

3

months to a
low-tox home



petite
oilers



GUIDE



INTRO

Welcome to the beginning of your journey towards a healthy, low-tox lifestyle!

Now that you have your Starter kit, you can slowly discover the world of essential oils and easily swap household products for healthier alternatives without breaking the family budget!

During these three months (if you are already part of the Essential Rewards loyalty program), you will also collect points for each order, which you can use for free purchases.

So let's start, you will see that it will be worth it!

OUR HOME

Turning our home into a healthy oasis was the best decision I've ever made. I firmly believe that everything starts at home and it is important that it's safe for the whole family. Home is a place where we grow, develop and create habits, which we further apply in our lives and teach them to our children. We get exposed to a lot of toxic chemicals every day and even if we cannot influence what happens outside, it is up to us what environment we will create at home!

By using essential oils and changing our home to low-tox, getting rid of harmful chemicals, and introducing a new routine, we protect the most important thing we all have - our health.

'DITCH AND SWITCH'

In this mini guide you will get a number of ideas on how to gradually transform your home into a low-tox oasis. We call this process "ditch and switch" and I believe it is something that can fundamentally change your life.

First of all, I want you to think a little about your budget and how much you normally spend in drugstores, supermarkets and pharmacies. Most of these costs can be redirected to Young Living Essential Rewards orders, some products are easy to mix at home, saving you money. You will have a healthy home smelling like a dream and your whole family will feel these benefits. The minimum Essential Rewards order is 50 PV, which is approximately 60€ . You can spend more if you want to but I think that's enough for a good start. Also, try to skip shopping at your favorite drugstore this month and replace what you normally buy there with much healthier alternatives based on essential oils.

FIRST MONTH

Welcome to the first month when your home begins changing into a healthy oasis step by step. We will make big changes this month and simplify your cleaning routine.

From now on, you will not use any toxic chemicals, you will not have countless cleaners in the cupboards, you will not need cleaning gloves and you'll neither inhale harmful toxins from those cleaning sprays. We will turn the page this month. Let's first replace all cleaning products with only one universal cleaner and we'll start by composing first Essential Rewards order.

Log into your account, click on "virtual office" and "Essential Rewards". Add some of the products you wish to exchange and save your order. Take a look at my recommendations on the following pages and if you need help with placing an order, I will be happy to advise you!

FIRST MONTH

Thieves Household Cleaner (universal cleaner)

With this one bottle I clean my entire home from floor to ceiling. Thieves cleaner lasts at least 4 months because it is highly concentrated. You can make 42 cleaning sprays (approx. 0,50€ / one) from one bottle! You no longer have to buy any other cleaning sprays, because this universal cleaner is strong and effective enough to replace all the products you use to do your cleaning. All you need are a few empty glass spray bottles, favorite essential oils from your Starter kit and a garbage bag where you can immediately throw away all the cleaners you have at home.

BYE TOXINS!

Thieves Washing Up Liquid (dishwashing gel)

The safest way to wash dishes, naturally derived and enriched with essential oils, no nasty chemicals. I like to dilute it with water to make it last longer, I add few drops of Lemon essential oil, which acts as a natural degreaser and a teaspoon of soda for more foam.

FIRST MONTH

Thieves Laundry Soap

Did you know that laundry detergents are one of the most toxic household products? Numerous studies have shown that some of the active ingredients (sodium lauryl sulphate, formaldehyde, phosphates, bleach, optical brighteners...) in popular detergents are carcinogenic, can cause hormonal imbalance, asthma, eczema, etc....then the harmful chemicals in clothing are absorbed through our skin into our blood stream and are stored in our bodies.

Thieves detergent is 6 times more concentrated than classic detergents and one package lasts up to 64 washes (you can also dilute it with water). I usually fill the cap halfway and put it directly in the washing machine's drum. I only use Thieves gel to wash colored laundry, while I also add a teaspoon of baking soda to white laundry, which acts as a natural bleach.

As an alternative to fabric softener, I use dryer balls with my favorite essential oils. Lavender or Lemongrass, they are perfect for that!

