcher.
3. Add the boiling water and stir until soap dissolves. (If soap doesn't completely dissolve you can place the bowl over a pot of boiling water to melt it further.)
4. Let sit for 5 minutes.
5. Add remaining ingredients and stir well with a whisk until completely integrated.
6. As the mixture cools, continue breaking up any lumps with your hands or a potato masher.
7. Pour mixture into squirt bottle and use as you would normal dish soap.

OPTION 2:

WHAT YOU'LL NEED:

- 20 soap nuts (find on Amazon)
- 2 cups water
- 8 drops Lemon essential oil
- 5 drops Lavender essential oil
- Or experiment with oils such as Nutmeg and Orange, or Jasmine and Lime

DIRECTIONS:

1. Place soap nuts and water in a pot on the stove and gently bring to a boil
2. Reduce heat and simmer, covered, for 1 hour.
3. Turn off heat, allow to cool, then add essential oils.
4. Strain mixture into an empty soap dispenser and discard soap nuts.

DIY Bathroom Cleaner

WHAT YOU'LL NEED:

- 1/4 cup Castile Soap (or 1/4 cup of your own homemade dish soap from above)
- 3 tbsp. baking soda
- 3 cups water
- 40 drops of essential oils (I use a combination of Orange, Lavender, Jasmine, Lime and/or
- Tea Tree)

DIRECTIONS:

1. Put all ingredients except the water into a large container with a lid and mix well.
2. Add water, close lid, and shake well.
3. Pour mixture into a spray bottle and enjoy.

Chapter 3: The Laundry Room

Wool Dryer Balls

Dryer sheets are a surprisingly huge factor in the toxicity of households. Try this super simple alternative to keep your clothes smelling wonderful without the toxins. Wool dryer balls help remove static cling from clothing, and they help shorten the time it takes to dry a load of laundry too! Simply drop a 4-6 drops total of your favorite essential oils to your wool dryer balls before placing in your dryer.

Here's a few fun combinations to try:

- Lavender and Orange essential oil
- Eucalyptus and Lemon essential oil
- Ylang Ylang essential oil
- Copaiba and Lime essential oil
- Black Spruce and Lemon essential oil

DIY Laundry Soap

WHAT YOU'LL NEED:

- 5-gallon bucket and empty detergent jugs
- 1 bar of unscented soap of your choice
- 1 cup washing soda
- 1/3 cup borax
- 10 drops Lemon essential oil
- 10 drops Grapefruit essential oil
- 10 drops Lavender essential oil

DIRECTIONS:

1. Combine the soap flakes and hot water in a large saucepan. Over medium heat, stir until well combined and soap has been completely dissolved.
2. Fill a 5-gallon bucket halfway with hot water. Add soap mixture, washing soda, and the borax. Stir until dissolved.
3. Fill the bucket to the top with hot water. Stir and let sit covered overnight.
4. Next day, add your essential oils and stir.
5. Transfer to empty detergent jugs and shake well before each use.
6. Tip: If it seems too lumpy, use your hands to squish out the lumps. Use 1 cup for top-load washers and 1/3 cup for front loading machines.

Chapter 4: Air Quality & Fragrance

Did you know that Americans spend roughly 88% of their time inside?

Diffusing essential oils helps keep your air fresh and healthy. Unlike scented candles, plug ins, or synthetic air fresheners, which are toxic to your body, a good quality, therapeutic grade essential oil is 100% all-natural, with no added chemicals or additives. They will make your house smell amazing and keep your air clean and pure.

Diffusing essential oils in your home can promote relaxation, good sleep, and boost your mood.

Diffusing essential oils is an effective way to support your respiratory system. Oil molecules in the air can support your respiratory system and help you breathe better plus give you an extra healthy boost to your system.

Essential Oil Diffusers

Humidifiers:

Simple humidifiers typically use heat to vaporize the water in the unit and dispense it into the air for the purpose of adding moisture to an environment. These types of machines are NOT recommended to use with a therapeutic grade essential oil because the heat can degrade the effectiveness of the oil and damage the machine. Plus, the high concentration of water might dilute the effectiveness of the oil and might not be good for many situations.

Ultrasonic Diffusers:

These diffusers are the most popular types of machines you'll see on the market right now. They use ultrasonic technology (basically super fast vibration) to put oil molecules into the air without heat. This cold technology preserves the integrity of the oil. Water is needed to mix with your oil for diffusion, but typically won't add a significant amount of moisture into the air.

Nebulizers:

Nebulizer diffusers require no water and also do not use heat. Both of these factors are what make nebulizers one of the most powerful forms of diffusing essential oils for therapeutic use. Some models work by screwing the entire bottle of oil onto the unit, and with others you can drop a certain amount of oil into the unit. These diffusers tend to last longer than other types, as well as cover a much larger square footage. The only downside is that they tend to use a larger amount of oil to work and may be too strong for some homes. This can be potentially minimized by mixing a small amount of almond oil or quality vodka to your mixture, or, because the molecules last longer in the air, simply turn the unit off more frequently. I often mix a lower-cost oil, such as lemon essential oil, in with my higher-cost oils when I use a nebulizer diffuser.

For help choosing a diffuser check out this podcast episode: <https://revolutionoilspodcast.com/revolution-podcast/top-10-diffusers?rq=diffuser>

Heavenly Diffuser Blends

Everyday Freshness

- 3 drops Lavender
- 2 drops Ylang Ylang
- 3 drops Bergamot

Perk Up

- 5 drops Peppermint essential oil
- 5 drops Lemon essential oil
- 3 drops Orange essential oil

Company's Coming!

Great for masking smells and making your house feel sparkling clean without actually cleaning.

- 1 drops Citronella essential oil
- 2 drops Rosemary essential oil
- 4 drops Lemon essential oil
- 2 drops Lavender essential oil

Cranky Children Blend

- 4 drops Frankincense essential oil
- 4 drops Orange essential oil
- 2 drops Lavender essential oil

Dinner Party Magic

- 2 drops Cinnamon essential oil
- 2 drops Nutmeg essential oil
- 4 drops Orange essential oil

About Samantha Lee Wright

Samantha Lee Wright believes that health is simple, wealth is doable, and happiness takes priority over both.

Host of the world's #1 essential oil podcast, *The Essential Oil Revolution* — with over 3 Million downloads to date — Samantha Lee Wright teaches others how to use essential oils to bring better health and happiness to their lives. She's a master at leading people in clearing the toxins in their lives and creating a home oasis that they love using the power of essential oils.

Most of her time is spent cuddling her husband and two kids and pouring her heart and soul into work as a [doula](#), [entrepreneur](#), and [podcaster](#).

Connect further at www.samanthaleewright.com



Get more amazing tips, recipes, and insights into healthy living on Samantha Lee Wright's top-rated podcast, The Essential Oil Revolution. Tune in at www.revolutionoilspodcast.com

How to Purchase Discounted Essential Oils

If you're looking to purchase high quality, therapeutic grade essential oils at a discount, I recommend my most trusted brand; [Young Living Essential Oils](#).

You can purchase as a wholesale member for 24% off their entire store by becoming a member with one of their [starter kits](#) plus get bonus resources and one-on-one access to me when you use my referral number: 1993230.