

# 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 Lavender)
- Thieves Mouthwash
- Thieves Toothpaste
- Thieves Dental Floss
- Shampoo/Conditioner
- Bath Soap
- Skin Care
- Savvy Minerals Makeup
- Lavender Lotion

### Kitchen

- Thieves Dish Soap
- Fruit & Veggie Soak / Spray
- NingXia Red
- 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 (Thieves, Lemon, Lavender)

### Bedroom

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

### Wellness Cabinet

- Daily Supplements (Life 9 probiotic, OmegaGize, NingXia Red)
- All of Your Essential Oils

### Your Gym Bag

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

### Office

- Orb or USB Diffuser
- Essential Oils for Success: Transformation, Highest Potential, Motivation, Abundance, Clarity

### The Car

- Orb Diffuser or Car Vent Diffuser
- Stress Away
- Peace & Calming

### On - The - Go

- Thieves Waterless Hand Purifier
- Thieves Wipes
- Thieves Cleansing Spray