

# Chemical Free Cleaning Cheat Sheet—Effectively Clean Your Home for Less

## Kitchen

### General Cleaning

½ T Thieves Cleaner in spray bottle with 30 oz water.

### Fruit/Vegetable Wash

1 t Thieves Cleaner with 2 c water.

## Bathrooms

### General Cleaning

½ T Thieves Cleaner in spray bottle with 30 oz water.

### Heavier Cleaning

½ T Thieves Cleaner in spray bottle with 16 oz water.

## Whole House

### Windows

¼ t Thieves Cleaner with 1 quart water.

**Floors** – 1 cap (1/2T) Thieves Cleaner with 3 quarts water.

**Walls** – 1 cap (1/2T) Thieves Cleaner with 3 c water.

## Degreasing

**Light** - 1 cap (1/2T) Thieves Cleaner with 3 c water.

**Medium** - 1 cap (1/2T) Thieves Cleaner with 2 c water.

**Heavy** - 1 cap (1/2T) Thieves Cleaner with 1 c water.

## Hands

**Foaming Hand Soap** – In foaming soap dispenser, add ½ t Thieves cleaner and enough water to fill container.

**On-the-Go hand cleaning** – 2 T aloe vera gel, 1 T filtered water, ½ t vitamin E oil, 1/8 t Thieves Cleaner. Mix and store in small container in purse or bag.

## All Purpose

1 cap (1/2T) Thieves Cleaner with 1 quart water in bucket or spray bottle.

**Thieves Cleaner is available at the wholesale cost at [www.essential-oils-info.com](http://www.essential-oils-info.com) or retail at [www.getpureoils.com](http://www.getpureoils.com) Contact Heidi Johnson at [Heidi@essential-oils-info.com](mailto:Heidi@essential-oils-info.com) for more info.**