

## Make your Own Hand Sanitizer!

Everyone knows how important it is to have clean hands. Cleaning them with soap and water is the best but there are times when you could use a quick cleaning.

Most folks would love to have a hand cleaner and hand sanitizer to use when they don't have access to soap and water. Something you can rub on and in and know that your hands have some germ fighters at work for you.

Making your own sanitizer using essential oils for the 'germ' fighter is very simple to do.

There are many recipes available to make your own.

Here are the basic ingredients:

Aloe Vera Gel or Liquid and/or Witch Hazel, Grain Alcohol and Essential oils of your choice.

Most of your Sanitizer will consist of the Aloe Vera and/or Witch Hazel and the alcohol. Your essential oils should be about 3% of your mixture.

### A simple Recipe for Home-made Hand Sanitizer Spritzer

[Aloe Vera liquid](#) – 3 oz

Alcohol (such as Vodka) 1 oz

[Vegetable Glycerin](#) – 1 teaspoon

[Tea Tree](#) - 20 drops

[Lavender](#) – 10 drops

[Oregano](#) – 5 drops

[Peppermint](#) – 5 drops

Mix the essential oils together with the Vodka, then add the [Vegetable Glycerin](#). Mix well and then add the [Aloe Vera Liquid](#). Pour into a [Spray topped bottle](#). Shake well before each use. Spray on little on the palm of your hands and rub gently until the moisture is absorbed and evaporated.

### Another Recipe for a Home-made Hand Sanitizer Gel

[Aloe Hand Cleaning Gel base](#) – 2 oz

[Lavender](#) – 10 drops

[Rose Otto](#) – 2 drops

Blend all together and place in a [2 oz PET Disc top bottle](#).

This is the recipe we created here for use when we aren't working. It smells 'lightly floral' and can be used as often as we need to. (We don't use it while we are working with our products – just because we do have several customers that are scent and chemical sensitive and we don't want to 'scent' someone's order that didn't want any scenting.)

The [Aloe Hand Cleaning Gel base](#) is made as a "Leave On" product that already has great hand cleaning properties and can be used alone. Tea Tree and Lime essential oils are already in this base product. You can 'boost' it to a Sanitizing Hand Cleaner by adding any essential oils or blends you would like.

Common essential oils for use in any type of sanitizer include but are not limited to the following:

[Tea Tree](#); [Oregano](#); [Thyme](#); [Eucalyptus](#); [Cinnamon leaf](#); [Geranium](#); [Rosemary](#); [Lavender](#); & [Peppermint](#).

There are several of our [Synergy blends](#) that work great to add too. Just pick out your favorite Blend ([Four Robbers and Pure Cleansing](#) would be great but since almost all essential oils have antimicrobial actions just about any blend will give you germ fighting) and add to the [Aloe Hand Cleaning Gel base](#), blend and use!

Remember that you don't need more than about 20 drops total per ounce of hand cleaner to make a nice smelling and pleasant hand cleaner that has the sanitizing properties you prefer.

Simply add any of these basic essential oils and then add a floral or two of your favorite essential oil to give a nice refreshing scent to your hand sanitizer.

Hint for putting a Gel mixed product into a bottle: Most gels will not "pour" so getting your product into a bottle can be a challenge. Simple mix your gel and essential oils in a clean zip lock bag and after it is well mixed cut a small hole, just about the size of a q-tip end in one corner of the bag. Then place this over the bottle opening and gently squeeze to fill your bottle.

NOTE: Please do not make this hand sanitizer product to sell. Because it has alcohol in it, the finished product has regulations by the ATF. If you were to try to sell it might require special permits and licenses.

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Aromatherapy Tip of the Week

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