FIRST MONTH

Thieves Foaming Hand Soap

Hand soap is something we use several times a day and it definitely should not be full of toxins, artificial fragrances or dyes. You can make three bottles from this Thieves foaming hand soap, because it is concentrated, very effective, it smells wonderful and thanks to the mixture of Thieves essential oils, it also supports immunity! It is gentle enough for even our little ones and can also be used as a face wash. You can buy it in packs of 1 or 3 and later you just buy a refill that will last you up to 5 months! The value of all these products I mentioned until now exceeds 50 pv, so choose the ones that are at the top of your priority list and leave the rest for the coming months.

SECOND MONTH

This month I will show you how you can get rid of toxic products you use daily on your skin - your personal care products.

Did you know that the average woman applies up to 80 different harmful toxins on her skin just before breakfast? These cause hormonal imbalances, asthma, autoimmune diseases, allergies and cancer. And if you are wondering where this chemistry comes from, the answer is, the products you use in your morning hygiene. And you can easily change that!

Thieves toothpaste

This natural toothpaste contains essential oils and is so good that you will want to brush your teeth a hundred times a day! There are three types: Aromabright, which has a creamier consistency, Dentarome, which is more like the toothpastes we are used to, and contains mint essential oil, and Whitening, which contains orange essential oil and has a whitening effect. Some other popular products are also Thieves dental floss and mouthwash.

SECOND MONTH

Facial care

Our skin is the largest organ and everything we apply on it is automatically absorbed into our bloodstream, so we must be careful and conscientious.

Young Living has many skin care products I've fallen in love with. My favorite is the ART line, which is full of essential oils amazing for aging skin, but they also have the Bloom line, which has a brightening effect. Also Wolfberry eye cream, which is based on wolfberry extract, contains hyaluronic acid and is ideal for wrinkles around the eyes.

I also love my DIY facial serum with V-6 ultra-fractionated oil (does not clog pores) with oils from the starter kit - Frankincense and Lavender. This is definitely a much healthier and evenly effective option than classic cosmetics, which are often loaded with harmful toxins.

SECOND MONTH

Hair

My absolute favorite is the Lavender volume shampoo and conditioner, because it has a wonderful scent and my hair stays shiny and soft. Both products are relatively thick, so you can also dilute them. If you have greasy hair that requires more frequent washing, I recommend Lavender Mint Shampoo & Conditioner and Copaiba Vanilla Shampoo & Conditioner for hair that needs deep nourishing care.

Deodorants

Most classic deodorants are full of toxic and carcinogenic substances and many of them are really very harmful. When we apply them daily on our skin to the axillary area (armpit), which is very sensitive and closely connected to numerous lymph nodes & blood vessels, you fill your body with harmful chemicals which are continuously stored.

SECOND MONTH

The axillary area is especially sensitive for women because it is in close contact with breast tissue, which is another reason why we should pay attention to what products we use. I recommend trying completely natural YL deodorants and I especially love the citrus ones.

Make-up

Changing classic cosmetics to natural ones was definitely one of the most difficult decisions for me, because mineral make-up never really convinced me. Despite that, I decided to try Savvy Minerals and I'm glad I put my worries aside because I can't imagine being without it now! This make-up does not contain any talc, bismuth, sulphates, petrochemicals, artificial colors, fragrances and synthetic fillers, which are an integral part of

SECOND MONTH

make-up of the most famous brands. Savvy minerals last all day, the colors are beautiful and since it is makeup without any nanoparticles, it is not absorbed, but sits on the surface of the skin. I use liquid make-up, sometimes I only need concealer, mineral powder, blush, eye shadows, gloss and lipstick. The result is exactly the same as with classic make-up! For liquid make-up, I recommend Ivory or Buff for lighter skin, Natural Beige or Sand Beige for medium to darker skin, and Tan for darker, tanned skin. As for mineral powder, I use Warm 2 and Warm 3 in the summer. My favorite blush is Passionate and Charisma. I also recommend the Lengthening mascara, transparent Lip Luxe gloss and lipstick with tangerine essential oil in the shade 'I Dare You'.

THIRD MONTH

We have already reached the third month on the way to creating our low-tox home! You are currently at a stage where you have already switched a lot of products for natural alternatives and you are enjoying a new, deliciously scented, healthy lifestyle. This month, we will delve a little deeper into the ways you can take care of yourself and your body in a completely natural way, especially at a time when a specific need arises.

Supplements

Do you take vitamins or similar supplements to boost your energy or immune system? Did you know that most of these products are full of synthetic substances and toxins?

