

Mat Spray Recipe

Required:

1 cup Water

¼ cup Witch Hazel

30 drops Tea Tree Essential Oil

Optional:

1/8 cup Alcohol (for public use mats)

20 drops Lavender Essential Oil

10 drops Rosemary Essential Oil

**10-15 drops Lemongrass or Bergamot
Essential Oil**

**Mix in a spray bottle. Spray about 5-6 sprays
on your mat; wipe with a cloth.**