

From the Church Mouse

Essential oil 101:

- Peppermint: used to boost energy
- Lavender: used to relieve stress
- Sandlewood: used to calm nerves
- Bergamot: used to reduce stress
- Chamomile: used to improve mood and relaxation
- Ylang-Ylang: used to treat headache
- Jasmine: used to help with depression
- Lemon: used to aid digestion, mood, and headaches

Two recipes for homemade hand-sanitizer gel:

1. Making your own hand sanitizer gel is easy to do and requires only a few ingredients:

- isopropyl or rubbing alcohol (99 percent alcohol volume) 2/3 cup
- aloe vera gel – 1/3 cup
- and essential oil such as tea tree oil or lavender oil, or you can use lemon juice instead (10 drops of tea tree oil & 20 drops essential oil)

The key to making an effective, germ-busting hand sanitizer is to stick to a 2:1 proportion of alcohol to aloe vera. This keeps the alcohol content around 60 percent. This is the minimal amount needed to kill most germs, according to the CDC.

2. The second recipe is the same as the first except add ½ teaspoon vitamin E oil

Place all the ingredients in a bowl or measuring cup and whisk to combine. Using a funnel, pour all of the ingredients into a misting bottle. Use as needed.

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