

# Discover the Power of Homemade Natural Hand Sanitizer Face Masks

In the midst of the ongoing pandemic, the demand for protective face masks and hand sanitizers has skyrocketed. While commercial options are readily available, many individuals are now turning to homemade alternatives that are not only effective but also crafted from natural ingredients. In this article, we explore the benefits and recipes of homemade hand sanitizer face masks made with natural materials.

## The Hazards of Commercial Hand Sanitizers and Face Masks

Although commercial hand sanitizers and face masks have become increasingly popular, they often contain harsh chemicals that can be harmful to your skin. Many individuals with sensitive skin experience dryness, irritation, and even allergies as a result of using these products consistently. Additionally, wearing a face mask for extended periods can lead to discomfort and skin-related issues.

## Natural Ingredients: The Key to a Gentle yet Effective Solution

The beauty of homemade hand sanitizer face masks lies in their use of natural ingredients that are both gentle on your skin and effective at killing bacteria and viruses. By opting for a DIY approach, you can customize your recipes based on your skin type and availability of materials. Let's explore some popular natural ingredients and their benefits:

**DIY 5 IN 1: HOMEMADE WITH NATURAL RECIPES AND MATERIALS,.Hand sanitizer,Face masks,Disinfectant spray,Disinfectant**



## wipes, Sterilization of face masks

by Heather Wallace (Kindle Edition)

★★★★★ 5 out of 5

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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
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- **Aloe Vera Gel:** Known for its moisturizing properties, aloe vera gel helps soothe dry and irritated skin.
- **Tea Tree Oil:** A powerful antibacterial and antiviral agent, tea tree oil helps combat germs and prevent infections.
- **Coconut Oil:** With its antimicrobial properties, coconut oil acts as a natural barrier against harmful microorganisms.
- **Lavender Essential Oil:** Known for its calming scent, lavender essential oil also possesses antiseptic properties.
- **Witch Hazel:** A natural astringent, witch hazel helps cleanse and soothe the skin.

### Simple Homemade Hand Sanitizer Face Mask Recipes

Below, we provide a few easy-to-follow recipes to create your own homemade hand sanitizer face masks:

#### Recipe 1: Soothing Aloe Vera Hand Sanitizer Mask

## **Ingredients:**

- - 1/4 cup aloe vera gel
- - 10 drops tea tree oil
- - 5 drops lavender essential oil
- - 1 tablespoon witch hazel

## **Instructions:**

1. In a small bowl, combine the aloe vera gel and witch hazel.
2. Add the tea tree oil and lavender essential oil, and stir well to ensure consistency.
3. Transfer the mixture into a clean and empty hand sanitizer bottle.
4. Apply a small amount of the homemade hand sanitizer onto your hands and gently spread it around. Let it dry completely before wearing your face mask.

## **Recipe 2: Nourishing Coconut Oil Hand Sanitizer Mask**

### **Ingredients:**

- - 1/4 cup coconut oil
- - 10 drops tea tree oil
- - 5 drops lavender essential oil
- - 1 tablespoon witch hazel

### **Instructions:**

1. Melt the coconut oil using a double boiler or microwave until it reaches a liquid state.
2. Allow the coconut oil to cool slightly, then add the tea tree oil, lavender essential oil, and witch hazel.
3. Stir the ingredients well, ensuring they are thoroughly combined.
4. Pour the mixture into a clean and empty hand sanitizer container.
5. Apply a small amount of the homemade hand sanitizer onto your hands and rub them together. Let it dry completely before putting on your face mask.

## **Benefits of Homemade Hand Sanitizer Face Masks**

In addition to being gentle on the skin, homemade hand sanitizer face masks offer several benefits:

- **Cost-effective:** Creating your own hand sanitizer face masks is much cheaper than purchasing commercial products.
- **Customizable:** You can tailor the recipes according to your skin type and preferences.
- **Sustainable:** By making your own masks, you reduce waste and promote a more sustainable lifestyle.
- **Healthier Alternative:** Natural ingredients are less likely to cause skin irritation or other adverse reactions.
- **Empowering:** The process of making your own hand sanitizer face masks gives you a sense of control over your well-being.

