



Christine & Emily's

Top 5 Ways to use doTERRA's PURIFY BLEND



What is Purify?

Purify is the Cleansing Blend; it is an effective space cleanser. The most amazing part of this oil is that not only does it cleanse unwanted odors and harmful

microorganisms; it also **releases negative energy from your household.** This blend supports you on a cellular level and aids you in releasing toxic emotions and revitalizes your energy system, washing away negative influences.

It's a All-Purpose Purifying Spray. Ditch the toxic chemicals and create your own cleansing spray. For

a natural household cleaner and air freshener, place 5 drops of Purify blend into a small glass spray bottle and fill it with distilled water. For larger bottles add more drops. Spray inside kitchen sink, inside compost and garbage bins, spray on bug bites and use as air freshener on sofa's, sporting equipment and smelly shoes.

Freshen your laundry. Sometimes it's hard to get smelly clothes to be stench-free by just laundering them. Add a few drops of Purify to the rinse cycle when doing laundry. We also LOVE adding our favourite essential oils, including Purify Blend, to our felt dryer balls. 2-3 drops on each ball and toss them in the dryer! **The oil will make your clothes smell great and it will heal you while you fold it!**

Purify your car and your airplane seat. Does your face crinkle because of a smell in your car? For a quick fix to a strong smell in your car, place a few drops of Purify Blend onto a cotton ball and place it in your air

vent. It works like magic! Want to **purify your airplane ride?** Bring a mini purify spray bottle with you (see #2) and spray the screen, your tray, arm rests and seat. You can also put a few drops of Purify blend on a cotton ball and rub the air vent so you have a refreshing aroma during your flight that also protects you from negative influences.

Try the classic option! Diffuse this blend in rooms that contain harsh odors and stagnant smells. This refreshing aroma will rapidly fill a room and replace unpleasant odors as it purifies the air.

TRY THIS DIY Fridge Refresher. *Smelly fridge – no more!* Deodorize your fridge without the use of toxic cleaners. Place one of these refreshers in your fridge each month for a fresh clean scent! You can also place these under the sink, in the shoe closet and behind toilets.

Ingredients:
2.5 cups baking soda
½ - 1 cup water
15 drops Purify oil
Silicone mold

Directions:
1. Combine baking soda, water and essential oils into a bowl.
2. Stir together. If needed, add more water until a thick paste forms. The mixture should resemble damp sand.
3. Divide mixture equally into a silicone mold w to rest for 2-3 days or until mixture hardens.

Purify with 889!

