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How to Make Homemade Hand Sanitizer

Make Your Own Homemade Hand Sanitizer

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Some commercial hand sanitizer contains ingredients as scary as the germs they protect you from, so why not make your own hand sanitizer from ingredients you select? This is an excellent project for kids as well as adults since the project can be expanded to include a discussion about hygiene and disinfection. You'll save money, protect yourself from germs, and can customize the scent of the hand sanitizer so it doesn't smell medicinal.

Homemade Hand Sanitizer Ingredients

2/3 cup 99% [rubbing alcohol](#) (isopropyl alcohol) or ethanol

1/3 cup aloe vera gel

8-10 drops essential oil, optional (such as lavender, vanilla, peppermint, grapefruit)

bowl and spoon

funnel

recycled liquid soap or hand sanitizer bottle

Make Hand Sanitizer

Nothing could be easier! Simply mix the ingredients together and then use the funnel to pour them into the bottle. Screw the pump back onto the bottle and you're ready to go.

How It Works

The [active ingredient](#) in this hand sanitizer recipe is the alcohol, which needs to comprise [at least 60% of the product](#) in order to be an effective disinfectant.

Essential Oils in Hand Sanitizer

In addition to adding fragrance to your hand sanitizer, the essential oil you choose may also help protect you against germs. For example, thyme and clove oil have antimicrobial properties. If you are using antimicrobial oils, only use a drop or two, since these oils tend to be very powerful and might irritate your skin. Other oils, such as lavender or chamomile, may help soothe your skin.