

# Kitchen

## Essential Oil Tips:

- use a felt pad in your trash cans to drop purification on periodically to help with smell
- make DIY Soft Scrub for sinks and cook tops (see last page for recipe)

## Big Project

## Pantry // Fridge // Freezer

- get rid of any expired or stale food
- wipe down all shelves and drawers
- place all "product" in spaces until you find a satisfying flow
- fill all "product" with items or place items in designated areas
- share your work with your family and show them the flow

*Organizing Tip: When putting everything back in the fridge and pantry consider your family's flow. Do you have young kids that need to access (or not access) certain items? Put them down lower. Are there items you only use seasonally? Put them up higher and in a box or basket. Also remember to keep a space for back stock (extra items - basically overflow of a certain item - bulk shoppers)*

### small project 1

#### Microwave

*use a soapy wet sponge or bowl of water & microwave it for 1 min, this will loosen dried on crap and make it easier to wipe down*

### small project 2

#### Cabinet Fronts

*wipe down the fronts of all cabinets, top & bottom. Pay close attention to handles and the bases board of lower cabinets*

### small project 3

#### Spices

*top off all your spice jars, wipe them down, throw away any expired spices, make a list of new ones you need to buy*

## extra projects

#### Oven

*clean out the inside of your oven and if you have a gas range, clean the top of that as well.*

#### Coffee Maker

*if you have a single serve coffee maker run water with 1/4 cup of vinegar through, then just water until the vinegar smell / taste is gone*

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*to do*

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# Bath

## Essential Oil Tips:

- create your own bath salts with epsom salt and your favorite essential oil
- create your own glow moisturizer (see last page for DIY recipe)

## Big Project

### Beauty Product Storage

- get rid of any expired or empty products
- wipe down all shelves and drawers
- place all "product" in spaces until you find a satisfying flow - keep zones in mind
- fill all "product" with items or place items in designated areas - label if desired
- share your work with your family and show them the flow

*Organizing Tip: Place all products in like categories for each "zone". Hair on one shelf, drawer, or bin. Skin Care in another, Make up in another, etc. If you have an abundance of product, break the categories down even more. Hair Styling, Hair Coloring, Hair Accessories. // Morning Skincare, Evening Skincare, Pampering Skincare etc.*

### small project 1:

#### Kids Toys

*go through and get rid of anything that is broken, not played with or growing mold. (perhaps even the ones with potential to mold)*

### small project 2:

#### Grout

*use a clorox bleach pen on the stubborn stained grout or caulk. If you do not use bleach try doing so with the DIY Soft Scrub.*

### small project 3:

#### Tooth Brushes

*if you have had your toothbrush for more than 3 months replace it. If less than 3 months soak in listerine to kill germs.*

### extra projects

#### Stock Up

*assess what you have and stock products such as, toilet paper, soap, razor heads, etc.*

#### Clean Trash Can

*unless you religiously use can liners. Take the trash can outside, hose it down, scrub it with dish soap and let dry.*

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*to do:*

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# Closets

## Essential Oil Tips:

- use felt pads with your favorite smelling oils by shoes to combat odor
- make DIY Linen Spray (see last page for recipe)

## Big Project

### Master Closet

- go through every piece in the closet and decided if you love it, need it or get rid of it
- wipe down all shelves and drawers
- figure out your zones before you put anything back - CONSIDER FLOW
- fill all zones with items, use “product” if necessary or desired - consider hanger trick
- take unwanted items to donation

*Organizing Tip: For you clothes closet ... ONLY KEEP ACCESSIBLE WHAT YOU WEAR. If you don't love it, get rid of it - if you don't fit in it, get rid of it (or put into a bin/ tote and relocate) - if you are only keeping it for sentimental reasons, put it in a designated sentimental box up high. My goal is to be able to walk into my closet blindfolded grab things and be happy with what I picked.*

### small project 1:

#### Kids Closets

*use same steps as the big project. keep in mind kids have a faster flow of growing into and out of clothes. make space for that.*

### small project 2:

#### Hall Closet

*use same steps as the big project. keeping flow in mind as who uses the items in the closet. show them the flow*

