

# OILS FIRST

## Essential Oils for Every Day and Every Body



Thieves® Essential Oil is a powerful combination of essential oils for an aromatic blend that fills any space with a rich, spicy aroma.

Inspired by the legend of *Four Thieves Vinegar*, this blend is one of Young Living's most popular products.

Click Here to Listen ~ **Quick Cast: Celebrating Thieves**

Young Living offers Thieves® as an essential oil blend, and as an important ingredient in a full range of powerful home cleaning and personal care products, from dish soap to toothpaste. Looking to make your home smell as clean as it looks? Diffuse Thieves® oil throughout the house for an irresistible spicy aroma that makes every room smell more like fall baking than harsh cleaning formulas.

The popular Thieves® blend consists of Clove, Lemon, Cinnamon, Eucalyptus, and Rosemary.

So jump into this reading, and be sure to explore for yourself. I have included a few video links for your information and enjoyment. At this time having cleaning products that are easy to use, effective and good for you is important.

Be blessed today *Nancy Todd*

Started here for product – [www.oils1st.com](http://www.oils1st.com)

### Some ideas to get you started:

#### DIY Wood Floor Cleaner Recipe:



5 drops Citrus Fresh  
2 capfuls Thieves® Household Cleaner  
1 cup olive oil  
1 gallon warm water  
Combine. Clean. Shine.

#### Glass & Mirror Cleaner Recipe:

1 capful Thieves® Household Cleaner  
5 drops Citrus Fresh essential oil  
1 tsp white vinegar  
3 cups of water  
Add all ingredients to a spray bottle and shake well to combine. To use, spray windows and glass surfaces liberally and wipe clean with a lint-free cloth.



#### Kitchen



Make your kitchen naturally safe and clean with these Thieves products

#### Laundry



Cleaning your clothes and items with Thieves® creates an amazing aroma to carry with you.

#### Personal Care



Take the Thieves® essential oil blend to the next level using in your personal care.

*"Diffuse for a warm, inviting fragrance in any room of the house."*

## Thieves® in the Kitchen

Most people want to find ways to reduce the toxins in their environment. Why not enhance your overall well-being by improving the cleanliness of your home with Young Living's Thieves® products? Getting started at any point with any product is a good thing.

**Thieves® Dish Soap** is a great place to begin. We all have those hand-washed items in our kitchens.



Young Living's **Fruit & Veggie Wash** safely and effectively washes produce with the cleansing power of three exclusive essential oil blends — DiGize, Thieves®, and Purification. Just add Thieves® Fruit & Veggie Wash to a basin of water. Soak, rinse, and enjoy eating your fruits and vegetables as nature intended.



If you have an automatic dishwasher, we have a solution for you as well!

**Thieves® Dishwasher Powder** is a great replacement for your current options. Just see where one small scoop will take you.



The Thieves® line also includes a **Fruit & Veggie Spray** for on the go. The convenient 2 oz. spray bottle fits in any purse, backpack or carry-on, making Fruit & Veggie Spray easy to take anywhere. Just a few spritzes followed by a quick water rinse will have you eating your fruits and vegetable as nature intended.

## Five Days to a Cleaner Kitchen

Focus on deep-cleaning your home with Thieves®. Using check lists, helpful hints and cleaning recipes, you will achieve a clean home in no time. By adding a few minutes to your usual cleaning regimen, you will experience the Thieves® difference in just a week.

### REFRIGERATOR

**Cleaning Recipe:** Mix 1 capful of **Thieves® Household Cleaner** with 2 cups of water (use gloves and hot water for best results).

- Remove all items from refrigerator.
- Clean top and outside of fridge, including exterior water/ice compartments.
- Clean inside, including door compartments, shelves and produce drawers.
- Wipe down all sticky and soiled items that will go back inside fridge.
- Clean handles.
- Clean sink, countertops, backsplash, knick-knacks, canisters and counter appliances with suggested recipe.
- Wipe down cabinet fronts with suggested recipe.



