

Homemade With Natural Recipes And Materials Hand Sanitizer Face Masks



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by Heather Wallace

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As the world grapples with the ongoing COVID-19 pandemic, hand sanitizer and face masks have become essential items for many people. However, concerns have been raised about the potential health risks associated with store-bought products. Some hand sanitizers contain harsh chemicals that can irritate the skin, while others may contain alcohol that can be harmful if ingested. Similarly, some face masks are made from synthetic materials that can be uncomfortable to wear and may not be effective at filtering out harmful particles.

Fortunately, it is possible to make your own safe and effective hand sanitizer and face masks using natural ingredients and materials. This

guide will provide you with step-by-step instructions on how to make your own homemade hand sanitizer and face masks, as well as a list of ingredients and materials you will need.

Homemade Hand Sanitizer

Ingredients:

- 2/3 cup rubbing alcohol (isopropyl alcohol) 91% or higher
- 1/3 cup aloe vera gel
- 10 drops essential oil (optional)

Materials:

- Mixing bowl
- Spoon
- Funnel
- Small travel-size bottle

Instructions:

1. In a mixing bowl combine the rubbing alcohol and aloe vera gel. Stir until well blended.
2. Add the essential oil if desired. Stir again.
3. Use a funnel to pour the mixture into a small travel-size bottle.
4. Label the bottle and store in a cool, dry place.

Tips:

- To make a foaming hand sanitizer, add 1/4 cup of water to the mixture.
- You can use any essential oil you like. Some popular choices include lavender, peppermint, and tea tree oil.
- If you don't have aloe vera gel, you can substitute it with witch hazel or vegetable glycerin.

Homemade Face Mask

Materials:

- Cotton fabric
- Scissors
- Needle and thread (optional)
- Elastic cord or ribbon

Instructions:

1. Cut two pieces of cotton fabric to a size of 6 inches by 9 inches.
2. Place the two pieces of fabric together, right sides facing.
3. Sew around the edges of the fabric, leaving a 2-inch opening on one side.
4. Turn the mask right side out and press the seams.
5. Fold the top and bottom edges of the mask over by 1/2 inch and press.
6. Cut two pieces of elastic cord or ribbon to a length of 12 inches.

7. Thread the elastic cord or ribbon through the folded edges of the mask.
8. Tie the ends of the elastic cord or ribbon together to secure the mask.

Tips:

- You can use any type of cotton fabric for your mask. Some popular choices include quilting cotton, flannel, and jersey knit.
- If you don't have a sewing machine, you can hand-sew the mask using a needle and thread.
- You can adjust the size of the mask to fit your face. Simply add or subtract fabric as needed.
- You can add a filter to your mask for added protection. Simply insert a piece of gauze or paper towel between the two layers of fabric.

Benefits of Homemade Hand Sanitizer and Face Masks

There are several benefits to making your own homemade hand sanitizer and face masks:

- **Natural ingredients:** Homemade hand sanitizer and face masks are made with natural ingredients, so you can avoid harsh chemicals and toxins.
- **Cost-effective:** Making your own hand sanitizer and face masks is much cheaper than buying them store-bought.
- **Effective:** Homemade hand sanitizer and face masks can be just as effective as store-bought products.

- **Versatile:** You can customize your homemade hand sanitizer and face masks to your own needs and preferences.

Making your own homemade hand sanitizer and face masks is a great way to protect yourself and your loved ones from the COVID-19 pandemic. With just a few simple ingredients and materials, you can create your own safe and effective products that are free from harsh chemicals and toxins. So what are you waiting for? Get started today!



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