

Homemade disinfectant: How to make it at home with simple ingredients



Homemade disinfectants are a popular and affordable alternative to commercial products. With common ingredients found at home, you can create cleaning solutions that are effective and safe for everyday use.

In addition, many people prefer homemade disinfectants because they do not contain harsh chemicals that can be *harmful to health and the environment*.

There are many different recipes for homemade disinfectants, each with its own advantages and disadvantages. Some popular mixtures include white vinegar, rubbing alcohol, and essential oils.

However, it is important to remember that not all ingredients are safe for use on all surfaces and materials. Therefore, it is essential to follow the instructions carefully and test the solution on a small area before using it on a large scale.

What is Homemade Disinfectant



Homemade disinfectant is a cleaning solution that can be made at home with common ingredients such as vinegar, alcohol and baking soda. It is a more natural and economical alternative to conventional disinfectants sold in supermarkets.

Homemade disinfectants are effective at killing bacteria, viruses and germs, making them ideal for use in bathrooms, kitchens and other high-traffic areas in a home.

Plus, they are less toxic than the chemicals found in many commercial disinfectants and may be safer for pets and children.

There are many different recipes for homemade disinfectants, each with its own ingredients and proportions. It is important to carefully follow the instructions for each recipe to ensure the disinfectant is effective and safe for use.

Some recipes may be better suited for specific surfaces, such as floors or countertops, while others may be better suited for general use.

Why Make Homemade Disinfectant

Making your own cleaning supplies is an economical and sustainable option for keeping your home clean and germ-free. Furthermore, it is a healthier alternative for your health and the environment, as it avoids the use of harmful chemicals.

When making the disinfectant, it is possible to choose natural and biodegradable ingredients that do not harm the environment and do not cause skin irritation.

In addition, many of these ingredients can be easily found at home or in health food stores, making the production of disinfectant even more accessible.

Another advantage of making homemade disinfectant is the possibility of customizing the fragrance and intensity of the product according to each person's preferences. Some ingredients, such as essential oils, can be added to give the disinfectant a pleasant and therapeutic aroma.

Finally, making homemade disinfectant is a way to reduce the amount of plastic packaging and chemicals that are discarded into the environment. By opting for this more sustainable alternative, it is possible to contribute to preserving the planet and building a more conscious and responsible future.

See the ingredients needed to start saving on your cleaning supplies on the next page.

Necessary Ingredients

In order for you to be able to make your cleaning supplies, you need to have some basic ingredients. These ingredients are easy to find and can be found in any supermarket. The



necessary ingredients are: Alcohol, Vinegar and Essential Oils.

Alcohol

Alcohol is an important ingredient for making homemade disinfectant. It is a natural disinfectant and has the ability to kill bacteria and viruses. Alcohol must be used in a concentration of at least 70%. This ensures that it is effective in killing germs. Alcohol can be found in any pharmacy or supermarket.

Vinegar

Vinegar is another important ingredient for making a homemade disinfectant. It is a natural acid and has antibacterial and antifungal properties. Vinegar should be used in a concentration of at least 5%. This ensures that it is effective in killing germs. Vinegar can be found in any supermarket.

Essential Oils

Essential oils are used to give homemade disinfectant a pleasant aroma. They also have antibacterial and antifungal properties. The most common essential oils used in homemade disinfectants are lavender oil, lemon oil, and eucalyptus oil. Essential oils can be found in health food stores or online.

Manufacturing Process

Preparation

Before starting the process of making homemade disinfectant, it is important to ensure that all the necessary materials are available. The main ingredients are water, 70% ethyl alcohol and a disinfectant agent such as sodium hypochlorite.

In addition, you will need a container to mix the ingredients and another to store the disinfectant.

Mix

To make homemade disinfectant, the first step is to mix water and ethyl alcohol in a 3:1 ratio. Then, the disinfectant agent must be added to the mixture in the amount recommended by the manufacturer.

It is important to follow the disinfectant agent instructions carefully, as the amount needed may vary depending on the type and concentration of the product.

The mixture should be stirred vigorously for a few minutes to ensure that all ingredients are well mixed. It is important to remember that homemade disinfectant is not recommended for disinfecting surfaces that come into contact with food, as it can leave toxic residues.



Storage

After mixing, the homemade disinfectant should be stored in a clean, dry container, with a tightly closed lid. It is recommended to label the container with the date of manufacture and list of ingredients to avoid confusion.

Homemade disinfectant has a shelf life of about one month and should be kept out of the reach of children and pets.

It is important to remember that homemade disinfectant does not replace regular cleaning with soap and water, but it can be a useful option for disinfecting surfaces in times of need.

Precautions When Using Homemade Disinfectant

When using homemade disinfectant, it is important to take some precautions to ensure the safety and effectiveness of the product. Here are some tips to help avoid problems:

- Always read the instructions carefully before using homemade disinfectant. Make sure you understand all information and precautions.
- Wear rubber gloves and protective glasses when handling the disinfectant. This will help protect your skin and eyes from possible irritation or injury.
- Do not mix different types of homemade disinfectants. This can cause dangerous chemical reactions that can be harmful to your health.
- Keep the disinfectant out of the reach of children and pets. Make sure the product is stored in a secure, closed location.
- Do not use homemade disinfectant on surfaces that could be damaged by the product. Always test a small area before using the disinfectant on a larger surface.
- Avoid using the disinfectant in areas with inadequate ventilation. Make sure there is adequate ventilation to avoid inhaling toxic fumes.

