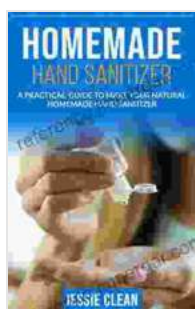


The Ultimate Guide to Making Your Own Natural Hand Sanitizer

In today's world, it's more important than ever to keep our hands clean. Hand sanitizers are a convenient way to kill germs on the go, but many commercial sanitizers contain harsh chemicals that can be harmful to our health.



Homemade Hand Sanitizer : A Practical Guide To Make Your Natural Homemade Hand Sanitizer by Jessie Clean

★★★★★ 5 out of 5

Language : English
File size : 1587 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Print length : 43 pages
Lending : Enabled
Screen Reader : Supported



If you're looking for a natural and effective way to clean your hands, making your own hand sanitizer is a great option. It's easy to make, affordable, and you can customize it to your own preferences.

Ingredients

The basic ingredients for making your own hand sanitizer are:

- **Aloe vera gel:** Aloe vera is a natural moisturizer that helps to soothe and protect the skin. It also has antibacterial and antiviral properties.

- **Rubbing alcohol (70% isopropyl alcohol):** Rubbing alcohol is the active ingredient in most commercial hand sanitizers. It kills germs by breaking down their cell walls.
- **Essential oils:** Essential oils are optional, but they can add a pleasant scent to your hand sanitizer and provide additional antibacterial benefits. Some good choices for hand sanitizer include tea tree oil, lavender oil, and peppermint oil.

Instructions

To make your own hand sanitizer, simply combine the following ingredients in a small bowl:

- 1/2 cup aloe vera gel
- 1/4 cup rubbing alcohol
- 5 drops essential oil (optional)

Mix well until all of the ingredients are combined. Pour the mixture into a small spray bottle or travel-sized container.

To use your hand sanitizer, simply spray it onto your hands and rub it in until your hands are dry. You can use it as often as needed.

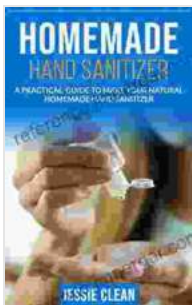
Safety Tips

It is important to follow these safety tips when making and using your own hand sanitizer:

- **Do not use pure alcohol to make hand sanitizer.** Pure alcohol can be harmful to your skin and eyes.

- **Keep your hand sanitizer out of reach of children.** Rubbing alcohol can be poisonous if ingested.
- **Do not use hand sanitizer on open wounds.** Alcohol can sting and damage open wounds.
- **Avoid getting hand sanitizer in your eyes.** Alcohol can irritate your eyes.

Making your own natural hand sanitizer is a simple and effective way to keep your hands clean. It's a great alternative to commercial hand sanitizers that contain harsh chemicals. With just a few simple ingredients, you can make a hand sanitizer that is safe, effective, and smells great.

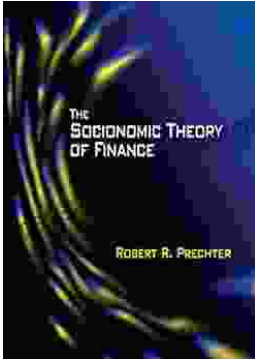


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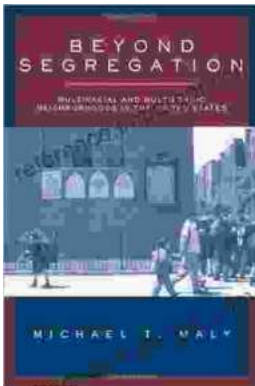
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