

All Natural Whitener

What You Need...

- 3/4 cup 3% hydrogen peroxide
- 10-15 drops Young Living Lemon essential oil
- 3/4 cup Baking Soda
- 7 cups water

Directions

- Combine all ingredients in a container capable of holding 1/2 gallon or more. Shake well.
- Use 1 cup per load, washing with hottest water setting available.

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DIY Thieves Scrub

What You Need...

- o 3 cups Baking Soda
- o $\frac{3}{4}$ cup of Thieves household cleaner
- o 1 Tbs of Distilled White Vinegar
- o 30 drops of Young Living Lemon essential oil

Directions

- o Combine all ingredients in a bowl. It will be the texture of a paste. Store in an air-tight container or jar. Best if used within three months.

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