



## Ingredients

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1/2 cup Distilled Water

1/2 White Vinegar

1/4 cup Witch Hazel (alcohol free)

1/2 -1 Tbsp Vegetable Glycerin

1/2 tsp Pink Himalayan Salt

10-15 Drop of Young Living Essential Oils

Great Oils Choices:

Lavender

Wintergreen

Citrus

Purification

\*check oil flashpoint, some are low, avoid those

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*Store bought dryer sheet are very high in toxins. Our skin is our biggest organ and absorbs whatever comes in contact with it. What is coming in contact with your skin?*

*Chemicals common to dryer sheets & to watch for:  
acetaldehyde(irritant, highly toxic),  
butone(flammable), benzene(carcinogen)*

## DIY Dryer Sheets

Cotton Fabric Cut into 9" x 9" squares

Wide mouth GLASS jar with tight seal

## Method

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1. add salt to container, salt gives the oils something to bind with,
2. Add glycerin
3. Add water and vinegar and witch hazel
4. Mix well
5. Roll up cloth pieces in to paper towel style roll, or put in individual rolls next to each other tall-wise
6. Dispense one or two with each dryer load

Reuse cloths over and over again. Refresh mixture as required



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