



# Hand Sanitizer Recipe

## Ingredients/Supplies:

Rubbing Alcohol  
 Aloe Vera  
 Vitamin E Oil  
 Distilled Water  
 On Guard Essential Oil  
 Lemon Essential Oil  
 Melaleuca Essential Oil  
 Glass Mister Bottle  
 Funnel

The number of drops of essential oils is for a 2 oz container:

### For Mister:

Rubbing Alcohol (70% min)  
 Distilled Water  
 (or boiled water after it cooled down)  
 5 Drops of Vitamin E Oil  
 20 Drops of Essential Oils i.e.  
     10 drops On Guard  
     5 drops Lemon  
     5 drops Melaleuca  
 (or just 20 drops On Guard)

### For Pump:

Rubbing Alcohol (70% min)  
 Aloe Vera  
 20 Drops of Essential Oils i.e.  
     10 drops On Guard  
     5 drops Lemon  
     5 drops Melaleuca  
 (or just 20 drops On Guard)

## Suggested Ratios for Alcohol / Distilled Water or Alcohol / Aloe Vera:

### When Using 99% Isopropyl or Rubbing Alcohol:

2/3 Alcohol

1/3 Aloe Vera Gel or Distilled Water

### When Using 91% Isopropyl or Rubbing Alcohol:

3/4 Alcohol

1/4 Aloe Vera Gel or Distilled Water

### When Using 70% Isopropyl or Rubbing Alcohol:

90% Alcohol

10% Aloe Vera Gel or Distilled Water

If you don't have Rubbing Alcohol you could substitute with a high percentage alcohol like Vodka.

Don't hesitate to reach out if you have any questions or need essential oils for your recipe.

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**Disclaimer:** Essential Oils are not medication. The information presented is not intended to diagnose, treat, cure or prevent any disease, illness or injured condition of the body. Skin sensitivity may occur. Discontinue use if skin irritation occurs. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult a licensed health care professional before using essential oils. Avoid contact with eyes, inner ears, and other sensitive areas of the body.