## **The Way Forward**

As we adapt to the new normal and navigate the challenges posed by the ongoing pandemic, embracing homemade hand sanitizer face masks can be a game-changer. By avoiding harsh chemicals and harnessing the power of natural ingredients, you can ensure your safety without compromising on comfort. So why not give it a try today? Take control of your skincare routine and let homemade solutions be your new go-to option.



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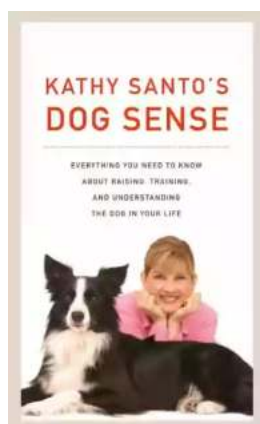
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The duty we owe ourselves presently in this period of outbreak of contagious diseases is to protect and preserve ourselves and families from illnesses caused by viruses, bacteria and germs. By doing that, several measures have to be put in place to make this work well and these include: • Putting on face mask regularly • Using your hand sanitizers frequently • Making use of disinfectant wipes and spray to keep yourself and environment free from infectious diseases. • Sterilizing your face mask to keep it healthy for reuse. So, having good knowledge of how to

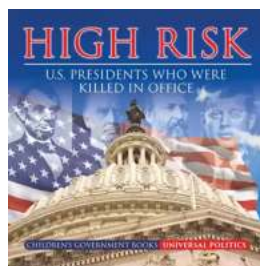
do this yourself will help you save life, time and finance. It will also help you to have them available at all times for your use. This book will guide you on how to do the following

- To make your face mask following simple methods and procedures
- To make different hand sanitizers with natural recipes and ingredients
- To make disinfectant spray and wipes
- Teach you simple and easy ways to sterilize your face mask for reuse
- Direct you on how to use disinfectants and places that need it most in our homes. All these will help you preserve yourself and family from contagious and infectious diseases



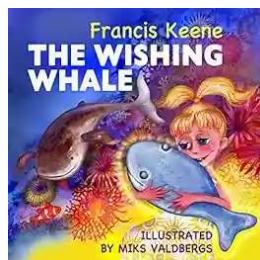
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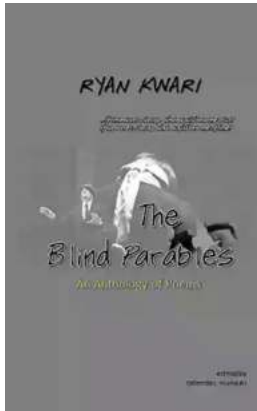
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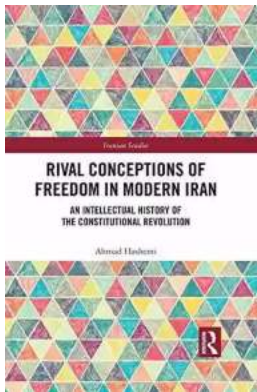
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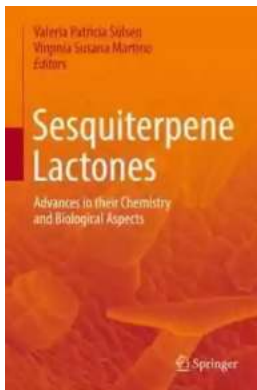
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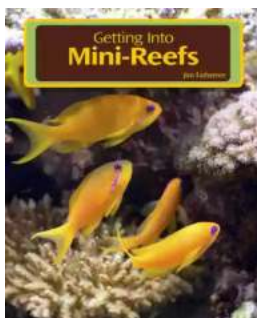
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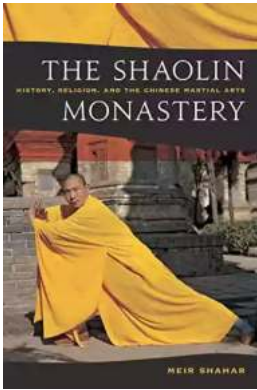
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