

# HOMEMADE YOGA MAT SPRAY

**Add all ingredients  
and shake bottle to mix.**

## **5-7** Essential Oil(s)

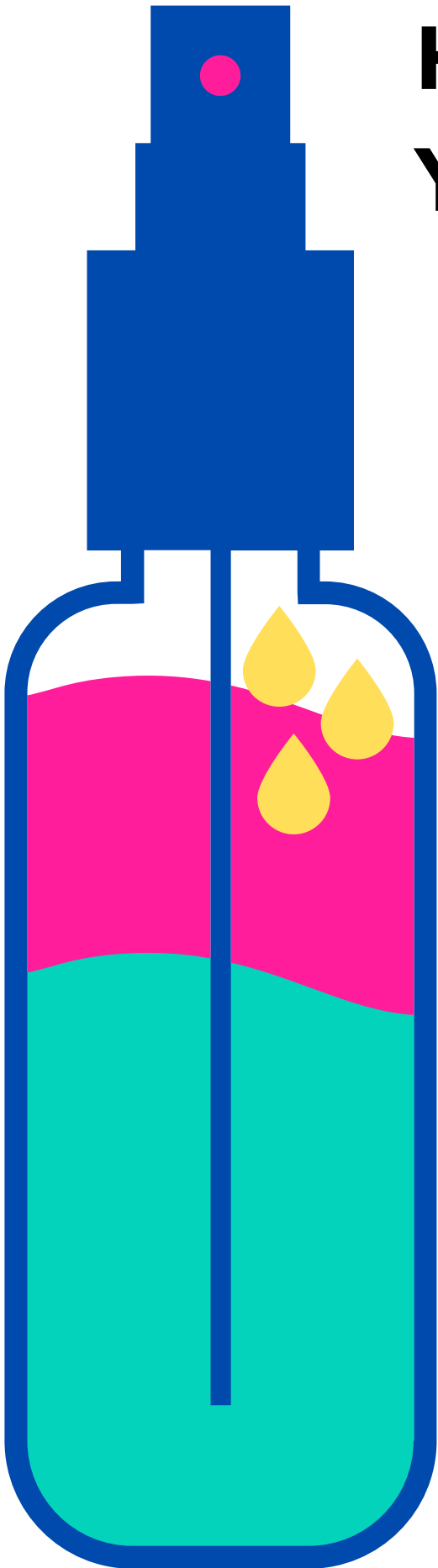
Lastly, add 5 - 7 drops of two different oils (or 10 -12 drops of one oil)

## **1/4** Witch Hazel

Then fill 1/4 of the bottle with alcohol-free witch hazel.

## **3/4** Distilled Water

First, fill 3/4 of the bottle with distilled water.





## To use for yoga mat cleaning:

One section at a time, spray the mixture onto your mat and use a rag to wipe it into the mat. Repeat until you have covered the entire mat.

(also makes a great room or fabric spray)

### Essential oil blending suggestions:

#### Invigorating / Uplifting Mix:

- 5 drops Tea Tree Essential Oil
- 5 drops Lemongrass Essential Oil

#### Soothing/ Calming Mix:

- 5 drops Lavender Essential Oil
- 5 drops Eucalyptus Essential Oil



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