

Hand Sanitizer Recipe

1. 2/3 cup 90-99% rubbing alcohol
2. 1 cup aloe vera gel (99% aloe vera) Essential oils (we use Doterra as they are a very high grade)

5-8 drops each:

**Cassia
(cinnamon) Oil**



Clove Oil



Wild Orange



Tea Tree Oil



And you should be diffusing On-Guard Oil (an anti-microbial blend of all these oils. And of course you just add On Guard to your home-made hand sanitizer instead of using all the oils noted above individually. This is up to you and very effective. We use the On-Guard liquid soap at our office and home.



On Guard Essential Oil



On Guard Hand Liquid Hand Sanitizing Soap

To order Doterra products go to <http://my.doterra.com/drdsays> and sign up as a Wellness Advocate to receive wholesale pricing. I always recommend the Home Medicine Cabinet Kit as your starter package.