By following these precautions, you can ensure that homemade disinfectant is safe and effective for use in your home. Always remember to read the instructions carefully and take the necessary precautions to ensure your safety.

Benefits of Homemade Disinfectant

The use of homemade disinfectants can bring several benefits to health and the environment. Check out some of the main benefits below:

1. Economy

One of the main advantages of homemade disinfectant is the economy. The ingredients used in its production are easily found in supermarkets and cleaning products stores, and are usually cheaper than industrialized disinfectants.



2. Personalization

By producing your own disinfectant, you can customize the fragrance and color according to your preferences. Furthermore, it is possible to control the quantity of product produced, avoiding waste.

3. Fewer chemicals

Industrialized disinfectants tend to contain a large amount of chemicals, which can be harmful to health and the environment. By producing your own disinfectant, you can use more natural and less aggressive ingredients.

4. Disinfectant effect

Homemade disinfectant can have as effective a disinfectant effect as industrialized ones, as long as it is produced correctly. Some of the ingredients most used in the production of homemade disinfectants, such as vinegar and baking soda, have antimicrobial properties and can help eliminate germs and bacteria.

5. Sustainability

By using more natural ingredients in the production of homemade disinfectants, it is possible to contribute to preserving the environment. Furthermore, by producing your own disinfectant, it is possible to reduce the amount of packaging discarded in the environment.

Disadvantages of Homemade Disinfectant

While homemade disinfectant may seem like an economical and environmentally friendly option, there are some drawbacks to consider.

Firstly, the effectiveness of homemade disinfectant can be questionable. The concentration of active ingredients may vary depending on the recipe and the quality of the ingredients used.

This can result in a final product that is not as effective at killing germs and bacteria as a commercial disinfectant.

Also, homemade disinfectant may not be as safe as commercial products. Ingredients like vinegar and lemon can be acidic enough to damage sensitive surfaces like marble and granite. Excessive use of essential oils can cause skin and eye irritation.

Another disadvantage of homemade disinfectant is that it may not be as durable as a commercial product. Without preservatives and stabilizers, homemade disinfectant can deteriorate more quickly and lose effectiveness over time.

Finally, homemade disinfectant may not be as convenient as a commercial product. Preparing



homemade disinfectant can take time and effort, and the lack of convenient packaging can make storing and using the product more complicated.

On the next and final page, see the conclusion and a series of questions about homemade disinfectant that could be yours too!

Conclusion

In short, making homemade disinfectant can be an economical and effective alternative for those looking for a more sustainable and healthy option to clean their home.

With simple and natural ingredients, it is possible to create a product that does not harm the environment and can be used on different surfaces.

However, it is important to remember that homemade disinfectant does not replace regular cleaning with soap and water. Furthermore, it is essential to follow the correct proportions of each ingredient and store the product in a suitable, well-closed container to avoid contamination.

By choosing to make homemade disinfectant, you can avoid the use of aggressive chemicals and contribute to preserving the environment. With a little care and attention, it is possible to keep your home clean and sanitized in a more sustainable and conscious way.

Frequently Asked Questions

What is the best homemade floor disinfectant recipe?

There are several homemade floor disinfectant recipes that can be effective. One option is to mix water, white vinegar and lemon essential oil in a spray bottle. Another option is to mix water, alcohol and a few drops of lavender essential oil in a spray bottle. It is important to remember to test the solution on a small area before applying it to the entire floor.

How to make scented disinfectant with fabric softener?

To make your own scented fabric softener sanitizer, simply mix water, alcohol, fabric softener and a few drops of essential oil of your choice in a spray bottle. Shake well before use and test the solution on a small area before applying to larger surfaces.

Is there a recipe for disinfectant with essence that is effective?

Yes, there are several recipes for homemade disinfectant with essence that can be effective. One option is to mix water, white vinegar and a few drops of essential oil of your choice in a spray bottle.

Another option is to mix water, alcohol and a few drops of lavender essential oil in a spray



bottle. It is important to remember to test the solution on a small area before applying to larger surfaces.

How to make lemon disinfectant?

To make homemade lemon sanitizer, mix water, white vinegar, and lemon juice in a spray bottle. Shake well before use and test the solution on a small area before applying to larger surfaces.

What is the most recommended homemade disinfectant recipe with soap?

A recommended homemade soap sanitizer recipe is to mix water, liquid soap and a few drops of essential oil of your choice in a spray bottle.

Shake well before use and test the solution on a small area before applying to larger surfaces.

What ingredients are needed to make homemade disinfectant?

The ingredients needed to make homemade disinfectant may vary depending on the recipe chosen. Some common recipes include water, white vinegar, alcohol, essential oils, fabric softener, and liquid soap.

It is important to remember to follow the instructions in the chosen recipe and test the solution on a small area before applying to larger surfaces.

The ingredients needed to make homemade disinfectant may vary depending on the recipe chosen. Some common recipes include water, white vinegar, alcohol, essential oils, fabric softener, and liquid soap.

It is important to remember to follow the instructions in the chosen recipe and test the solution on a small area before applying to larger surfaces.

What did you think? Do you think you can start making your own disinfectant? Before you go, watch a practical video on the subject:

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