

Sanitizing Sprays (makes 15 oz.)

Ingredients

- 1 mL (scant ¼ tsp, or 20 drops) essential oil blend
- 3 oz (generous ⅓ cup) aloe vera gel
- 5 oz (⅔ cup) witch hazel
- 7 oz (scant 1 cup) distilled water



Equipment

- Blender or bowl and immersion (stick) blender
- Stainless steel or glass bowl (preferred over plastic)
- Measuring spoons and cups
- Storage containers
- Labels (optional)

Instructions

1. Combine Ingredients:
Pour the aloe vera, witch hazel, and distilled water into your blender or bowl.
2. Add Essential Oil:
Add the essential oil blend last.
3. Blend:
Pulse the mixture for just a few seconds-enough to combine, but not so much that it gets foamy. Excess blending introduces air, which will eventually settle out in the bottle.
4. Bottle:
Carefully pour the finished sanitizer into your chosen containers.
5. Label (Optional):
Add labels to your containers if desired.

Tips:

- Use stainless steel or glass bowls to avoid reactions with essential oils.
- If foam forms, let the mixture sit until it settles before bottling.

Enjoy your homemade sanitizer!

Additional Details

Where to get Essential Oils:

- DoTerra.com
- Youngliving.com
- Butterflyexpress.shop

DoTerra and Young Living are both membership based MLM. It saves you money to sign up with them when you order.

With Butterfly Express, you do not need to be a member. You can just go right to the site and order.

Germ Killing Essential Oil Blends

Jennah's Cinnamon Clove Blend (Thieves):

- 2 parts Clove (Could use 1 part if desired....I prefer extra clove)
- 1 part Cinnamon (Or Cassia)
- 1 part Rosemary
- 1 part Eucalyptus
- 1 part Citrus blend (½ Orange, ½ Lemon)

This is my "Thieves Blend." I use DoTerra Oils, but you can use any high quality essential oil company you wish. I purchase all the oils above individually, and blend them into a glass canning jar, so I always have my blend available. If you do this, store them in a dark cupboard, or in a dark bottle. If you only wish to make 1 mL, for 1 small, 15 oz, batch above, that's about 20 drops, so here's the blend you would use:

- 8 drops Clove (4 if preferred)
- 4 drops Cinnamon (Or Cassia)
- 4 drops Rosemary
- 4 drops Eucalyptus
- 2 drops Orange
- 2 drops Lemon

Alternatively, you don't have to mix your own. You can use a pre-blended oil such as DoTerra's On Guard, or Young Living's Thieves. They are very similar, and have all the germ-killing capabilities we are seeking in this recipe.

Tea Tree Peppermint Blend:

- 1 part Tea Tree (Meleluca)
- 1 part Peppermint

For the 15 oz batch above you would use:

- 10 drops Tea Tree
- 10 drops Peppermint

Essential Oil Qualities:

Clove: Helps in reducing the sagginess of the skin and prevents the appearance of fine lines and wrinkles. It is a powerful anti-aging ingredient used in most cosmetics. It removes the dead skin cells and helps in blood circulation, which indirectly or directly ensures a youthful and radiant looking skin. The aroma reduces anxiety and stress.

Cinnamon, (Can also use Cassia): Has been proven effective against numerous bacteria because it damages the cell membrane of bacteria. When diffused, it may help clear congestion and support a healthy immune system response during the cold and flu season. In a study of over 100 ingredients, Cinnamon was found to be the most highly anti-inflammatory. By helping the body combat inflammation, **Cinnamon also exhibits antiviral and antifungal properties.** Cinnamon is a natural botanical energizer that possesses something called eugenol, (also a constituent of Clove Bud), and an inhibitor of virus growth.

Rosemary: The anti-microbial, antiseptic, astringent, antioxidant, and tonic properties of this oil make it a beneficial additive in skin care products that are meant to soothe or even treat dry or oily skin, eczema, inflammation, and acne. Effective for all skin types, this rejuvenating oil can be added to soaps, face washes, face masks, toners, and creams to achieve firm yet hydrated skin that appears to have a healthy glow that is free of unwanted marks.

Eucalyptus: Purifying, cleansing, clarifying, and immune-boosting oil that is ideal for use on skin, and in aromatherapy. Has soothing, stimulating, and anti-bacterial qualities. The healing benefits of Eucalyptus Oil can be attributed to its anti-inflammatory, antispasmodic, decongestant, deodorant, and antiseptic qualities, among other valuable properties.

