



Yoga is a great way to increase your physical and emotional well-being. Whether you're an extreme yogi or are just beginning, a good yoga mat spray is a must.

Ingredients:

3/4 cup distilled water

1/4 cup alcohol-free witch hazel or white vinegar

5 drops Lavender essential oil

3 drops Melaleuca essential oil

Glass spray bottle

Note: Not all yoga mats are treated the same. Using essential oils may ruin some yoga mats. Spray a test patch on a small part of your mat first to make sure it doesn't affect it.

Directions:

1. Combine all ingredients in glass spray bottle.
 2. Shake until combined.
 3. To use, spray on mat and wipe dry with towel.
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