

# Safety Tips

## FOR MAKING NATURAL PRODUCTS

### ***Sterilize Containers & Tools***

Use clean, sterilized spray bottles, containers, and tools when making natural products. The dishwasher works well to clean and sanitize tools, particularly for something that will be stored long-term. Wipe out any jars or bottles with 100% vinegar before adding a product to the container. Make sure to use clean hands or tools when using and applying the product.

### ***Use Common Sense***

Trust your nose if you smell something a bit off in your product. If you notice slime or an unusual color in the product, toss it and make a new batch. However, bacteria can grow without any odor or visible discoloration, so make sure to use your own discretion. For added safety, add a preservative to a product that contains water.

### ***Water Safety***

Distilled (or boiled and cooled) water is best to use for any homemade product calling for water because it removes any potential contaminants. Tap water should be boiled for 15 minutes and cooled.

### ***Small Batches***

Homemade products are good as long as the ingredients used are still good. If the product doesn't contain water, it typically lasts longer. It's best to make small batches that won't sit around for too long.

### ***Label Products***

Label your product with the name and date made. This can be as basic as using a permanent marker to write directly on glass bottles or tape.

### ***Shelf Life***

Always check expiration dates. The ingredient with the shortest shelf life determines the shelf life for the entire product. Oils and butter can oxidize and go bad. Water-based recipes have a shorter shelf life.

### ***Spot-Test First***

Spot-test before using a cleaning or body-care product. For cleaning products that are used on special surfaces, first spot-test in a small, inconspicuous area. Consult your doctor if you have any health conditions, or if you are pregnant or breastfeeding, before you use any products containing essential oils.

### ***Avoid Mixing Certain Natural Ingredients***

There are a few ingredients that shouldn't be mixed together due to chemical reactions. This applies mainly to cleaning products. There are three notorious natural combos, using four different ingredients (baking soda, hydrogen peroxide, vinegar, and Castile soap) that should be avoided.

### ***Essential Oil Facts***

Dilute essential oils with a carrier oil before topical use. Since essential oils are very potent and concentrated, a few drops go a long way. Always test your skin for sensitivity to essential oils. Never ingest oils, even if the manufacturer claims it is a safe practice, unless you're receiving a medical professional's counsel/treatment. Learn which essential oils can't be used around children and animals.

### ***Storage Tips***

Store your products in a dark, cool place. Store them in airtight containers to eliminate humidity and other contaminants. Reduce the chance of outside water coming into contact with the product; for example, scoop out a scrub with a spoon rather than using your fingers.