Orange: Health benefits attributed to its properties as an anti-inflammatory, antidepressant, antispasmodic, antiseptic, and aphrodisiac substance.

Lemon: Mood enhancing. One of several essential oils that can kill harmful bacteria that can grow on your skin. Shown to be effective against strains of bacteria like *Staphylococcus aureus* and *E. coli*. It's effective against infection-causing bacteria and may prevent skin inflammation. Great for skin tone.

Tea Tree: Its active chemical components contribute to its reputation as a powerful yet gentle immune system stimulant, as well as to its ability to reduce or eliminate harmful bacteria and infections upon contact. It is known to soothe topical allergic reactions and to treat rashes, burns, dandruff, acne, Athlete's Foot, and head lice among other ailments.

Peppermint: Naturally cleanses the skin and has antiseptic and antibacterial properties. It has a cooling effect which soothes irritation and inflammation due to acne. Also aids in joint pain, due to decreased inflammation.

Aloe Vera

Wow, plant....wow! So many benefits. Here are a few:

- Aloe Vera gel has cooling properties and is anti-inflammatory. It is one of the most natural remedies for sunburn or other burns.
- Applying this gel helps with a protective layer for the skin, and it also helps to retain moisture.
- It is rich in antioxidants and minerals, which aid the healing process.
- It helps in gentle cleansing, and its antimicrobial properties treat acne without causing any damages to the skin.
- It is an antiseptic that allows protection against bacteria. Aloe Vera contains polysaccharides and gibberellins. These help in the growth of new cells and at the same time, reduce inflammation.
- It also works as an astringent that reduces the size of pores, flushing out the excess sebum, microbes, and dirt.
- It is now a known fact that Aloe Vera is highly beneficial for burns, cuts, and other injuries. This is because Aloe Vera boosts the healing of wounds. This is true especially in the case of 1st degree and 2nd-degree burns.
- It also helps to speed up skin cell reproduction as much as eight times. Aloe Vera is also known to penetrate the epidermis, the outer layer of the skin, faster than water.
- Aloe Vera gel has vitamin C and E, beta-carotene in abundance. Therefore, it has anti-ageing properties. It also contains antimicrobial properties and is anti-inflammatory.

In the beginning I used aloe vera from the local grocery store. I would find the largest bottle I could that was clear! Not colored, and NOT with added ingredients. Find one with as few ingredients as possible.

If you'd prefer to order online, check out bulkapothecary.com or wholesalesuppliesplus.com. They offer sizes from 16 oz to many gallons. We'll go over this in the video.

Witch Hazel

“Witch Hazel, also known as winderbloom in North America, is a liquid derived from witch hazel shrubs or smaller-sized trees. Most commonly, the substance is used medicinally on the skin for various uses. It is a simple, natural product that can do wonders for the skin.”

- Witch hazel contains many compounds with potent anti-inflammatory properties, including gallic acid and tannins.
- It contains antioxidants that help prevent widespread inflammation and neutralize free radicals, which are disease-causing compounds that can build up in your body.
- Could have far-reaching benefits and may be useful in the treatment of inflammatory-related issues, such as acne, eczema or psoriasis. It may attack the bacteria. It acts as an astringent, causing your tissues to contract to help shrink pores, while also soothing your skin and relieving inflammation
- Witch hazel is often used as a natural remedy to provide relief from the discomfort and pain caused by hemorrhoids.
- Some studies indicate that witch hazel may be beneficial in fighting certain types of viral infections. One test-tube study, for example, found that the tannins in witch hazel exhibited antiviral effects against both influenza A and human papillomavirus (HPV). Another test-tube

study showed that witch hazel extract inhibited the activity of herpes simplex virus 1, which is often the culprit behind cold sores. For this reason, witch hazel is often applied topically as a natural remedy to help fight cold sores and relieve symptoms.

In the beginning I used witch hazel from the local pharmacy. It is easy to find, and quite inexpensive. Now I order from bulkapothecary.com. Look for witch hazel that is alcohol free. They sell in sizes from 16 oz to many gallons!

Bottle suppliers:

- Industrial Container - Best Prices, IF buying in very large quantities because shipping can get you if buying smaller quantities. MUCH easier on the phone.
- Bulkapothecary.com - Best prices IF making a large order on their site, because when you spend \$250, you get 15% off. But shipping will be charged.
- Wholesalesuppliesplus.com - Good prices if you consider free shipping. All you need is a \$25 order for free shipping. So if you only need a few, or don't plan to spend \$250 or more, this may be the best.