

How to Make Homemade Hand Sanitizer

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Updated 03/06/20



The Spruce

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.

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. The recipe calls for 99% ethanol (grain alcohol) or isopropyl alcohol (rubbing alcohol). Please don't use any other types of alcohol (e.g., methanol, butanol), as they are toxic. Also, if you use a product that contains a lower percentage of alcohol (e.g., 70% alcohol) then you need to increase the amount of alcohol in the recipe or it won't be as effective.

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.

What You'll Need

Equipment / Tools

- Bowl and spoon
- Funnel
- Bottle with pump dispenser

Materials

- 2/3 cup 99 percent rubbing alcohol (isopropyl alcohol) or ethanol
- 1/3 cup aloe vera gel
- 8 to 10 drops essential oil, optional

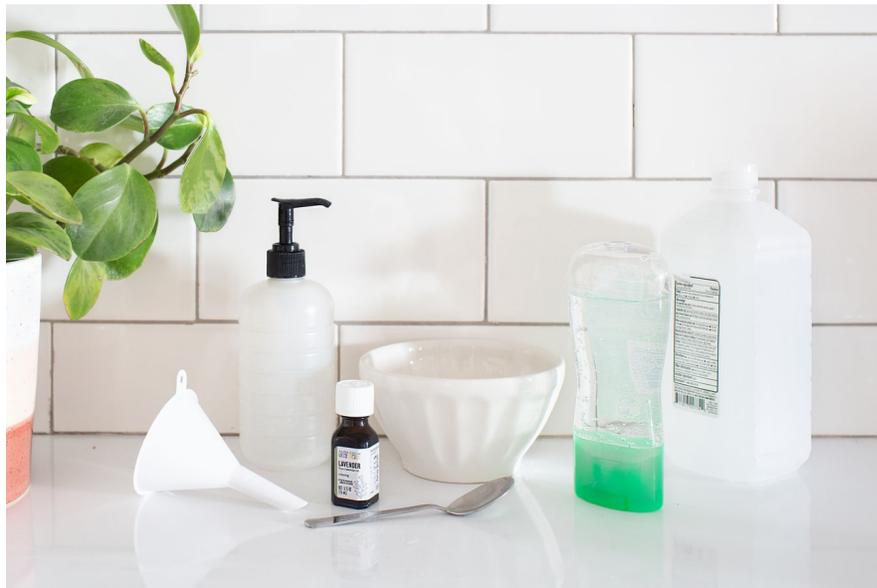
Steps to Make It

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.

1. Gather Your Ingredients

Make sure you have your rubbing alcohol, aloe vera gel, and optional essential oils ready and measured out.



2. Mix Ingredients

Add all ingredients together in your bowl and mix thoroughly with a spoon.



3. **Pour Into Your Bottle**

Using the funnel, carefully pour your DIY hand sanitizer into the bottle of your choice, screw the top of your bottle on tight, and begin using.

