

Personal hygiene wipes

Personal hygiene wipes can be made with paper towels - cut to preferred size and placed in an airtight container. Hygiene solution is poured over paper towels to keep them moist. You can make a two week supply at a time. There are no preservatives in this recipe.

Air tight container (old baby wipe container, ziploc container, etc.)

½ cup hot water

½ - 1 tsp aloe vera liquid (or witch hazel)

4 drops Vitamin E oil (or fractionated coconut oil)

6 drops tea tree oil (melaleuca)

¼ tsp liquid castile soap (or ½ tsp baby wash if you are making baby wipes)

Avoid other fragrance oils as some essential oils can cause burning on sensitive skin areas.

Pour ½ cup liquid for 15-20 paper towels.

Bum Spray

Simply spritz this spray on toilet paper or reusable cloth for a flushable or reusable wipe

4 ounce glass bottle

3 ounce witch hazel

1 TB liquid aloe vera

1 TB vegetable glycerin

5 drops lavender essential oil

Hand Sanitizer Spray

2 ounce glass spray bottle. *Essential oils may vary according to what you have on hand or personal preference*

½ tsp vegetable glycerin

20 drops tea tree oil

10 drops spruce essential oil

6 drops lemon essential oil

3-4 TB *190 proof vodka* or witch hazel

Add alcohol until bottle is almost full

Hand Sanitizer Gel

$\frac{2}{3}$ cup rubbing alcohol

$\frac{1}{3}$ cup aloe vera gel

Essential oils

Optional: Vitamin E oil or fractionated coconut oil as a moisturizer