Young Living has a range of essential oil-based supplements that are much healthier, more effective and 100% natural options. There are also two packets of NingXia Red

THIRD MONTH

in your starter kit, a wolfberry extract, which is loaded with antioxidants and vitamins. In addition, NingXia contains cherry, blueberry, plum and pomegranate juices as well as lemon and orange essential oils. It is an ideal drink for an energy boost, strengthening immunity and banishing sweet cravings.

Inner Defense is another immune supplement that contains Thieves essential oil and extra virgin coconut oil. It is perfect for building strong immunity, especially during the season of cold and flu.

Life 9, my next favorite supplement, is a top probiotic that you should definitely include in your daily routine to support healthy digestion, metabolism and immunity.

Master Formula is a multivitamin for the whole body, it is a unique combination of all the necessary vitamins and nutrients that our body needs for proper function and overall health. I keep changing all these supplements throughout the year and I also like to try new ones, now I'm absolutely excited about Sulfurzyme (hair, nails, skin) and Bloom natural marine collagen.

TŘETÍ MĚSÍC

Your medicine cabinet

When I included essential oils in our daily routine, I learned that they could be also used in different ways, and over time, my home medicine cabinet completely changed.

I used to use various syrups, nasal sprays, antibiotic ointments and creams (even those with corticoids) for colds, without knowing how many harmful substances get into my body.

I feel much better now that I know I can come up with a natural solution to most of these minor health problems in a matter of seconds that is just as effective and not harmful to our health. There are a lot of recipes and tips in our educational facebook groups and online webinars where you can listen to the experiences of others.

Roll-ons with essential oils: If you don't want to prepare your own roll-ons, Young Living has a range of pre-prepared roll-on blends with essential oils that are there for every need that comes to mind.

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I like to use the Deep Relief roll-on for any type of muscle pain or tension in my body. Breathe Again is great for coughs and colds, Stress Away and Valor for everyday emotional balance.

Progescence Phyto Plus is a serum that every woman, regardless of age, needs. This serum is formulated especially for women, contains natural progesterone and vitex oil and together they form a perfect serum that maintains optimal hormonal balance.

These are just a few ideas on how to replace chemical treatments with natural alternatives. Don't hesitate to make a list of products that interest you and you can start trying them out gradually!

KIDS AND BABIES

Since many of you are mothers, I have decided to add a special section for babies and children because caring for my children in a completely natural way is essential for me. Motherhood completely opened my eyes and I realised how much children are exposed to toxic chemicals, especially in such a sensitive period of intensive growth and development in their lives. When I started studying the composition of the products I used for my children in more detail, I was shocked at how many harmful ingredients they contained, and I decided to replace them all.

KIDS AND BABIES

Seedlings range

Seedlings does not contain any harmful chemicals so you can take care of your babies in a safe and gentle way, starting from day one. Cosmetic products are based on essential oils dosed by experts, tailored to babies. My favourites and also the ones I would recommend to everyone are Seedlings Baby Cleansing Gel and Shampoo, Seedlings Baby Wipes, Seedlings Sore Cream, which I use for any skin problems and Seedlings Baby Oil for massages and skin care. Seedlings Calm is the first essential oil I would introduce to babies.

KIDS AND BABIES

KidScents essential oils

Kidscents essential oil blends are specially made for our little ones. They have very quickly become an integral part of our children's oil shelves. Our favourites definitely include: Kidcare, for any pains, bruises and skin problems, TummyGize for indigestion and colic, Geneyus for concentration, Refresh for colds and Dreamease for calming and promoting sleep.

Our kids also love KidScents Toothpaste and KidScents Shampoo. When it comes to supplements for children, I would definitely recommend the combination of probiotics and prebiotics MightyPro as well as digestive enzymes MightyZyme. All of these vitamins allow us to ensure that our children's bodies are not burdened with harmful chemicals, which is extremely important for healthy growth and development.

THANK YOU!

At the end, I would like to thank you for your trust and I hope you have a lot of ideas on how to start living healthier and how to detox your home!

I have prepared this mini guide for your inspiration to show you how easy it is to take the first step and the other will easily follow.

But the hardest part is the beginning! You can contact me at any time if you have any questions or concerns.

You are not alone in this!



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