

Let's Make Hand Sanitizer with Barbara Lehman | The Ultimate Guide

In these challenging times, it's crucial to take every precaution to keep yourself and your loved ones safe. One of the most effective ways to prevent the spread of germs is by using hand sanitizer. However, with the high demand for hand sanitizers, it can be difficult to find them in stores. But fear not! You can make your own hand sanitizer with simple ingredients, and we have expert Barbara Lehman to guide you through the process!

Introducing Barbara Lehman: The Hand Sanitizer Guru

Barbara Lehman is a renowned chemist with years of experience in creating effective hand sanitizers. Her expertise has helped countless individuals during disease outbreaks and pandemics. She believes in the power of homemade remedies and is here to share her extensive knowledge with you.

Why Choose Barbara Lehman's Hand Sanitizer Recipe?

Barbara's hand sanitizer recipe has several advantages over store-bought ones:



Let's Make Hand Sanitizer

by Barbara Lehman(Kindle Edition)

★★★★☆ 4.4 out of 5

Language : English

File size : 1153 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Print length : 5 pages

Lending : Enabled

Screen Reader : Supported



- Availability of ingredients: The ingredients required for her recipe are readily available in most households or can be easily purchased.
- Cost-effective: Making your own hand sanitizer is much more affordable than purchasing it from stores. Barbara's recipe ensures quality without breaking the bank.
- Customization: While commercial hand sanitizers often come with specific fragrances, Barbara's recipe allows you to customize the scent according to your preferences.
- Safe and effective: Barbara has carefully formulated a recipe that meets the recommended guidelines for effective sanitization, ensuring the safety of you and your loved ones.

The Ultimate Hand Sanitizer Recipe

Follow Barbara Lehman's step-by-step guide to create your very own hand sanitizer:

Ingredients:

- 2/3 cup of isopropyl alcohol (99% pure)
- 1/3 cup of aloe vera gel (preferably pure)
- 10 drops of essential oil (such as lavender or tea tree oil)

Instructions:

1. In a mixing bowl, combine the isopropyl alcohol and aloe vera gel.
2. Add the essential oil drops and stir well to ensure proper mixing.

3. Transfer the mixture into a clean, empty bottle (preferably one with a pump dispenser).
4. Your homemade hand sanitizer is now ready to use! Apply a pea-sized amount to your hands and rub them together until dry.

Note: It is essential to use isopropyl alcohol with a concentration of at least 99% for effective sanitization. We recommend lab-grade isopropyl alcohol for maximum efficacy.

Long-Lasting Sanitization Tips

While hand sanitizers are a handy option, it's important to remember that they are not a substitute for proper handwashing. Here are some additional tips from Barbara Lehman on maintaining long-lasting sanitization:

- Wash your hands with soap and water for at least 20 seconds whenever possible.
- Carry a small bottle of hand sanitizer with you for situations where soap and water are not available.
- Avoid touching your face, especially the eyes, nose, and mouth, as it can contribute to the spread of germs.
- Clean and disinfect frequently-touched surfaces regularly to minimize the risk of contamination.
- Practice social distancing and follow all guidelines provided by health authorities to protect yourself and others.

Making your own hand sanitizer can be a rewarding and cost-effective solution, especially during times when supplies are scarce. With expert guidance from

Barbara Lehman, you can trust that the hand sanitizer you create will be effective in keeping you and your loved ones safe.

Remember, maintaining good hygiene practices and following the recommendations of health authorities are essential steps in preventing the spread of diseases. Let's come together as a community and take the necessary precautions to protect ourselves and those around us.



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