

Hand Sanitizer

Hand sanitizers are a great way to kill off nasty bugs you may pick up on your hands while out in public, but often commercial hand sanitizers contain a toxic mix of chemicals that could be doing more harm than good.

There is a simple way though to make your own natural hand sanitizer using a few basic ingredients and pure essential oils. We use only doTERRA® essential oils in our recipe for the purity and potency.

There are two recipe options depending on your preference for either a thick gel mixture, or a more liquid type mixture. Our preference is the more liquid recipe.

Liquid Hand Sanitizer

What you need

- 10 drops doTERRA® Tea Tree
- 10 drops doTERRA® OnGuard Blend
- 40ml Aloe Vera Gel Liquid
- 10ml Organic Witch Hazel
- 50ml amber glass gel pump bottle (alternatively use a spritzer bottle for a spray like output)
- Small funnel (optional to assist with adding ingredients to bottle)

What you do

1. Place total of 20 drops of the two essential oils listed above into the 50ml gel pump bottle. We find the gel pump bottles do work well with this recipe and provide a more controlled application.
2. Add 40ml of Aloe Vera Gel Liquid to the bottle.
3. Add 10ml of Organic Witch Hazel to the bottle.
4. Screw cap on and shake gently to combine the ingredients.

Gel Hand Sanitizer

What you need

- 10 drops doTERRA® Tea Tree
- 10 drops doTERRA® OnGuard Blend
- 40ml Aloe Vera Gel
- 10ml Organic Witch Hazel
- 50ml amber glass gel pump bottle only
- Small funnel (optional to assist with adding ingredients to bottle)

What you do

1. Place total of 20 drops of the two essential oils listed above into the 50ml gel pump bottle.
2. Add 40ml of Aloe Vera Gel by squeezing directly into the gel pump bottle.
3. Add 10ml of Organic Witch Hazel to the bottle.
4. Use a skewer to mix the ingredients in the bottle.
5. Screw cap on.