

How to make your own Hand Sanitizer

As per Dr Ian Smith's instructions which he demonstrated on the Rachael Ray Show (on YouTube)

Ingredients:

- 1 Isopropyl Alcohol (commonly call rubbing alcohol) 99% alcohol
- 2 Aloe Vera (gel or liquid)
- 3 Tea Tree Oil or equivalent essential oil

Mix 3 parts isopropyl alcohol to 1 part aloe vera. Add a few drops of essential oil to give it a pleasant scent.

According to the Centers for disease Control and Prevention, the sanitizer mix must be at least 60% alcohol to be effective – but it's better to be above that.

Note

Health officials agree that it's a good idea for everyone to use hand sanitizer, particularly those with underlying conditions like asthma or emphysema, but urge people not to view it as a replacement for soap and water. Hand sanitizers are effective, but nowhere near as effective as hand-washing.

All of us (hopefully) wash our hands daily, and yet it's rare to see somebody standing at the sink next to you do a full 20- to 30-second lather and scrub, as we're now all being advised to do by health officials.