

Simple DIY Methods to Make Healthy and Effective Hand Sanitizer in 20 Minutes

With the current global health crisis, it is more important than ever to keep our hands clean and free of germs. Hand sanitizer is a convenient and effective way to do this, but commercial hand sanitizers can be harsh on the skin and contain harmful chemicals.



Homemade Alcohol Hand Sanitizer: Simple DIY Methods to Make Healthy and Effective Hand Sanitizer in 20 minutes

by Jason T. Eberl

★★★★☆ 4.7 out of 5

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That's why we've put together this guide to show you how to make your own natural and effective hand sanitizer at home in just 20 minutes. These DIY hand sanitizers are made with simple ingredients that you can find at your local grocery store, and they are gentle on your skin while still killing germs.

Method 1: Alcohol-Based Hand Sanitizer

This method uses rubbing alcohol as the main ingredient, which is effective at killing germs. However, it is important to note that rubbing alcohol can be drying to the skin, so be sure to use a moisturizer after using this hand sanitizer.

Ingredients:

- 1 cup rubbing alcohol (70% or higher)
- 1/2 cup aloe vera gel
- 10 drops of essential oil (optional)

Instructions:

1. Combine all of the ingredients in a bowl and stir until well mixed. 2. Pour the mixture into a clean container, such as a spray bottle or pump bottle. 3. To use, simply spray or pump a small amount of hand sanitizer onto your hands and rub them together until dry.

Method 2: Gel-Based Hand Sanitizer

This method uses aloe vera gel as the main ingredient, which is gentle on the skin and has antibacterial properties. However, it is important to note that aloe vera gel is not as effective at killing germs as rubbing alcohol, so this hand sanitizer is best used for light cleaning.

Ingredients:

- 1 cup aloe vera gel
- 1/4 cup witch hazel
- 10 drops of essential oil (optional)

Instructions:

1. Combine all of the ingredients in a bowl and stir until well mixed. 2. Pour the mixture into a clean container, such as a spray bottle or pump bottle. 3. To use, simply spray or pump a small amount of hand sanitizer onto your hands and rub them together until dry.

Tips for Making and Using DIY Hand Sanitizer

- Be sure to use a clean container when making and storing your hand sanitizer.
- Label your hand sanitizer clearly so that you know what it is and when it was made.
- Store your hand sanitizer in a cool, dark place.
- Use your hand sanitizer frequently throughout the day, especially after touching surfaces that may be contaminated with germs.
- If you have sensitive skin, be sure to test the hand sanitizer on a small area of skin before using it on your entire hands.

Making your own hand sanitizer at home is a quick and easy way to keep your hands clean and free of germs. These DIY hand sanitizers are made with natural ingredients that are gentle on your skin and effective at killing germs. So next time you need to clean your hands, reach for one of these homemade hand sanitizers instead of a commercial product.

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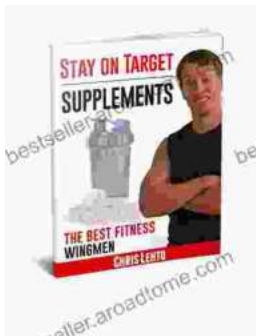


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