

# Remove the Harmful Chemicals from Your Home

## *Ditch and Switch Checklist*

### Household Cleaners

- Thieves Household Cleaner \_\_\_\_\_
- Lemon & Purification Essential Oil \_\_\_\_\_

### Bathroom

- Hand Soap (Thieves or Lemon) \_\_\_\_\_
- Thieves Mouthwash \_\_\_\_\_
- Thieves Dental Floss \_\_\_\_\_
- Shampoo/Conditioner \_\_\_\_\_
- Bar Soap/Shower Gel \_\_\_\_\_
- Skin Care \_\_\_\_\_
- Savvy Minerals Makeup \_\_\_\_\_
- Lavender Lotion \_\_\_\_\_

### Kitchen

- Thieves Dish Soap \_\_\_\_\_
- Fruit & Veggie Soak / Spray \_\_\_\_\_
- Thieves Dishwasher Powder \_\_\_\_\_
- YL Food (Einkorn pasta, cereal, etc.) \_\_\_\_\_
- Vitality Essential Oils \_\_\_\_\_

### Laundry Room

- Thieves Laundry Detergent \_\_\_\_\_
- Wool Dryer Balls (not a YL Product) \_\_\_\_\_
- Lavender, Thieves, and Tea Tree Oil  
to apply to wool dryer balls \_\_\_\_\_

### Living Room

- Diffuser \_\_\_\_\_
- Refreshing Essential Oils (Lavender,  
Lemon, Stress Away) \_\_\_\_\_

### Bedroom

- Diffuser \_\_\_\_\_
- Oils for Sleep: Lavender, Cedarwood  
Peace & Calming, Valerian \_\_\_\_\_
- Tranquil Roll-on \_\_\_\_\_

### Wellness Cabinet

- Daily Supplements (Life 9 probiotic,  
OmegaGize, NingXia Red) \_\_\_\_\_
- Thieves, Lemon, Lavender \_\_\_\_\_

### Your Gym Bag

- Deep Relief Roll-On \_\_\_\_\_
- Cool Azul Pain Cream \_\_\_\_\_
- Spray Bottle with diluted Purification \_\_\_\_\_
- R.C. Essential Oil \_\_\_\_\_

### Office

- USB Diffuser \_\_\_\_\_
- Essential Oils for Success:  
Transformation, Highest Potential,  
Motivation, Abundance, Clarity \_\_\_\_\_

### The Car

- Car Vent Diffuser \_\_\_\_\_
- Stress Away \_\_\_\_\_
- Peace & Calming \_\_\_\_\_

### On - The - Go

- Thieves Hand Sanitizer \_\_\_\_\_
- Thieves Wipes \_\_\_\_\_
- Thieves Spray \_\_\_\_\_