### CEILING \* LIGHT FIXTURE BOWLS \* UNDER SINK

**Cleaning Recipe:** Mix 1 capful of **Thieves® Household Cleaner** with 3½ cups of water (use gloves and hot water for best results).

- Remove all cobwebs from ceiling, corners and light fixtures with broom or duster.
- Remove light fixture bowls.
- Clean ceiling, corners and light fixture bowls.
- Replace burned-out bulbs.
- Remove all items from under the sink.
- Wipe inside with the same ratio of Thieves® Household Cleaner and water.
- Wipe off all sticky and soiled items that will go back under the sink.

### STOVETOP \* OVEN \* MICROWAVE

**Cleaning Recipe:** Mix 1 capful of **Thieves® Household Cleaner** with 1 cup of water (use gloves and hot water for best results).

- Remove any leftover food or debris from stovetop, oven and microwave.
- Clean stovetop, oven, fan, vent filters, hood and microwave with mixture.

### DRAWERS \* CUPBOARDS \* PANTRY

**Cleaning Recipe:** Mix 1 capful of **Thieves® Household Cleaner** with 2 cups of water (use gloves and hot water for best results).

- Remove all items.
- Clean all drawers and shelf organizers.
- Wipe down shelves and inside of drawers.
- Wipe down all sticky and soiled items that will go back inside cupboards, pantry and drawers.
- Clean all knobs.



### SINK \* COUNTERTOPS \* BACKSPLASH \* CABINET FRONTS

**Cleaning Recipe:** Mix 1 capful of **Thieves® Household Cleaner** with 3½ cups of water (use gloves and hot water for best results).

**Cabinet Front Recipe:** Mix 1 capful of **Thieves® Household Cleaner** with 1 cup olive oil. To enhance the aroma, you may also add 10 drops of Citrus Fresh™ essential oil blend.

- Remove all countertop appliances, canisters, knick-knacks and clutter.
- Clean sink, countertops, backsplash, knick-knacks, canisters and counter appliances with suggested recipe.
- Wipe down cabinet fronts with suggested recipe.

## Thieves® in the Laundry Room

### Less is More: What Makes Thieves Laundry Soap Different

Young Living formulated Thieves® Laundry Soap, with two major questions in mind. We asked ourselves: what ingredients do we include? And, almost as importantly, what ingredients do we leave out?

Like other products in Young Living's household cleaner lineup, Thieves Laundry Soap's purpose is to provide our members with a true clean provided by a plant-based formula that is free from harsh additives. What are those additives? Here are three common ingredients that you may not have known about, plus a few tips on naturally keeping clothes white.

#### Optical Brighteners

Many popular laundry detergents contain optical brighteners to give clothes the appearance of being clean and white. By reflecting blue light, optical brighteners give the illusion of fabrics that look whiter than they actually are. These chemicals are designed to absorb into fabrics and remain on clothes after washing

Thieves Laundry Soap is free from optical brighteners, because you don't want your clothes to just *look* clean—you want them to actually *be* clean! Our plant-based formula uses pure essential oils and natural cleansing enzymes to wash your clothes and keep them fresh.

If you're looking to keep your whites bright without adding synthetic chemicals to the wash, try one of these easy alternatives:

- If you see stains on your clothes, pretreat them before washing.
- Don't mix your whites with other colors in the wash. Launder them in an all-white load and use hot water.
- To whiten small items like socks or napkins, fill a pot with water and a few lemon slices, bring to a boil, turn off the heat, and add linens. Soak for up to an hour, then launder as usual.
- For an extra brightening boost for whites, hang them dry in the sun for natural bleaching!



Check out this blog post page for links to videos - [www.oilsfirstblog.com/thieves-videos](http://www.oilsfirstblog.com/thieves-videos)



#### Sodium Lauryl Sulfate (SLS)

Sodium lauryl sulfate, or SLS, is a cleansing agent widely used in products like soaps, shampoos, toothpastes, and laundry detergents. It is used so often because it's inexpensive and produces lots of foamy lather. Many people are concerned about SLS in their products because it can sometimes cause irritation, itchiness, and may have other unknown side effects.