### small project 3:

#### Linen Closet

*use same steps as the big project. not just linen has to go in here. this is a great place for bathroom overstock as well.*

### extra projects

#### Jewelry

*go through and edit, clean, and organize. jewelry. Collect jewelry from other places.*

#### Sell What You Can

*while donating is nice, try selling some of your nicer items on selling apps or FB Marketplace*

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*to do*

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# Garage

## Essential Oil Tips:

- use lemon oil for greasy or sticky messes

## Big Project

## Workbench Storage

- go through and get rid of anything broken, dried out, or empty
- group things in like categories
- place all "product" in spaces until you find a satisfying flow - keep zones in mind
- fill all "product" with items or place items in designated areas - label if desired
- share your work with anyone else that uses then space and show them the flow

*Organizing Tip: Make almost everything accessible - if possible. You want to be able to easily get and put back your tools, nails, glues, etc. This is key in keeping things organized. If you have to move three things to get something changes are you are not putting the three things back when you get it. Or you are not moving the three things again to put back what you used.*

### small project 1:

#### Paint

go through paint cans & get rid of any dried out. Label paints for its specific room. **Extra:** create little containers of each for touch ups

### small project 2:

#### Sweep It All

sweep the floors, the corners, the cobwebs the walls. Just get as much dust, dirt and cobwebs out of thier

### small project 3:

#### Kids Stuff

chalk, bubbles, balls, bikes, etc. Get rid of broken or worn out items. put back in an easy way for them to get out and put back

### extra projects:

#### Garage Sale

too much junk? consider a garage sale or selling items on FB Marketplace.

#### Install Storage Solutions

over head racks, storage shelves, wall systems. be smart about your space and about your stuff

to buy:

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to do

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# Toxic-Free CLEANING HACKS

- nesting well -

## FAVORITE CLEANING DIY'S AND HACKS

### Stain spray

FILL A SPRAY BOTTLE  
1/3 WITH THIEVES DISH SOAP  
1/3 WITH THIEVES LAUNDRY DETERGENT  
1/3 WITH DISTILLED WATER  
ADD 2 DROPS EACH OF LEMON AND  
EUCALYPTUS OIL FOR EVERY OUNCE



### dish soap hack

POUR OUT HALF THE BOTTLE OF THIEVES DISH SOAP IN A JAR OR CONTAINER, SAVE FOR LATER.  
ADD 2 TSP BAKING SODA AND 5 DROPS LEMON OIL  
TOP WITH WATER AND SHAKE.



### soft scrub

COMBINE EQUAL PARTS BON AMI AND THIEVES CLEANER CONCENTRATE.  
ADD TEA TREE FOR MOLD ISSUES, CITRUS FOR FRESH SMELL, OR OREGANO FOR EXTRA CLEANING POWER.  
MIX WELL AND STORE IN AIRTIGHT CONTAINER

### laundry detergent hack

POUR OUT HALF OF BOTTLE OF THIEVES LAUNDRY DETERGENT IN LARGE JAR OR CONTAINER, SAVE FOR LATER.  
ADD 3 CAPFULS OF THIEVES CLEANER CONCENTRATE AND 10 DROPS OIL OF YOUR CHOICE.  
LEMON FOR STAIN FIGHTING, LAVENDER FOR SCENT, ETC.  
TOP WITH WATER AND SHAKE.  
TIPS - ADD MOLLY'S SUDS DIRECTLY TO WASH FOR WHITENING POWER, ADD IRON AND HAMMER WASHING SODA TO FIGHT ODOR AND TOUGH STAINS.

### toilet bowl cleaner

USE AN EMPTY THIEVES DISH SOAP BOTTLE OR PLASTIC SQUIRT BOTTLE AND ADD  
1/4 CUP BAKING SODA  
1/4 CUP WARM WATER  
1/4 CUP CASTILE SOAP  
1/4 CUP VINEGAR  
1/4 CUP HYDROGEN PEROXIDE  
2 CAPFULS OF THIEVES CLEANER CONCENTRATE  
5 DROPS OIL OF YOUR CHOICE FOR SCENT  
SHAKE WELL BEFORE USE



