

Yoga Mat Cleaner

(or bench cleaner, etc)

In a Spray Bottle Add:

½ Water

½ Witch hazel (astringent – helps it to dry quickly)

18 drops of Tea Tree oil (anti-microbial)

6 drops of Lavender (calming.....and smells good)

6 drops of Lemongrass (my fave!!)



You really could add any scent you like to this – Orange, Lemon, Rose.....your favourite blend...anything!)



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