Thieves Laundry Soap is free from SLS and other sulfates. The cleaning power behind Thieves Laundry Soap comes from pure essential oils and natural enzymes.

#### Synthetic Perfumes

Some people consider synthetic perfumes to be problematic because companies aren't required to disclose the exact ingredients in the fragrances. But as the world leader in essential oils, we prefer to work with the refreshing scents of the pure essential oils that set us apart. Bergamot, Jade Lemon, and the essential oils in our Thieves blend provide a refreshing scent without any hidden synthetic fragrances.

### The Naturally Clean Home So Many Uses



Thieves  
Household  
Cleaner &  
Thieves  
Spray



## Thieves® in Our Personal Care



Thieves in our personal care line of products is awesome. We like protection from the elements and environment. Since the Thieves blend has its origins in a time of

famine and plaque, it is a great choice for us today. Young Living oral care products do not contain fluoride, dyes, synthetic colors, artificial flavors or preservatives.

Above is pictured the AromaBright and Dentarome Ultra and Kidscent Slique toothpastes, Dental Floss, and Fresh Essence Mouth Wash all with Thieves essential oil.

**Thieves AromaBright** is formulated with the gently cleansing and effective whitening power of our other toothpastes. AromaBright is perfectly balanced with all-natural ingredients to support healthy gums, strong teeth, and a confident smile.

Our most gentle toothpaste, **Kidscent Slique Toothpaste**, uses Thieves® and Slique Essence essential oil blends in a coconut oil base to gently clean and help young smiles stay healthy and vibrant.

Combat the effects of normal staining with Young Living's **Thieves® Dentarome Ultra Toothpaste**. This powerful toothpaste will help you gently brush away daily buildup to reveal a sparkling, healthy-looking smile and fresh breath all day. Dentarome Ultra has a fresh, minty flavor.

Get up close and personal without worrying about your breath! Stay fresh with **Thieves® Fresh Essence Plus™ Mouthwash**. Powered by Thieves essential oil blend for incredibly clean teeth and gums, Thieves Fresh Essence Plus also gives you the cool, invigorating taste of Peppermint and Spearmint essential oils for delicious fresh breath. Rinsing with these naturally derived ingredients for 30–60 seconds will leave your whole mouth feeling fresh, even the areas that a toothbrush or floss can't easily reach! Best of all, you get these benefits to your teeth and gums without the use of alcohol, synthetic dyes, or artificial flavors. Doesn't it feel good to put the power of nature to work?

Using **Thieves® Dental Floss** is an excellent choice for flossing your teeth! Safe and plant-based, **Thieves Dental Floss** is infused with the protective benefits of the Thieves essential oil blend. We all know that brushing with the right toothbrush and the best toothpaste is crucial for a healthy, kissable mouth! But we often forget the other aspect of oral care: flossing and using mouthwash also play a vital role in maintaining and promoting proper oral health.

## Thieves Hand Soap & Purifier



Thieves Hand Soap, in my opinion, you need one at every sink in your house. Thieves Foaming Hand Soap is loaded with natural ingredients such as aloe vera and *Ginkgo biloba* to help keep skin soft and moisturized. This soap has even been dermatologically tested and found to be safe for all skin types. Plus, it is gentle enough to be used regularly without drying or stripping the skin. It is a huge hit with my guests, too.

Thieves Waterless Hand Purifier is the perfect solution for cleaning hands when soap and water aren't an option. Just squeeze a quarter-sized amount into dry hands, rub together to distribute, then let dry. No alcohol – big plus!



Don't forget to **Diffuse** as part of your healthy home experience. You can go about your day and received the benefits of your essential oils. Thieves can create such a warm and inviting experience.

Get Your Product Now  
[www.oils1st.com](http://www.oils1st.com)

Here is an article from the Young Living Blog that might interest you.  
 It really has ideas for anyone. [13 Essential Oil Hacks for Perfect Parenting](#)