### hand soap recipe

IN AN 8 OZ FOAMING DISPENSER  
ADD 2 TBSP CASTILE SOAP  
20 DROPS ESSENTIAL OILS  
FILL THE REST WITH WATER  
SCENT IDEAS: THIEVES AND ORANGE, ROSEMARY AND LEMON, STRESS AWAY AND GRAPEFRUIT, TANGERINE AND EUCALYPTUS  
OPTIONAL- ADD A SPLASH OF VITAMIN E OIL



### wrinkle release

IN A 16 OZ SPRAY BOTTLE ADD  
1 TBSP LAUNDRY SOAP  
TOP WITH WATER  
SHAKE WELL BEFORE USE  
GENTLY MIST CLOTHES



### thieves wipes

CUT PAPER TOWELS IN HALF AND REMOVE CARDBOARD ROLL  
MIX 2 CUPS WATER, 3 CAPFULS OF THIEVES CLEANER CONCENTRATE AND 10 DROPS CITRUS FRESH  
POUR HALF THE MIXTURE INTO AN AIRTIGHT CONTAINER THAT WILL HOLD YOUR WIPES WELL  
PUT PAPER TOWELS IN CONTAINER  
POUR REST OF CLEANER OVER PAPER TOWELS  
SECURE THE LID AND TURN CONTAINER UPSIDE DOWN UNTIL PAPER TOWELS ARE WELL SATURATED  
PULL WIPES FROM MIDDLE TO USE  
SAVE OTHER HALF OF PAPER TOWELS FOR LATER OR MAKE ANOTHER BATCH OF WIPES NOW!

ALL OF THESE RECIPES ARE FROM  
NESTING WELL

(see @nestingwell on instagram or  
www.nestingwithgrace.com)

## Basic DIY Room Freshener Spray Recipe-

This is the basic recipe you can follow to create your own blend!

- 4 oz spray bottle (You could use 2 oz, just do less oils)
- 30 drops essential oil (aprox)
- 1 tablespoon witch hazel
- top the rest of your bottle with distilled water
- shake every time before using

If you are wondering why witch hazel? Witch hazel helps the oil and water combine and will help the scent linger for a longer period of time. You could also use vodka instead of witch hazel.

## GLOW moisturizer PICK YOUR POISON

- +CHOOSE 3-5 OILS FOR YOUR PERFECT COMBO
- +ADD TO A 2 OZ DROPPER BOTTLE
- +FILL THE REST OF THE BOTTLE WITH JOJOBA OIL
- +APPLY TO FRESHLY CLEANED SKIN!

### Blemish-Prone Skin

GERANIUM  
LAVENDER  
PATCHOULI  
TEA TREE  
PURIFICATION  
COPAIBA  
\*YOUNG LIVING PRODUCT -  
MAXIMUM STRENGTH ACNE  
TREATMENT #232795

### Dark Spots

LEMON  
FRANKINCENSE  
ORANGE  
CARROT SEED  
SANDALWOOD  
\*YOUNG LIVING PRODUCT -  
SHEERLUM CREAM #4833

### oily Skin

FRANKINCENSE  
GERANIUM  
LAVENDER  
NEROLI  
PATCHOULI  
\*YOUNG LIVING PRODUCT -  
ART LIVING MOISTURIZER #5362

### Rosacea Prone Skin

LAVENDER  
FRANKINCENSE  
COPAIBA  
\*YOUNG LIVING PRODUCT -  
ROSE OINTMENT #3709

### Dry Skin

GERANIUM  
LAVENDER  
MYRRH  
YLANG YLANG  
\*YOUNG LIVING PRODUCT -  
DRY SKIN SERUM #5782

### Age Mature Skin

CARROT SEED  
FRANKINCENSE  
GERANIUM  
LAVENDER  
MYRRH  
NEROLI  
ROSE  
YLANG YLANG  
\*YOUNG LIVING PRODUCT -  
BOSWELLIA WRINKLE CREAM #5141

### Sensitive + Irritated Skin

LAVENDER  
NEROLI  
FRANKINCENSE  
\*YOUNG LIVING PRODUCT -  
SANDALWOOD MOISTURE CREAM #5148

\*AVOID SUN WHEN USING CITRUS OILS ON SKIN

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